



## In-Home Support

Our In-Home Support program provides retirees with assistance in their daily activities. The program is focused on promoting retiree's independence, reducing any feelings of social isolation and improving their overall mental outlook.

This benefit provides up to 30 hours of in-home support per year.

The personal care providers spend time with retirees and help with home-based chores such as:

- meal preparation
- pet care
- use of electronics/communications
- fitness activities
- and more!