FOUNDER & CARE LEAD

Locally owned & led by Andy McMurdo



Companionship led by heart, dignity, and personal family care across Waterloo Region.

> *"We care for our clients as we would for our own family — matching your parent with the same trusted, familiar companion every single week."*
>
> — ANDY MCMURDO, FOUNDER

herhelpinghand

OUR PROMISES

Personal Fit
We learn your parent's personality, life story, and routines before visits begin.

Face Continuity
We match your parent with a consistent companion to build a genuine, lasting bond.

Family Updates
Agreed-upon post-visit check-ins keep adult children informed and reassured.

Reliable Care
Dependable schedules and proactive communication if times ever need to shift.

LET'S NAVIGATE TOGETHER

Let's take a breath and figure this out *together.*

Whether you need two visits a week to give yourself respite, or daily companionship for a parent living alone in Waterloo Region, our team is here to help you navigate with warmth and compassion.

DIRECT PHONE CONSULT
(226) 339-0680

FAMILY INQUIRIES contact@herhelpinghand.com

CAREGIVER CAREERS careers@herhelpinghand.com

VISIT OUR WEBSITE herhelpinghand.com

COMPLIMENTARY FAMILY CONSULT

Every journey begins with a relaxed conversation with Andy. We listen to your family's story, learn your parent's daily rhythm, and answer every question with complete warmth and transparency.

COMMUNITIES WE SERVE

Waterloo • Kitchener • Cambridge • St. Jacobs • Elmira • Breslau • Conestogo • St. Agatha • New Hamburg • Baden • Wellesley • Ayr

LOCALLY OWNED & FAMILY OPERATED
WATERLOO REGION, ONTARIO



herhelpinghand

Meaningful *companionship* for your loved one. Greater *peace of mind* for you.

We personalize our companionship services to meet your loved one's unique needs, offering attentive home support and meaningful engagement.

WATERLOO REGION, ONTARIO

THE FAMILY JOURNEY

When you love an aging parent, the hardest part is *what happens between your visits.*

We care for our clients as we would for our own family—matching your parent with the same trusted, familiar companion every single week.

You may not need clinical nursing.

Most older adults do not require a medical caregiver. What changes everything is having a kind, reliable companion who visits regularly, shares genuine conversation, and helps around the house.

Warming up a reluctant parent.

Proud elders often resist the idea of having a 'caregiver.' We introduce ourselves as a friendly helper coming by for casual conversations, errands, or light housework, allowing trust to develop naturally.

A familiar face every single week.

We believe relationship continuity is everything. Your loved one is matched with the same trusted companion every visit and over time, that builds a familiar trust, bond, and friendship.

How can I catch my breath without feeling guilty?

Sandwich-generation caregivers carry immense guilt. Having dependable weekly companionship restores balance and lets you be a loving son or daughter that can just spend quality time.



COMPANIONSHIP IN ACTION

Meaningful days at home. Active *outings* across Waterloo Region.

Every visit is tailored to what your loved one enjoys—blending genuine friendship with practical everyday assistance.

AT HOME TOGETHER

Comfort, Conversation & Nutrition

- Meaningful 1-on-1 conversation & reminiscing
- Sharing tea, coffee & fresh nutritious meal prep
- Photo albums, cards, crosswords & favourite hobbies
- Light housekeeping, tidy living spaces & organizing

OUT & ABOUT

Fresh Air, Errands & Independence

- Accompaniment to medical & dental appointments
- Grocery shopping & running local errands together
- Gentle walks in neighbourhood parks & garden visits
- Scenic countryside drives & community events

SIMPLE & LOW-PRESSURE

Getting started in 5 *simple steps.*

We make the journey gentle, respectful, and low-pressure for both you and your loved one.

01 Complimentary Conversation
A relaxed, no-pressure phone call with Andy to discuss your family's situation, schedule preferences, and questions.

02 Understand the Person
We learn about your loved one's life story, hobbies, favourite foods, and personal preferences to ensure an exceptional companion fit.

03 Find the Right Match
Andy hand-selects a dedicated local companion with shared interests and complementary personality.

04 A Gentle First Visit
We introduce the companion over coffee or tea—focused entirely on comfort, dignity, and establishing an easy, natural connection.

05 Consistent Ongoing Care
Regular weekly visits from the same familiar companion, paired with post-visit updates sent to your family for ongoing peace of mind.

Ready to take the first step?

Call Andy directly to talk through your family's situation.

(226) 339-0680

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