



Deb's Helping Hands

infoforhelpinghands@gmail.com

www.debshelpinghands.net

306-630-5740

All transportation within the city of Moose Jaw is a flat rate of \$8 for one way for either drop off or pick up. Additional stops are \$3 each.

SERVICES AT YOUR HOME

If you require assistance with meal preparation, cleaning, gardening, or companionship, etc. at your home, the minimum scheduled time is 1 hour. Depending on the type of assistance that is required, the rates for services at your home are:

1 hr - \$17 to \$20

1.5 hrs - \$25.50 to \$30

2 hrs - \$34 to \$40

2.5 hrs - \$42.50 to \$50

3hrs - \$51 to \$60

The time will begin when I arrive at your door and then until I leave your home.

SERVICES OUTSIDE OF YOUR HOME

If I am accompanying you to a medical appointment, shopping, helping with errands, etc. the minimum scheduled time is 1 hour for \$19. My rates for services outside of your home are:

1 hour - \$19

1.25 hrs - \$28.50

1.5 hrs - \$38

1.75 hrs - \$47.50

2 hrs - \$57

DELIVERY OF PRESCRIPTIONS CAN BE ARRANGED DURING CLOSED HOURS FOR A \$10 FLAT FEE.

Driving time is included in this rate. The time will begin when I greet you at your door until I accompany you back into your home when our time is through.

You do not need to accompany me during errands if you want to stay in the comfort of your home. If you have a specific errand for me to do for you, please contact me for pricing.

REGINA AIRPORT

- **Maximum two people \$70 for one way from Moose Jaw to the Regina Airport**
- **Return trip from Regina Airport to Moose Jaw – maximum two people \$40**

SHOPPING IN REGINA

- **Please contact for pricing**

The time will begin when I greet you at your door until I accompany you back to your home when our time is through.

ALLAN BLAIR CANCER CENTRE

****Special rates to the Allan Blair Cancer Centre in Regina at the Pasqua Hospital****

****\$70 for Return Transportation****

Please contact me to discuss your needs since every person's situation is different.

*** FREE CONSULTATIONS AVAILABLE ***

GIFT CERTIFICATES AVAILABLE

PAYMENT TYPES

- **Cash**
- **Cheque**
- **E-transfer at infoforhelpinghands@gmail.com**
- **A receipt will be provided.**