



## About Us

Choro easily connects you with a helper in your neighbourhood for support and help with everyday errands, driving, and household tasks. Our mission is to help older adults age in place comfortably and affordably while providing support to family caregivers and building intergenerational community connection.

## Why Use Choro?

We give you the opportunity to instantly, conveniently, and personally select your helper based on experience, reviews, language skills, and location.

## Our Services

### Help with Errands

- Driving\*
- Rides for appointments\*
- Grocery pick-up
- Prescription pick-up
- Garden work
- Raking the leaves
- Heavy lifting
- Lawn mowing
- Donation drop-off

### Help Around the Home

- Fridge clean-out
- Grocery list creation
- Meal prepping
- Mopping the floor
- Kitchen tidy-up
- A load of laundry
- Dusting and wiping
- Decluttering
- Vacuuming

### Help with Technology

- Accessing online resources
- Digital forms and paperwork
- iPhone and iPad lessons
- Help with TV remotes
- Virtual wellness visit

**... and many more! If you don't see your preferred service, please contact us.**

Note: we do not provide any medical or personal care (e.g. feeding, grooming or bathing).



## Cost

Clients only pay for the tasks they need, starting at \$25.99 per visit.

- \$25.99 for a single task visit
- \$37.99 for a two task visit
- \$48.99 for a three task visit
- \$59.99 for a four task visit
- \$74.99 for a five task visit

Each task should take no longer than 30 minutes. For tasks that take longer than 30 minutes, an extra task charge will be applied for each additional 30-minute block.

### Examples:

- A grocery pick-up and a fridge cleanout is a two-task visit and costs \$37.99.
- A kitchen floor mop, help with the iPad, and some quick weeding in the garden is three tasks and costs \$48.99.
- A round-trip drive to and from a doctor's appointment and companionship in the waiting room for a total of 90 minutes costs \$48.99 plus mileage. You are only charged from pick-up to drop-off\*.

\*Driving tasks are charged based on duration in 30-minute increments and distance by kilometre. Please call us for more information on pricing for driving!

## Safe and Reliable

Rest assured, our helpers undergo thorough checks and training:

- Criminal record checks, background checks, and vulnerable sector screening
- Interviews and pre-screening
- Training: safety, risk management, working with cognitive impairments, elder abuse recognition and prevention, and emergency protocols

## Contact us to Make a Booking!

For general information, questions, or to book, contact us via phone, email, or web. We'd love to help you out!

### Email:

[support@choro.ca](mailto:support@choro.ca)

### Phone:

604-774-3708

### Web:

[www.choro.ca](http://www.choro.ca)

