

Real Help Services

(Ghana)



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www.realhelpservices.org

Real Help Services

Who we are

We are a group of health workers from uk. Working with quality Ghanaian nurses to provide. Care at home for our elderly in Accra, Takoradi, Tema, Sekondi and Elmina and Cape Coast our service include:

1. Personal care
2. Services for the Elderly
3. Palliative/End of Life Care
4. Escort (Appointments etc.)
5. Assistance with Shopping
6. Assistance with Cooking
7. Assistance with Laundry

You may be looking for care and support services for yourself or on behalf of a friend or family member. Assistance with the general activities of daily living may become necessary when life becomes difficult, even uncomfortable when mobility becomes affected because of accident, age or illness.

Real Help Care Services can help take care of these tasks that for many may be quite difficult, even impossible.

Our Mission

Add Value And Share Value

We aim to provide reliable, personalized care for those needing it most. In doing so we will respect our client's individuality, respecting their freedom to make choices and therefore encouraging independence, promoting their dignity.

Why the need for Care Services?

Ghana is realizing a clear change in cultural values as, historically subsequent generations would help with the care of elderly friends and relatives, often within the setting of an extended family.

Education and social migration, even emigration have played a significant part in these family structures, of course those leaving the family would often do their best to support their parents and grandparents financially, but not being 'on-hand' to help often causes dilemmas.

Here's where we come in. Real Help Services offers affordable care packages that can be tailor made to suit the needs of those who experience difficulties managing tasks that at one time would have been easier to do so.

Standard Package

- Assistance in getting clients out of bed in the morning
- Help with personal care: wash or shower
- Help to get dress for the day
- Preparation of light breakfast
- Tidying clients living area
- Remind clients to take medication if applicable
- Medication must be well labelled in dosette boxes
- Leave Snack, lunch, fluids for the client
- Leave client safe and well
- Return evening to prepare Clients Supper
- Offer supper and wash up
- Get Client Ready for bed
- Leave Drinks,water,juice for the night
- Provide urinal or Commode if client uses one
- Prompt Medication



Extra Support and Add on support for Clients who are

- Diabetic and needing special diet and blood glucose monitoring
- Blood Pressure monitoring
- Bedridden needing pressure area monitoring
- Incontinent
- Confused
- Clients Needing Physiotherapy
- Emergency Rapid Response to Hospital when Required

For a detailed price list contact the UK office:

UK office:

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Ghana Office:

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Real Help Services

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