



Everyday Help at Home

Services Guide: non-medical companion and homemaker care
in Amarillo and the Texas Panhandle

What Unity can do for you

Unity provides non-medical companion and homemaker care: good company, a good meal, a tidy home and a hand with the errands. Here is the full list of everyday help our companions offer. Not sure if something is on the list? Ask us. We will tell you plainly.

Companionship and social time

Friendly company and shared activities, at home or out in the community.

- Friendly conversation and company
- Cards, board games and puzzles
- Reading aloud: books, newspaper or mail you choose
- Music, favorite shows and movies together
- Looking through photos and sharing stories
- Crafts, gardening, baking and knitting together
- Walks and strolls together, side by side
- Going to church, clubs, the library or the senior center
- Visits to friends, family and the cemetery
- Lunch or coffee out
- Holiday and birthday help: decorating, cards and gift wrapping
- Writing letters, cards or emails as you dictate

Meals and kitchen

Planning, cooking and cleaning up, built around your own tastes.

- Plan the week's meals together
- Cook breakfast, lunch and dinner in your kitchen
- Cook from your own recipes and favorites
- Cook side by side as a shared activity
- Prepare meals ahead and label them with dish and date
- Set the table, put the meal out and wash dishes
- Make coffee, tea and snacks
- Clean the kitchen, counters and dishwasher
- Clean out the fridge, with your OK
- Write the grocery list from what is missing

Housekeeping

Light, everyday cleaning and tidying to keep the home comfortable.

- Dust, sweep, vacuum and mop
- Clean bathroom sinks, tubs, toilets and mirrors
- Make beds and change sheets
- Tidy and declutter living areas
- Take out trash and recycling, and roll bins to the curb
- Wipe appliances and reachable windows
- Organize closets, cabinets and the pantry
- Swap seasonal clothes and decorations
- Get the house ready before you return home

Laundry and clothing

Wash, fold and put away, so the laundry stays done.

- Wash, dry, fold and put away clothes
- Wash bedding and towels
- Iron and press clothes
- Mend small items, like buttons and hems

Shopping and errands

We run the errands with you or for you, using the money you provide.

- Grocery shopping for you
- Shop together at the store
- Place online grocery or Amazon orders together and unpack deliveries
- Post office trips, shipping and returns
- Gift and card shopping
- Pick up takeout, dry cleaning, library books and repaired items
- Take donations to charity
- Go along to the bank while you do your own banking
- Wait at home for deliveries or repair visits

Phone and technology

Staying in touch with family, with a patient helper beside you.

- Dial calls and hand you the phone
- Set up and run video calls with family
- Teach tablet, phone, TV and smart speaker basics
- Set up email and photo sharing; you keep your passwords
- Set up the TV, streaming and remote controls

Mail, paperwork and calendar

Keeping the household papers and plans tidy and in one place.

- Sort bills and mail, and read the amounts aloud
- Read mail and cards aloud together
- Keep a calendar of visits and outings
- Add bill due dates, trash day and library returns to your calendar
- Organize files and gather papers into folders

Home, pets and plants

Everyday upkeep so the home and the animals in it are looked after.

- Feed pets, refresh water and clean litter boxes
- Water houseplants and garden beds
- Bring in mail, newspaper and packages
- Collect mail and water plants while you travel
- Open and close curtains and adjust the thermostat

Visits and family updates

A clear, simple way to plan visits and keep your family in the loop.

- A phone or home conversation about your schedule and preferences
- A written schedule of agreed visits and tasks
- A companion matched to you by interests and schedule
- A short visit note for family: what we did, meals and outings
- Household help for busy family members
- Visits scheduled around your week

Good to know

What Unity does not do

We keep our scope plain, so you always know what to expect. If you need any of this, we will gladly point you to a licensed provider.

- Personal care of any kind, including bathing, dressing, grooming and toileting
- Help with eating or feeding
- Lifting, transfers, or hands-on help with walking or balance
- Medication help of any kind, including reminders
- Picking up or delivering prescriptions
- Medical tasks, such as wound care, injections, vital signs or medical equipment
- Medical advice, diet advice or special-diet planning
- Exercise or rehabilitation routines
- Assessments or treatment plans
- Overnight stays
- Staying with someone who needs hands-on help or constant attention
- Emergency or alarm response services
- Managing money, bank accounts, cards or passwords, or paying bills for you
- Legal or insurance paperwork completed on your behalf
- Driving or transporting clients, in any vehicle
- Heavy cleaning, ladder work, power tools or mowing
- Cleanup of bodily fluids or hazardous waste

A few simple limits

- Walks are social and side by side. Companions do not hold, steady or physically assist anyone.
- You keep control of your own money, cards, PINs and passwords. Purchases use money you provide, and receipts are returned to you.
- Housekeeping is light and at ground-level reach: no ladders, heavy lifting or hazardous cleanup.
- Visit notes cover what we did, meals and outings only.

Ready to get started?

Join the family waitlist at unitycaregivers.com. It is free, takes about two minutes, and there is no commitment. We will contact you as your town opens.