



**Choose to live well
in the home you
know and love.**

You can stay active and connected with access to our Living Well Community Centre, rideshare transport and private home help.



goodfriends.co.nz 0800 20 41 20

Welcome to Arvida Good Friends

We support older New Zealanders to live successful, independent lives on their own terms. Our private membership options support you with:

- Help around the house and garden; companionship; or personal and nursing care; with friendly, consistent and highly qualified helpers who come at the time you want.
- Transport to outings, appointments and into the city. Never have to park again!
- Your own Living Well Centre – with activities, classes, exercise, hair, nails and beauty, café and events, as well as allied health services. Do things you enjoy, connect with friends and meet new people.

Choose any or all of these services through a subscription plan that works for you. With Arvida Good Friends membership plans, you are in control.

*Only in Christchurch,
coming soon in
other centres.*



How membership works

All our membership plans have weekly subscription fees and then we charge flat fees for transport rides and fixed hourly rates for any help services you choose.

You set up an account and pay by secure direct debit or credit card.

Our base **Living Well Membership** is just \$5 per week. From there, you can easily add other plans as you need them.

All our prices include GST and there are no hidden extras. If you want to use our easy smartphone app, you and your family can see how much you are paying each week. Otherwise, we'll email you.

As with all good friendships, it takes time to get to know one another, therefore, all our membership plans are for a minimum of six weeks.



It all begins with Living Well



Living Well
\$5 per week

The Living Well plan is the basis of all Arvida Good Friends memberships. You'll get regular support and the opportunity to connect with others at the Living Well Centre in Christchurch. Enjoy being part of the Arvida Good Friends community.

For just \$5 per week, the Living Well plan gives you:

- Monthly wellbeing calls and access to advice over the phone.
- Great discounts on food (10%), activities (50%) and hair and beauty services (25%) at the Living Well Centre.
- Invitations to exclusive events.
- The flexibility to add other membership plans and choose services to meet your needs.



Stay active and connected



Moving Well
\$20 per week

The Moving Well plan gives you gym and pool membership at our Living Well Centre, including qualified supervision and specialist equipment.

- Access to gym, pool and spa, 8am-4.30pm, Monday to Saturday.
- Four assessments per year with a qualified trainer.
- Personalised exercise plan.
- Support to reach your strength and wellbeing goals.



Good Friends Go
Unlimited rides or Pay as you go

Good Friends Go is our on-demand rideshare service to keep you connected with family and friends.

- Get unlimited rides for a set weekly fee
OR pay as you go with flat ride fares
- Book in advance for appointments and activities
- Arvida Good Friends' trained and verified drivers collect you from your door

ARVIDA
good friends
go

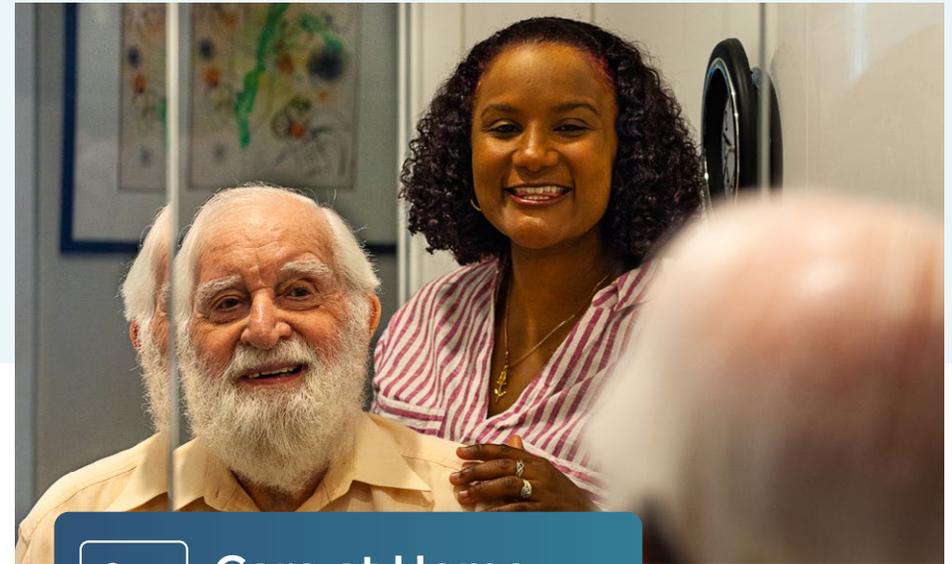
In home services



Help at Home
\$30 per week

This service helps you keep your home and garden the way you like it. We'll come to your place when it suits you, then give you a helping hand to tackle your 'to do' list indoors or out and about.

- Companionship, outings, shopping, appointments
- Cleaning, light gardening and home maintenance
- The help you choose at the time you choose, by the same Arvida Good Friends helper
- 30 minutes free help per week
- Flat hourly rates for services - \$36 an hour



Care at Home
\$50 per week

Whether you need ongoing help to get up and going in the morning or temporary assistance while you recover from an accident or surgery, you can count on our qualified helpers. Care at Home is the right plan for you if you need personal care and nursing attention, as well as general help around the home.

- Ongoing or temporary in-home care
- Medical assistance or personal care by qualified carers
- 30 minutes each week included in your plan
- Flat hourly rates for services - \$43 per hour

Private home help that you control



“It’s a wonderful service and one that I’d never experienced before from somebody outside the family.”

No one knows you better than you know yourself. We work closely with you to plan the help you need, delivered just the way you want it. You and your family are always firmly in the driving seat.

With private home help and care, your weekly subscription fee covers:

- A personalised help plan that we design together
- Matching you with an Arvida trained and verified helper based on your needs, and your personality and interests
- 30 minutes free service every week
- Travel costs for helpers to get to and from your home. You only pay for the time they are helping you
- Ongoing contact, support and review to make sure your plan is working for you
- The flexibility to make changes to your plan and your schedule to suit you
- Access to our smartphone app for you (and your family if you give them permission) so that you can easily see exactly who is coming and when. You can also see your weekly charges all in one place

With the extra time you now have, you can enjoy the things you love doing

Find out more or get started

Whether you're ready to join Arvida Good Friends or you'd like to ask us some questions, we're here to help. Our Living Well Advisors, led by Alex Peaston-Jones, are keen to help you understand our services, work out what you need and sign up to membership easily.



We have solutions and ideas

Alex has qualifications in psychology and counselling, as well as years of experience in customer service. You can tell her what's happening for you at the moment, then she'll explain how Arvida Good Friends could help. Whether you are looking for yourself, or finding out options for your loved one, Alex is a good person to chat to. She'll help you to work out what's best for you.

Give Alex a call

Alex works Monday to Friday from 8am to 5pm. You can call her on **0800 20 41 20** or email hello@goodfriends.co.nz



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