

Peace of Mind!

We reduce stress and bring JOY to seniors and their families by providing a neighborly helping hand.

You can take confidence in our rigorous background screening and comprehensive insurance.



For more information call:

301.960.5500

or visit:

www.naborforce.com

naborforce

*On-demand help for
independent older adults*

**“Backup Sons and
Daughters”**



*A friendly hand
when you need it!*



- An extra set of hands!
- Help around the house
- Preparing a meal
- Organizing and decorating
- Help with smartphone, tablet or computer



- Grocery and shopping outings
- Medical appointments - and we can wait with you
- Trips to the salon
- Community and social events
- Meetups with friends and family



- A new friend!
- Engaged conversation
- Puzzles, games and crafts
- Walks and exercise
- Social outings
- Sharing a hobby or project

Nabors helping older neighbors!

Our "Nabors" are compassionate community members vetted and ready to lend a helping hand!

1 Hour Minimum

Never a contract!

*We are
"Inspired by JOY!"*

