

Avonlea Companions

because everyone needs a kindred spirit

Warm, unhurried companionship for seniors in Calgary and area – at home, in care, or over the phone. Here is what I offer, and what it costs, plain and simple.

Companion Visits

$40
per hour
2-hour minimum

Friendly visits filled with conversation, walks, card games, and good company. I can help with light housekeeping (dusting, watering plants, and tidying) and meal prep, laundry, and errands like groceries, and lend a hand with video calls so family never feels far away. Pets are part of the family too – I am happy to walk the dog or feed pets during visits.

Appointment Companion

$45
per hour
2-hour minimum

I will drive your parent to their appointments – medical, hair, nails, the barber, you name it – sit with them while they are there, keep them good company along the way, and send you a written summary afterward – so you always know how it went, even from far away.

Check-in Calls

$150 / month
1 call per week

$275 / month
2 calls per week

Regular phone or video check-ins for company and peace of mind – a friendly voice on a schedule you can count on, plus a family update after every call.

Story Keeper Session

$175
per session

Their stories, written down in their own words. Each session includes a 1.5-hour recorded interview and a beautifully printed keepsake folder for the family to treasure.

All Ready To-Go Binder — with Joanne

Final wishes, power of attorney, health wishes, accounts, and important information, gathered together in one ready place. **Joanne** leads the binder work, and there are two clear ways to do it:

1 · At a workshop

$49
per person
binder included

Finishing help: $40 / hour
2-hour minimum

Joanne holds group workshops. Together in the room, you get your binder properly underway, and you take home a checklist to finish it at home at no extra cost. If you'd like a hand finishing, one-to-one finishing visits at your home are available.

2 · One-to-one at your home

$225
binder included
up to two visits included

Rather not attend a workshop? Joanne comes to you and goes through the whole binder with you, start to finish – everything put in order, at your own pace, in your own home.

To book either option, call Jill at **403-540-9211**.

Start with a free 20-minute phone consultation

No pressure and no obligation – just a friendly chat to see if we are a good fit for your family.

403-540-9211 | avonleacompanions.com

Serving Calgary, Airdrie, Okotoks & High River

Parking fees, if any, are the family's responsibility.