

## HRM & Eastern Region

**NOTE:** Caregivers Nova Scotia does not vet private care providers. It is the responsibility of the caregiver who is hiring their own staff to screen and interview carefully. These individuals have never been screened and are not being recommended in any way. We will do our best to keep this list updated, twice yearly. Please let us know if any of these numbers or services are unavailable.

NAME	AREA	PHONE #	RATES	OTHER	LANGUAGE PROFICIENCIES
<b>Eastern Region</b>					
Pat Buote	Porters Lake area through to Ship Harbour	902.483.3172 (Cell) patbuote@hotmail.com	\$25/hour, negotiable	Dayshift, meal prep, personal care, respite care, palliative care, light housekeeping, companion care, errand services.	English
Helen Dodsworth	Lake Echo area through to Chezzetcook, Lawrencetown and Musquodoboit Harbour	902.233.9474 (Cell) hdodsworth@eastlink.ca	\$25/hour	Dayshift, meal prep, personal care, respite care, light housekeeping, companion care services, transportation and groceries.	English
Margaret Ann Misener	Prefers Dartmouth/Cole Harbour/Eastern Passage/Woodside/Cow Bay	902.880.8178	\$20 - \$25/hour	Companion care, light house keeping, meal prep, personal care and errands services.	English
Marilyn Pearce	All of N.S and through Cape Breton Region. Private homecare providers with the Newfoundland Angels group (Port Aux Basques)	902.430.3252 (Cell) pearcem195@gmail.com	\$200 - \$250/day, plus cost of travel from NFLD to NS	Live-in services for a two week contract at a time. Dayshift, nightshift, meal prep, personal care, respite care, palliative care, light and heavy housekeeping. Facebook. com/groups/Newfoundland Angels/	English
Lynn Robia	Lake Echo area through to Ship Harbour	902.845.2092 (Cell) alwaysbroken66@hotmail.com	\$18/hour	Dayshift only, meal prep, personal care, respite care, palliative care, light housekeeping.	English
Raj Selva	Musquodoboit Harbor, Jeddore, Porters Lake, Dartmouth, Halifax, Lawrencetown, Lake Charlotte, Waverly	902.440.7904 raj.selva2468@gmail.com	\$36/hour	First Aid and CPR Certified, Trained on Hoe Lifting, Certified to work with Dementia patients. Services include: meal prep, respite, errands, personal care, companionship and administration of medication. Pet-friendly, can work overnight.	English

HRM Region					
Carolyn Albert	Bedford, Fairview, Clayton Park, Hammonds Plains, and Upper Tantallon	902.209.7169 carolyn_albert@hotmail.com	\$25/hour	Companionship, errands, groceries shopping, housekeeping, laundry, meal prep, med reminders, personal care, respite and palliative care. Over 15 years experience.	English, French
Orinthia Alridge	HRM	902.440.9765	Negotiable	Personal care and meal prep. Available Monday-Thursday, 8 a.m. - 2 p.m. and 11 p.m. - 7 a.m. overnight. ADL trained in all Mechanical Lifts and Most Assistive Devices. Over 15 years experience. Loves taking care of elderly and newborn babies, cannot work in houses with pets. Has a car.	English
Geoff Bacheyie	Halifax Fairview/Dartmouth westphal & Cole Harbour	902.401.7735 bach3523@gmail.com	\$25/hour	Companionship Care, Personal Care, Medication Awareness. Meal Prep. Light housework. Safe Mobility Transfers. Palliative Care.	English
Bitia Badalkhani	HRM	902.989.8609	Negotiable	Personal care, light housekeeping, meal prep, medications, errands/appointments	Limited English/Farsi/Azeri/Turkish
Lori Balzan	HRM	902.476.6078 loribalzan@icloud.com	\$25/hour	Dayshift, meal prep, personal care, palliative care, light housekeeping, companionship, errand services, respite care and appointments.	English
Isabel Barteaux	HRM	902.349.5553 izzybarteaux@gmail.com	\$25/hour	Nursing school student, personal care, vitals, will do overnights, ok with pets	English
Mya Bleich	HRM	782.640.1040 myableich97@gmail.com	\$23-27/hr	Housekeeping, meal prep, errands, activities, palliative care, companionship, personal care, grooming, etc.	English
Arlene Croft	HRM	902.817.6840 mustardseedexpress@hotmail.com	\$20/hour and overnight is \$250/day	Respite, housekeeping, cleaning, cooking, personal care, appointments, grocery shopping, etc. Will do overnight and longer periods.	English
Sharon Dacey	Hammonds Plains area	902.471.5240 sharondacey1@gmail.com	\$25/hour	Retired CCA. Willing to do personal care, light housekeeping, companionship, and run errands.	English
Leo Doiron	West Hants, Kings as far as Aylesford, Mt Uniacke, most HRM	902.471.5361 leodoiron@gmail.com	\$27.50+ (flexible based on need)	Certified in First Aid. Services include respite, meal prep, cooking, pet care/walks, errand and appointments, light-housekeeping. Pet-friendly and can take care of them too. Would consider to do night depending on the situation.	English, basic French
Darlene Decoste	Dartmouth, Cole Harbour	902.293.8023	\$20/hour, negotiable	Days or evenings, personal care, respite care, light housekeeping, companion care, errand services, meal prep, and recreational outings.	English
Francisca Etayokha	Halifax, Dartmouth and Truro	782.882.9224	\$19-\$23	General personal care, respite care, meal prep, house keeping and a lot more. Pet-friendly and can do nights	English
Chidimma Cynthia Ezeobata	Halifax, Bedford, Dartmouth (anywhere the transit can take me to)	514.431.4208 chidimmanwalife@yahoo.com	\$20/hour	Day shift, overnight shift, evening shift, respite care, personal care, housekeeping, meal preps and so on	English

Kashyap Goswami	HRM	9029791613 kashyap7111@gmail.com	\$25/hour, negotiable	Home care, Personal care, Cleaning, Housekeeping, Meal prepare and feeding , Companionship and mental health support, 7 essential training certificates. Can do overnights, pet-friendly.	English, Hindi
Leslyn Graham	Spryfield, Clayton Park, Larry-Utech	902.402.1985 leslyngraham@gmail.com	\$20/hour	Certified CCA. Baby sitting, respite, light housekeeping, companionship care. Overnight care.	English
Wanda Hoben	Dartmouth and Close by	902.329.1718 w.hoben@eastlink.ca	\$20/hour	Former EPA and respite worker with Autism NS. is flexible with times, will do meal prep, companion care, recreation, and personal care.	English
Laura MacDonald	HRM	902.402.7497 lmacdonald2202@hotmail.com	\$20-\$25/hour	CCA certified. Respite, dementia care, personal care, housekeeping, meal prep, errands. Ok with pets, no overnights.	English
Shirley MacIntyre	Halifax Bedford area	902.229.8454	\$25/hour	Was a caregiver to husband with dementia for 11 years till his passing. After that worked in Northwood as a CSA helping with serving food and feeding clients. Services include: walks, errands, meal prep. Unable to do physical care (senior myself), unable to work nights. Pet-friendly. Can start with two 4 hour shifts/week	English
Paula Mackary	Halifax, Spryfield, Fairview	902.405.6926	\$20/hour	Personal Care, meal prep, respite and housekeeping	English
Heidi MacKay	Halifax and Bedford	902.229.6358 hnmackay123@hotmail.com	Negotiable	Dayshift, light & heavy housekeeping, personal care, meal prep, respite & companion care.	English, German
Belinda Marriott	St, Margaret's Bay - Tantallon	902.223.6210 bhazelmarriott@hotmail.com	\$25/hour	Companionship, errands, groceries shopping, housekeeping, laundry, meal prep, med reminders, personal care, respite care, lots of experience with dementia patients, 36 years of experience	English
Melin Mathew	HRM	249.876.6258	\$25/hour	Experience as a caregiver, PG in Health Care Management. Services include: meal prep, housekeeping, respite, errands, personal care, etc. Pet-friendly, willing to do overnights	English, Malayalam, Hindi, Tamil
Margaret Ann Misener	Prefers Dartmouth/Cole Harbour/Eastern Passage/Woodside/Cow Bay	902.880.8178	\$22 - \$25/hour	Companion care, light housekeeping, meals, assist with bathing, run errands.	English
Samantha Morash	Cole Harbour /Dartmouth	902.476.1083 samanthamorash14@gmail.com	\$20/hour negotiable	Day shifts, light housekeeping, meal prep, respite care.	English: Samantha may have some working knowledge of French as she did French Immersion throughout school
Salau Afusat Moyosore	Halifax, Bedford, Dartmouth	782.409.8892	\$20/hourly	Personal care, laundry, meal preparation, light housekeeping, and companionship, will do overnights. No pets	English

Manideep Narakula	Halifax, Bedford, Sackville areas	782.882.0462 mnarakula09@gmail.com	\$18 - \$25/hour	Day or evening. Companionship, errands, groceries shopping, housekeeping, laundry, meal prep, med reminders, personal care, respite and palliative care. Over 2 years experience.	English, Hindi, Benugu
Ruth Onyeajam	Timberlea, Beachville, Lakeside, Tantallon, Clayton Park, Fairview, Larry-Utech, Bedford, Hammonds Plains, Armdale and Spryfield	902.943.3963 ruthonyejam@gmail.com	\$25/hour	Certified CCA. Babysitting, respite care, meal prep, errands, laundry, light housekeeping, companionship care, overnight care	English
Jacqueline Ouellet	HRM and Reservations in NS	902.817.2855 Jacqueline.ouellet@gmail.com	\$23 per hour – negotiable	Compassionate companionship, meal preparation, personal care, housekeeping. Certificates in End-of-Life Doula, First Nations Cancer Care, First Nations Elder Care, First Nations Supporting Natural Caregivers, Palliative/End-of-Life Care in Indigenous Communities, and full training in Hospice Palliative Care Ontario.	English
Victoria Parker	Bedford/Sackville	902.221.5628	\$20/hour	Companionship, errands, light Meal preparation, personal care, respite, and light housekeeping. Will do overnights.	English
Selva Pavade	Halifax and Dartmouth region up to Lake Charlotte	902.580.0983 <a href="mailto:pavade.selva@gmail.com">pavade.selva@gmail.com</a>	\$27/hour	35+ years of experience. Services include: meal prep, housekeeping, respite, errands, personal care, companionship, taking for walks, medication administration. Pet-friendly and ready to work overnight.	English
Marilyn Pearce	All of NS and through Cape Breton Region. Private homecare providers with the Newfoundland Angels group (Port Aux Basques)	902.430.3252 (Cell) marilyn_pearce@hotmail.com	\$200 - \$250/day, plus cost of travel from NFDL to NS	Live in services for a two week contract at a time. Dayshift, nightshift, meal prep, personal care, respite care, palliative care, light and heavy housekeeping. Facebook. <a href="https://www.facebook.com/groups/NewfoundlandAngels/">com/groups/NewfoundlandAngels/</a>	English
Paige Price	HRM area	902.809.5229 Paigeprice01@hotmail.com	\$25/hour	Certified CCA (Nova Scotia), emergency medical responder with EHS, basic lifesaving certification, first aid with heart and stroke foundation. Up-to-date criminal record and vulnerable sector check. Help with medication administration (inter-muscular, inter-nasal and oral medication), meal prep, respite, light house keeping, errands, personal care. Ok with pets, can work 9 am – 4 pm	English
Tracey Provost	HRM	902.219.4652 traceyspreciousmoments@outlook.com	\$35/hour	Minimum shift is one hour. Dayshift (Mon - Fri). Companionship, errands, meal preparations, and more. Will do free consultations. Will provide references.	English
Ramlat Ola Raheem	Clayton Park, Bedford, Halifax	782.882.6009 olayinkaraheem2906@yahoo.com	\$25/hour	Personal care, light housekeeping, respite care, companionship, day and night shifts	English

Meaghan Ryerson	Lawrencetown Beach, Cole Harbour, Downtown Dartmouth, Burnside, Sackville, Bedford, other surrounding areas close by. Windsor.	1-902.844.0301 Leave voicemail if no answer Meaghan.ryerson1@gmail.com	\$24/hour	Graduated from NSCC with my continuing care education in 2017 and have 2 years experience in a nursing home along with 2.5 years working for the VON in the Annapolis Valley. My earliest start time would be 7am; no weekends. Will do personal care, meal prep & serve, light housekeeping, respite, errands and other tasks may be negotiable.	English
Denise Samms	HRM	709.214.2753	\$20-\$25/Hour	Personal care, dementia care, meal prep, housekeeping, companionship, errands	English
Kwaku Sampong	Halifax, Dartmouth (travels by bus)	902.403.0282	\$20/hour	Personal Care, exercises, light housekeeping, meal preparation and companionship.	English
Raj Selva	Musquodoboit Harbor, Jeddore, Porters Lake, Dartmouth, Halifax, Lawrencetown, Lake Charlotte, Waverly	902.440.7904 raj.selva2468@gmail.com	\$36/hour	First Aid and CPR Certified, Trained on Hoe Lifting, Certified to work with Dementia patients. Services include: meal prep, respite, errands, personal care, companionship and administration of medication. Pet-friendly, can work overnight.	English
Vidhi Shah	Halifax, Dartmouth, Bedford, Sackville	902.919.6401 shahvidhih@gmail.com	\$18 - \$25/hour	Day or evening. Companionship, errands, groceries shopping, housekeeping, laundry, meal prep, med reminders, personal care, respite and palliative care. Over 2 years experience.	English, Hindi
Parinkumar Shah	Halifax, Dartmouth, Bedford, Sackville	249.876.0754	\$18 - \$25/hour	Day or evening. Companionship, errands, groceries shopping, housekeeping, laundry, meal prep, med reminders, personal care, respite and palliative care. Over 2 years experience.	English
Natawyah Smith-Kelly	Clayton Park, Larry Uteck, Bedford, North End, South End	647.779.0873 natawyahsmithkelly@gmail.com	\$25/hour	Personal care, meal prep, respite, light housekeeping and laundry	English
Rayeanne Zunic	Lakeside, Halifax, North End, Fairview, Clayton Park	782.414.1019	\$25-30/hour	Took a 6-week dementia care course and am happy to work with dementia patients. Other services include: light house keeping, meal prep, companionship, walking. Workes in customer service for 35 years, honing my communication skills, empathy, adaptability and problem-solving. Cannot do nights but it might change, as I get comfortable with the client. Happy with pets at home, as long as they're friendly.	English and French
					Updated: March 7, 2025