

We need Service Providers ...like you!

Are you looking to supplement your income while providing help to another older adult?

We are always looking for quality, 50+ service providers to serve the 55+ community.

What you need to do:

- Complete an application.
- Provide a criminal record check.
- Participate in an interview.
- Provide 3 references.

User Requirements...

- ✓ You have attained the age of 55.
- ✓ You understand this is a referral service only.
- ✓ You live within the boundary of the Winnipeg Perimeter.

Please be aware:

GNALC is not liable for consumer and provider relations. This is a referral service only.

We only ensure that the providers are criminal record checked, interviewed and reference checked.

Home Maintenance Program

Contact information

Phone: 204-806-1303

Fax: 204-661-0750

Email: hmprogram@gnalc.ca

Website: www.gnalc.ca

Mailing: 720 Henderson Hwy
Winnipeg, MB R2K 0Z5

Good Neighbours Active Living Centre (GNALC) endeavours to improve the quality of life for adults 55 plus. The Centre has more than 1100 members and continues to grow.



Affordable Services for Adults 55+



Home Maintenance Program

Good Neighbours
Active Living Centre



What do I do?

1. First Contact the Home Maintenance referral service at **204-806-1303** or **hmprogram@gnaic.ca**.
2. Give details of required service.
3. Write down the short list of contacts provided to you.
4. Contact the providers, inform them you were referred through Home Maintenance.
5. Describe what you need and if you would be responsible for providing any tools or supplies.
6. Ask for a quote...Agree to cost, or call another provider on the list for another quote.
7. Agree to terms, date and time for the work to begin and be completed.
8. Be home when the worker comes to do the job and ask to see the workers identification badge that proves they are an approved Home Maintenance service provider.

Housekeeping:

- ♦ Cleaning home
- ♦ Laundry
- ♦ Change linens
- ♦ Garbage upkeep
- ♦ Wash walls/windows
- ♦ Clean cupboards
- ♦ Defrost freezer
- ♦ Clean silver

Meal Preparation:

- ♦ Meal plan
- ♦ Prepare meals
- ♦ Shop for groceries
- ♦ Wash dishes

Yard Work:

- ♦ Shovel snow
- ♦ Mow/rake lawn

How can we help?

By providing you the names of individuals in your community who are able to do various jobs at reasonable rates.



- ♦ Fix leaky faucets/hoses
- ♦ Change shower-heads/taps
- ♦ Replace light bulbs



Handyman jobs:

- ♦ Clean eaves troughs
- ♦ Caulking
- ♦ Weather stripping
- ♦ Fix locks
- ♦ Install railings
- ♦ Clean garages
- ♦ Install grab bars

Painting & Carpentry:

- ♦ Indoor/outdoor painting
- ♦ Build fences
- ♦ Build steps
- ♦ Shelving
- ♦ Fix doors
- ♦ Other household carpentry

And much more...