

Home help  
that connects you  
with friends  
and community



## Live your best life in your own home

Good Friends is a new personal care, nursing and home helper service for New Zealanders who need help to live independently. Our mobile app makes it easy.



**good**friends

0800 20 41 20 | [goodfriends.co.nz](https://goodfriends.co.nz)



## How Good Friends works for you

The power of community is the inspiration behind Good Friends, a new connection app that helps you to stay healthy, keep your home in good shape, build connections with your local community and live independently for longer.

Using a combination of digital technology and human intuition, Good Friends brings together skilled helpers to offer a personalised support and care plan created just for you.

Living life the way you want sometimes means asking for help. And when that help fits in with who you are and how you like to live, it increases your happiness and sense of wellbeing.

Good Friends is available in Christchurch from the end of June 2020 and is also planned for other areas of New Zealand.

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## Empowering you to live a more fulfilling life

We have a one-of-a-kind network of trained carers who deliver home care and help in a way that is friendly, focused and tailored to you. Our aim is to help anyone experiencing challenges looking after their health and their home to live well. Our carers are hand-picked to suit you, your needs and your continued independent living.

We are committed to:

### Care and support

We can assist with all your personal care and home support needs, from helping with your morning shower to vacuuming. Our friendly helpers and qualified nurses aim to support you to live well in your own home.

### Individual empowerment

No one knows you better than you know yourself, so we will work closely with you to design a personalised plan for the help you need, delivered

just the way you want it. It can include a mix of personal care, nursing, home and garden services.

### Community and friendship

We want to build a community of helpful people around you who genuinely care about your wellbeing, so that it's easier for you to stay connected to friends, family, hobbies, sports and local events that put more joy into everyday life.

### Technology and innovation

The technology behind Good Friends is user-friendly, even if you're not a techy sort of person. The app shows you a schedule of your services, plus the helpers providing them. It provides insightful data to your care team about your health, wellbeing and satisfaction, so you always get the best support possible.

# Our Services: How we can help you



## Personal care

A Good Friends personal care helper provides assistance with things like showering, dressing and remembering medicine.



## Home help

A Good Friends home helper can assist with anything from housework and laundry to shopping and meals.



## Companionship

A Good Friends companion can help you stay connected to friends, family and special interests, or simply drop in regularly to see how you are.



## Nursing care

A Good Friends nurse can visit you at home to help with ongoing or short-term health needs.



## Light gardening

Good Friends can find you a permanent or casual gardener to keep your outdoor spaces beautifully under control.



## Home Handyman

Good Friends can match you up with a versatile handyman for inside and outside home maintenance tasks.

**Need some help with services not listed here? Not a problem.  
Give us a call and see how we can help.**



## How does it work?

It's quick and easy to get set up with Good Friends, here's what happens:



Complete the form online and we'll get in touch



We'll work with you to create a personalised help plan that meets your needs



We'll help you set up our mobile app, so you can start managing your Good Friends services

Good Friends home help makes it easy to organise personalised, friendly care services that revolve around you.

Give us a call and see how we can help.

The cost of home care services with Good Friends is simple and transparent: A weekly care support management fee, plus a flat hourly rate set by your helpers for the services you need.

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Simple, affordable  
and transparent  
pricing

## Starter - \$25 p/week

(Christchurch offer\*)

**A helping hand for those who need just a little care.**

- Remote care monitoring
- In home care services at \$40 / hour\*
- Dedicated care team & community manager
- Tailored help plan
- Flat rate 7 days per week
- Advice and support
- Unlimited connected devices
- Access to specialty services e.g. medication management
- Referrals to nursing and allied health
- Nursing and clinical oversight
- Palliative care
- Disability care
- Trauma and rehabilitation

## Plus - \$65 p/week

(Christchurch offer\*)

**Personalised care - for those with higher needs.**

- Remote care monitoring
- In home care services at \$40 / hour\*
- Dedicated care team & community manager
- Tailored help plan
- Flat rate 7 days per week
- Advice and support
- Unlimited connected devices
- Access to specialty services e.g. medication management
- Referrals to nursing and allied health
- Nursing and clinical oversight
- Palliative care
- Disability care
- Trauma and rehabilitation

\* Value of the weekly care support management fee is offered at a special introductory price until March 2021, the anticipated opening date of the Christchurch Wellness Centre. Offer is subject to terms and conditions. The recommended Helper average hourly rate of \$40.00 plus GST is indicative only. Visits may be charged at a higher or lower rate depending on needs and Member's agreement with the Helper. Prices are inclusive of GST unless stated otherwise.

Talk to us today,  
we're here and  
ready to help



## Let us help you live your best life

Call us on 0800 20 41 20 and we can discuss your requirements and talk you through the process of downloading the app.



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