**About *PHIL the help guy* and *PHILServices***

Do you want to remain independent, stay in your home, and enjoy it? Or maybe you just need a little help to get everything done! But who can you trust? *PHILServices* may be just what you need. *Phil the help guy is:*

* compassionate and caring
* practical, resourceful, and creative
* honest and hard working
* flexible and dependent
* bonded and insured

Whether you need occasional assistance or someone on a regular schedule, I can be there for you and your family whenever you need a helpful hand.

**A different kind of HELP service**

As a homeowner, property manager, teacher, father, and son of elderly parents, I know that life can get busy. *Sometimes* you want to do a task yourself but can’t find the time. *Often* you might just need an extra pair of hands to get motivated or to get a task done! *Other times* you have a do-it-yourself project that you just can’t do yourself, but you still want it done your way: practical, economical, and with care. That’s where *PHIL the help guy* is different:

* I will work with you
* I can do the job for you
* I pride myself on doing it *your* way

**Aging in place and transitional assistance**

Many seniors need assistance around their home as they age in place. Family may not live nearby or may not be able to be there when things need to get done. Single parents and busy families may also require extra help during transitional periods: rehabilitation or injuries; career or family change; and relocation, moves, or downsizing. Whether you need help for yourself, your parents, or a friend, *PHILServices* can provide the help you need to remain independent:

* Personal assistance
* Home maintenance
* Technical support

Call **PHIL the help guy** at 585 455-0322Call *PHIL the help guy* when…

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Your parents need some help and you can’t be there.

**You’re recovering and the doctor says you can’t…**

You’ll be away and need someone to watch the house.

**There’s too much to do and too little time.**

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You want to fix all those little things that bother you!

**That Do-It-Yourself project isn’t quite DIY.**

Seasonal work keeps you from enjoying the season.

**You need a little help or motivation to get started.**

You know what you want done but can’t do it yourself.

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You need someone to help you buy a computer.

**You got mom a new phone, but she can’t use it.**

You want your old photos on your new computer.

**Technology isn’t making you life any easier.**

…you need a little **HELP**

 **PHIL S e r v i c e s . . .**

 **HOME MAINTENANCE**

 **PERSONAL ASSISTANCE**

 **TECHNOLOGY SUPPORT**

 *…compassionate care for*

 *you and your home!*

 **PHIL** “the help guy” **SCULLY**

**Fairport, NY**

**585-455-0322**

 *Bonded and Insured*

 *www.PHILServicesHELP.com*

**HOME MAINTENANCE**

**Handyman Services, Odd Jobs, & Repairs**

* Install: handrails, grab bars, and assist bars
* Assembling of furniture and other products
* Installation: fans, lights, fixtures
* Move in/outs: repairs, cleaning, etc.
* Hang mirrors, pictures, decorations
* Install window treatments, curtains, blinds
* Minor plumbing and electrical
* Car care and minor maintenance
* Minor drywall repair and painting
* Replace and install locks, key replacement

**Routine Maintenance**

* Light bulb and filter replacements
* Monitoring home for maintenance issues
* Regular appliance maintenance
* Replace and install smoke & CO2 detectors

**Organizing**

* Install closet organizers and shelving
* Rearrange furniture for maneuverability and to keep pathways clear
* Storage: closets, attics, basements, garages
* Garage sale set up and pricing

**Seasonal Prep and Yard Work**

* Fall: raking, gutter, and yard care
* Install insulation and weather-stripping
* Install/ remove and clean storm windows
* Holiday: decorating, lighting, and trees
* Winter: snow shoveling and ice removal
* Spring: planting, gardening, and trimming
* Summer: watering, weeding, and lawn care
* Install/remove window air conditioning

**Housekeeping, Chores, Cleaning**

* General and deep cleaning
* Move furniture and clean behind
* Floors: vacuuming, sweeping, and mopping
* Windows: interior and exterior
* Take out garbage

*PHIL the help guy* **PERSONAL ASSISTANCE**

**Companionship**

* Check-ins: daily, weekly, periodically
* Accompany to: appointments, church, social/cultural outings, dinner, and shopping
* Engage in conversation: current and historical events, interests, and family
* Visiting: family, friends, or hospitals
* Recreational activities: walks, travel, crafts, cards, games, and hobbies
* Overnight stays while family is away

**Advocacy:**

**Decision making and communication**

* Sorting mail: prioritize, organize, and respond
* Reading the fine print on forms
* Bill paying in person, by mail, or on-line
* Settling minor disputes/excessive fees
* Writing letters and correspondence
* Balancing checkbook or record keeping
* Car maintenance and repairs
* Home maintenance and repair
* Major purchases: appliances, furniture, etc.

**Errands and Shopping**

* Picking up prescriptions and dry cleaning
* Preparing grocery list and shopping
* Shipping and picking up packages
* Holiday shopping and gift wrapping

**Planning and Preparation**

* Planning and cooking meals
* Entertaining family and guests
* Hosting parties: set up, serving, and clean up
* Preparing and decorating for the holidays
* Planning visits, outings, vacations, and trips
* Moving/downsizing: packing/unpacking

**Home Monitoring When Away**

* Vacations and extended trips
* Snowbirds
* Hospital and recovery
* Plant and pet care

*www.PHILServicesHELP.com*

**PHILServices.HELP@gmail.com**

**TECHNOLOGY SUPPORT**

**Cell Phones**

* Selecting an appropriate phone and service
* Basic and smart phone instruction
* Texting and emailing
* Storing family, friends and emergency contacts
* Getting the most from your smart phone apps

**Audio / Video / Photo**

* Programming remote controls
* Installation: cable hookups, stereo, cable TV, VCR, CD/ DVD, BlueRay
* Music: IPod/MP3 players, converting music
* Digital Cameras: instruction and operation
* Copy/convert old audio/video/photo to digital
* Photo organization: storing and viewing
* Photo/video inventory for records/insurance

**Computers: PC or MAC**

* Installation and tutoring of your computer
* Troubleshooting technology issues
* Instruction: word processing, spreadsheets, and presentations (Microsoft and others)
* Communication: email, videoconferencing, blogging, Skype, social networking
* Internet: surfing the web safely and securely
* Buying and selling on Craigslist
* Simple web site and blogging design
* Downloading/installing paid / free software
* Maintaining a personal or shared calendar
* Organizing files, folders and programs
* Storage devices: flash drives, CDs, DVDs
* Installing computer software
* Electronic presentation skills: PowerPoint, etc
* Scanning documents, records, and photos
* Documenting family history in photos and video
* Creating a multi-media presentation or slideshow to share your pictures with friends and family

**Other**

* Appliance programming and usage
* Thermostat programming
* Making your current technology work for you

585-455-0322