

Please Note: It is important that your loved one receive quality care. The information is based on the provider's description of their own services. We cannot guarantee, endorse, or recommend any provider listed and the information may change without notice. This is an informational list only and we update it regularly. Through our 24-hour Helpline and Care Consultation program, we have the skills to coach you on how to use these resources and how to make them successful for your situation. We can help you know when it's relevant and how to be a good consumer of the resource. Call one of our experts today. Furthermore, if you notice any resource listed with inaccurate information, please let us know.

Home Assistance and Personal Care

(Beautician, Errands, Home Repairs, Housekeeping, Massage, Moving, Transportation)

Agency Name / Address / Phone	Service	Cost	Who Qualifies?	Miscellaneous
<p>4-Sixty & Beyond, LLC PO Box 1742 Maryland Heights, MO 63043- (314) 395-7404 or (314) 482-3206</p>	<p>Run errands for medical supplies, medications, retail, grocery store, carry-out food, dry cleaning, and more.</p>	<p>Annual membership: \$199.99 + \$15/hr . OR Six month membership: \$149.99 + \$15/hr. OR No membership: \$25/hr</p>	<p>Seniors or Persons with a disability; Service area--Call for details</p>	<p>Insured and bonded. Can accommodate same errand-runner requests. One free errand for new Alzheimer's Association families. Work 7am-7pm.</p>
<p>Bill Busch - Licensed Massage Therapist 1966 Arrowpoint Saint Louis, MO 63138- (314) 583-1707</p>	<p>Massage therapy services including Swedish massage, cranial-sacral massage, and healing touch massage. All services provided in the home of the the customer. All necessary items are brought by the massage therapist, including massage table and music. Chair massages available if appropriate.</p>	<p>\$60/hr.</p>	<p>Anyone in St. Louis City or County, as well as St. Charles County</p>	<p>Experience with individuals with dementia. Can provide references upon request.</p>
<p>Charm and Hammer 6306 Southwood Avenue Saint Louis, MO 63105- (314) 726-0661</p>	<p>Companionship at home or in facility, errand running, and minor home repair and maintenance. Services to keep client in own home as long as possible.</p>	<p>Home Maintenance \$30.00/hr. ; Companionship \$20.00/hr. (plus gas)</p>	<p>Seniors, singles, and people that are too busy.</p>	<p>Husband and wife team; they do not do house cleaning or window washing.</p>

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Companion Home Care PO Box 220190 Saint Louis, MO 63122- (314) 471-6057	24/7 companionship, transportation, housekeeping, meal preparation, laundry, errands, organization and bill paying, medication reminders, and personal care.	Call for information.	Anyone in St. Louis City or County	All caregivers have received dementia training. Caregivers have background checks, drug tests, and are bonded and insured.
Continuum 12882 Manchester Road, Suite 201 Saint Louis, MO 63131- (314) 863-9912 or (636) 861-3336	Transportation, light housekeeping, meal prep, laundry services, errand services, pet care, bill paying, personal care, and home care.	Call for information.	Anyone needing assistance	Discount for AA Families. Services available 24 hours/day 7 days/week. Free in-home assessment
County Older Residents Program (CORP) 121 South Meramec Avenue Clayton, MO 63105 (314) 615-4516 or (314) 614-4425	"Home Care and Repair -- CORP brokers home care and repair services provided by experienced workers who must be approved after a St. Louis County Police record check. Services include referrals for minor home repair jobs and homemaker/chore service."	Reasonable fees are arranged between customer and worker, call for more information on cost.	St. Louis County residents who are 60 years and older	Hours: Monday-Friday 8:00 am- 5:00pm - Free estimates are given.
Dream Team Community Services 314 Louisa Avenue Saint Louis, MO 63135- (314) 522-6414	House cleaning, window washing, bathing, yard work, shopping, haircuts, laundry, health screening, and more.	Free (grant funded)	Elderly who are referred by social services; only enough funds to help 40% of the referrals	Service area: Olivette, University City, Ladue, Clayton, Frontenac, Chesterfield, Kirkwood, Webster Groves, Glendale
Errand Boys 10709 Watson Road Saint Louis, MO 63127- (314) 494-3558	Drive to do errands, to airport, doctors appointments, shopping, (general and grocery). Will house sit and/or pet sit, but mainly do transportation.	Varies by service; Basic fee, \$33/hr. for a 1 hr. minimum and 10 mile radius. Outside 10 miles is .50 cents per mile.	Anyone in St. Louis County and West County	Service area: Frontenac, Ladue, Kirkwood, Chesterfield, Webster, and Sunset Hills.

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Fixed Assets, LLC 19 Berry Wood Drive Saint Louis, MO 63122- (314) 604-0434 or (314) 968-7563	Professional organization of residences (de-cluttering and storage systems for closets, kitchen, garage, office, basement, etc.). Assistance in relocation and staging homes for sale. Bank reconciliation. Financial Management	Call for details or see website	Anyone	Free initial consultation by phone.
Have Scissors Will Travel 10532 Liberty Trail West Saint Louis, MO 63128- (314) 843-3964 or (314) 614-7322	Assistance with hair care needs, manicures, and pedicures	Fees range from \$20-\$75	Anyone	Will come to the person's home to provide the service. No extra charge except for outlying areas.
Home Instead Senior Care 8147 Delmar Boulevard, Suite 215 Saint Louis, MO 63130 (314) 862-4663	Light housekeeping, shopping, meal prep, wash dishes, plant care, pet care, companion, errands, transportation, medical reminders, respite care, bathing.	Call or see website for details. Minimum of 3 hrs. Flat rate for 24 hr. care.	Anyone	Wide service area. Screened, bonded, and insured caregivers, on call 24 hrs a day, financial assistance programs available, 3 - 24 hr shifts.
HomeWell Senior Care 303 Union Blvd, Suite 300 Saint Louis, MO 63108- (314) 361-4400	Services include transportation, light housekeeping, meal preparation, laundry services, pet care, personal care, companion care, and respite care.	Rates begin at \$19.95 per hour. Call for additional cost information	Everyone needing care	Insured and bonded. Free In-home assessments.
Hope, Inc. (Housing Options Provided for the Elderly) 4265 Shaw Blvd Saint Louis, MO 63110- (314) 776-0155 or (888) 776-0155	Housing options, moving, financial assistance, reverse mortgage counseling, counseling/case management.	Most services free.	Ages 60+, caregivers and love. Reverse mortgage counseling available to all. Other services only to City residents.	Counseling for caregivers in the City.

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Jewish Family and Children's Services 10950 Schuetz Road Saint Louis, MO 63146 (314) 993-1000	Light housekeeping, shopping, meal preparation, wash dishes, bathing/grooming, companion, errands, transportation, counseling, case management, information, and referral. Up to 12 hours of assistance per week.	Based on income/sliding scale	Anyone	Also has Volunteer Money Management Program partnership with Lutheran Senior Services as well as a food pantry.
Kingdom House - Senior Companion Program 1321 South 11th Street Saint Louis, MO 63104- (314) 421-0400	Senior companions assist with respite care or companionship.	Free service. Must meet income eligibility requirements	Frail, elderly, or disabled adults. Companionship is provided in St. Louis City and County.	Senior Companion Program: well-trained low-income senior volunteers receive a small stipend to volunteer 20 hours a week.
Lutheran Senior Services Good Neighbor Program 1150 Hanley Industrial Court Saint Louis, MO 63144- (314) 446-2471	Free referral service to independent caregivers. Personal care (bathing, dressing, grooming). Accompany to doctor's visits, shopping, recreational activities, reading, cards, games, walking, reminiscing. Household chores: (dusting, vacuuming, meal preparation, laundry, dishes, floors, cleaning bathroom, take trash out). Run errands.	Call for details. Usually 10 to 12 dollars with a minimum of 4 hours.	Seniors 60 years or older or 50 years or older with a disability	Handyman referrals to self employed contractors offered as a public service. Referrals for home repair, yard work, gutter cleaning, electrical work, plumbing, carpentry, painting.
Preferred Care at Home 223 Salt Lick Rd., Suite 141 Saint Peters, MO 63376- (314) 623-8990	Companionship, light house work, laundry, meals, transportation for clients.	\$18/hr.	Anyone	Caregivers are insured and bonded. Owner is an RN.

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Rebuilding Together St. Louis 357 Marshall Avenue, Suite 2 Saint Louis, MO 63119- (314) 918-9918	Revitalize neighborhoods and rehabilitate homes once a year in April or May. Includes St. Louis, St. Charles, Franklin, and Jefferson.	FREE	Low-income elderly or disabled persons	Churches, neighborhood, and community organizations refer homes or the homeowner can request the work.
Right at Home of St. Louis 10411 Clayton Road, Suite A14 Saint Louis, MO 63131- (314) 567-5545	Companion, light housekeeping, shopping, meal prep, wash dishes, plant care, pet care, errands, transportation to appointments, medical reminders, respite care, bathing.	Call for details.	Anyone	Discount to AA Families. Services available 24hours/day 7 days/week. Free assessments.
Saint Andrew's Senior Solutions 6633 Delmar Blvd., Suite 200 Saint Louis, MO 63130 (314) 726-5766 or (888) 388-1930	Assistance with minor home repairs, nutrition management, housekeeping, errands, transportation, medication management, communication, companionship, personal care, and respite care live- in	Varies by service (Income eligible grant to cover some costs)	Elderly or disabled persons and their families	Other services include: 24-hour live-ins, home safety assessments, massage therapy, and family/caregiver support.
Saint Louis Moving Coordinators 8417 Colonial Lane Saint Louis, MO 63124- (314) 724-9169	Move-out services: pack boxes, coordinate cleaning, lawn care, home repair before move. Organize estate sales. Move-in services: organize delivery of belongings, organization of new home.	Call for a free consultation. Price varies	Anyone needing relocation assistance.	Insured and bonded.
Senior Connections (Faith in Action) 943 Warder Avenue Saint Louis, MO 63130- (314) 727-9202	"Friendly visits" to seniors living in a nursing facility.	Free	Seniors in St. Louis City or County, as well as some areas of St. Charles County	Call for more information.

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<p>Senior Minor Home Repair and Chore Program 634 North Grand 7th Floor, Department of Saint Louis, MO 63103- (877) 612-5918 or (314) 612-5918</p>	<p>The program is sponsored by more than two hundred volunteers from several youth programs. Projects include yard work, painting, gutter cleaning, window cleaning, minor carpentry, etc. There is no cost for the service, but donations are accepted.</p>	<p>Homeowner may be responsible for some supplies. Call for information.</p>	<p>In order to qualify the senior must be a St. Louis City resident, 60 years of age or older, and own their own home.</p>	
<p>Seniors Home Care 432 Marshall Avenue Saint Louis, MO 63119- (314) 962-2666 or (636) 225-2600</p>	<p>Companionship, Personal Care and Bathing, Medication Reminders, Meal Preparation, Light Housekeeping, Assistance with PT/OT exercises, Transportation, Beautician Services, Therapeutic Massage/Touch, Counseling, Deep Cleaning, Errands, Long-Term Care Insurance Filing</p>	<p>Call for information (3 Hr. minimum.).</p>	<p>Anyone in St Louis City, St. Louis County, South County and West County who needs assistance.</p>	<p>Winner of 2009 BBB Torch Award for Business Ethics ; Free In-Home Assessment performed by a Registered Nurse; Services available 24 hours/day, 7 days/week; Ask about Express Club</p>
<p>Shepherd's Center of Webster/Kirkwood 1333 West Lockwood Avenue Glendale, MO 63122-4817 (314) 395-0988</p>	<p>Transport to medical appointments, minor home repair, yard clean up, referrals, Life Long Learning.</p>	<p>Free. Donations accepted</p>	<p>Most areas of 63119 and 63122 and surrounding area.</p>	<p>Yard clean up is twice per year, in spring and fall.</p>
<p>Toiletries Fast 7541 Lovella Avenue Saint Louis, MO 63117-2139 (314) 960-1797</p>	<p>Toiletries Fast delivers personal care products, diabetic supplies, products for new mothers and babies, and pet food.</p>	<p>Varies per product</p>		