



It is only through the action of caring that we find our true purpose in the world."

Kiran Yocom

Seniors Helping Seniors® Co-Founder

Having worked with Mother Teresa for 14 years, Kiran has seen firsthand the chain reaction caused by one person lending a hand to another. Lifting up one person empowers them to share their gifts with another, and another, and another. This is the heart of **Seniors Helping Seniors®** in-home care services. To support each other, because the friendships we make become ...**a way to give and to receive®**.

A few of the services we offer include:

- Light Housekeeping
- Meal Preparation
- Transportation
- Overnight Stays (24-hour care)
- Mobility Assistance
- Memory Loss Support
- Respite Care
- Relief of Family Caregiver
- Companionship
- Daily Living Assistance
- Personal Care
- **And More!**



In-Home Services for Seniors *by* Seniors

Like getting a little help from your friends



...A WAY TO GIVE AND TO RECEIVE®

Serving Shoreline, North Seattle, Edmonds, Lynnwood and the surrounding area.

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