



Care and comfort at a moment's notice.

Getting to Know Senior Helpers

Our Background

Since 2002, Senior Helpers has been a national leader in professional, in-home senior assistance services. Senior Helpers of San Luis Obispo County was established in 2008 and has rapidly built a reputation for providing the best in dependable, consistent and affordable non-medical senior care services to our community. We have the people, resources, systems and knowledge necessary to make sure our clients get the help they need to enjoy living independently at home.

Our Mission Statement

At Senior Helpers, our mission is to ensure a better quality of life, both for our elderly clients and their families, by providing dependable and affordable care at a moment's notice. We are a trusted and respected organization that takes a responsible role in supporting our clients and their families, our employees and our community.

Our Core Values

We live by our Core Values and tirelessly promote them at all levels of our organization:

- Responding at a moment's notice
- Integrity without compromise
- Celebrating an improved quality of life
- Fostering a positive attitude

Service Options Customized to Fit Your Needs

Whether you need Senior Helpers' assistance 24/7 or just a few hours a day, we are here to help. Our service options are flexible and customizable according to your specific situation, and your personalized plan can be a combination of any of our service lines.

Companion Care

Our companion care line of services offers daily companionship and assistance with daily living activities. If your loved one is living alone and your visits are limited, social interaction becomes very important to their happiness and helps prevent feelings of isolation and depression. Whether they need a little fun or maybe just help keeping house and running errands, we have you covered with activities such as:

- Caring companionship and conversation
- Help with hobbies
- General shopping and errands
- Meal preparation, washing dishes
- Transportation and appointments
- Help with housekeeping
- Laundry and ironing
- Vacuuming and dusting



Personal Care

Our personal care services help your loved ones with more intimate, non-medical care needs. Whether it is for normal aging challenges, hospital recovery or sickness, we are here to make everyday life easier and more manageable. Our experienced caregivers are specifically trained to handle these tasks and our care managers will be closely involved to conduct periodic assessments and monitor your loved one's care.

- Personal hygiene assistance
- Medication reminders
- Diet monitoring and meal planning
- Walking assistance

Peace of Mind Visits

These daily, one-hour caregiver visits assist seniors who need minimal assistance, without interrupting their normal home routines.

- Companionship and conversation
- Meal preparation
- Medication reminders
- Light housekeeping needs

Alzheimer's & Dementia Care

As experts in Alzheimer's and dementia care, you can trust us to make your loved one's life, and yours, much easier and more enjoyable. We can create a customized plan that changes as your loved one's needs change. Our care team has extensive training and experience in providing the right level of individual care and support, carefully monitoring everything from medication to daily activities.



Service Areas

We proudly serve all areas in San Luis Obispo County.

Service Rates

Senior Helpers' mission is to develop an In-Home Care Plan that allows each client to live independently in the comfort of home while staying within a budget. Our rates are most competitive in the industry among licensed California Home Care Organizations. Furthermore, the outstanding value Senior Helpers delivers is founded on our award-winning client support and exceptionally trained Care Professionals.

Contact Us Anytime

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Serving All San Luis Obispo County

