

aidepress

Home Care Services

*There's no place
like home!*



 Across Québec
and Ontario

Home Care Services to Help Seniors maintain their Independence

At Aidexpress, your comfort, safety, and peace of mind come first. We work hand in hand with your family to design personalized care solutions that truly fit your lifestyle. Whether you need short-term support or long-term assistance, our fully customizable home care services are here to help you live well, right at home with confidence and dignity.

You can enjoy complete peace of mind with 24/7 monitoring and the support of a qualified nurse, if needed.

At Aidexpress, our caregivers are handpicked for their excellence, compassion, and dedication. They don't just provide support they bring comfort, confidence, and warmth into your daily life. With Aidexpress, your home becomes a true sanctuary, where you can live safely, independently, and at ease.

Take time for yourself, without worry, we'll be there for your loved one.

At Aidexpress, we provide flexible respite care for family caregivers, whether you need a few hours, a full day, or respite that adapts to your life. Take the time you need to rest and recharge, knowing your loved one is in compassionate, reliable hands.

Home Care Services

STARTING AT

\$ **29⁷⁰** /h



Home Assistance Services

Our Essential Daily Support Services

- Help with dressing
- Support with daily hygiene routines
- Medication reminders
- Support during physical exercises
- Meal planning and preparation

Support, Companionship, and Personalized Assistance

- Warm, caring presence
- Cognitive stimulation
- Help attending medical appointments and daily outings
- Help with grocery shopping
- Assistance with technology (phone, tablet, computer)

Everyday Household Tasks

- Laundry and folding
- Changing bed linens
- Dishwashing
- Help with daily routines



Home Maintenance Services

- Regular Housekeeping
- Deep Cleaning Services
- Outdoor Maintenance
- Minor Repairs and Handyman Services

Services for Your Well-Being at Home

- At-Home Hairdressing (blow-dry, haircut, styling)
- Foot care specialist
- Massage Therapy (relaxation and relief of muscle tension)
- Alternative Therapies (osteopathy, naturopathy, homeopathy, etc.)

Personal and Health Support Services at Home

Daily Living Assistance

- Meal Preparation
- Feeding Assistance (support with eating and drinking)
- Personal Hygiene Care
- Toileting Assistance and Incontinence Care
- Ostomy Care Support
- Dressing Assistance
- Assistance with Putting On Compression Stockings
- Mobility Support (safe transfers to/from bed, wheelchair, walker, or mechanical lift)

Basic Health Support Services

- Medication Reminders
- Medication Administration (oral, nasal, topical, etc.)
- Vital Signs Monitoring
- Blood Glucose Monitoring and Insulin Administration
- Specimen Collection (urine, stool)
- Suppository Administration
- Application of Creams or Ointments
- Monitoring of Medical Devices in Place (e.g., urinary catheter, feeding tube)
- Non-Invasive Basic Foot Care

In-Home Professional Services

- Registered Nurse (RN)
- Licensed Practical Nurse (LPN)
- Occupational Therapist
- Kinesiologist
- Physiotherapist
- Special Education Consultant
- Special Education Technician
- Social Worker
- Psychotherapist
- Nutritionist

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Home Care Services



**QUALITY CARE
STARTING AT ONLY
\$29.70/HOUR**

And if you are 70 or older,
you may be eligible for the
Tax Credit for Home-Support
Services for Seniors.

**Home Care
Services**
STARTING AT
\$ 29⁷⁰/h



TAX CREDIT FOR HOME SUPPORT SERVICES

Thanks to the Revenu Québec program, you can receive a tax credit of up to 39% on the cost of our services. This financial assistance is available directly to seniors receiving care at home.

For example, if you use a service priced at \$29.70/hour, your actual cost could be as low as \$18.12/hour after the tax credit. It's simple, affordable, and we're here to help you check your eligibility.



YOUR INSURANCE MAY ALSO COVER PART OF THE COST

Good to know! Many insurance companies offer coverage for home care services.

Aidexpress is an official partner of Blue Cross, making reimbursement claims easier for their insured clients.

Get a Quick, No-Obligation Consultation!

1 855 397-7733

<https://aidexpress.ca/reservation-client>



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