

Live-In Care Is It the Right Option and How Do You Prepare?

CARE SUPPORT THROUGHOUT THE DAY...

If you or a family member needs regular care support throughout the day, and perhaps some companionship, live-in care is worth exploring. This guide will help you understand more about how livein care works and how to prepare for it.

-because of restrictions in care homes and concerns about social distancing within their own homes during care visits.

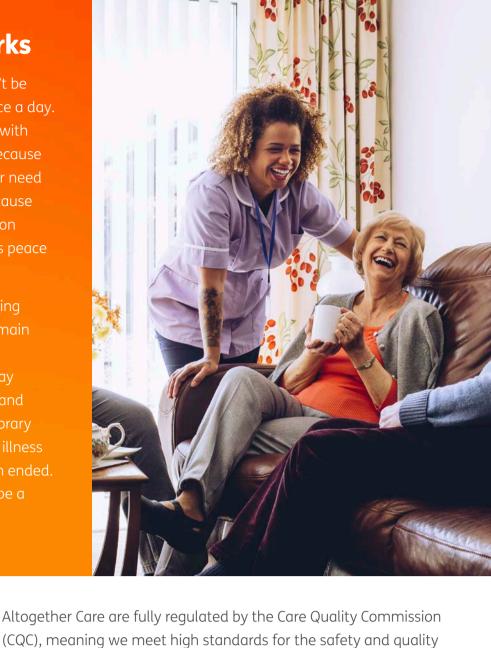
The Covid-19 pandemic led many people to explore different care options - including live-in care

Some people have care needs that can't be

How Live-In Care Works

fully met by a carer visiting once or twice a day. Instead, they opt to have a carer living with them in their own home. This can be because they have severely restricted mobility or need regular clinical care. Sometimes it's because they have dementia and a trusted person staying with them is best for everyone's peace of mind. Live-in care offers a welcome and fulfilling

residential care. It's also an effective way to relieve pressure on family members and In the current uncertain times it could be a reassuring option.





of support and expertise provided by our highly-trained staff.

of care. We run as a major care provider due to the excellent level

Because there are many reasons why live-in care is needed, the support provided can take many forms. Typical tasks include:

• Personal care such as help with washing, The focus is on enabling and on helping our clients to enjoy a fulfilling life. Sometimes the dressing and toileting.

- General housework like cleaning, cooking and shopping.
- Clinical care such as colostomy bags, stomas and ventilators.

Mobility assistance including operating lifts

- and hoists. Ensuring medication is administered properly.
- Visits and travelling to social activities.
- This list isn't exhaustive but it shows the range of support available depending on the individual

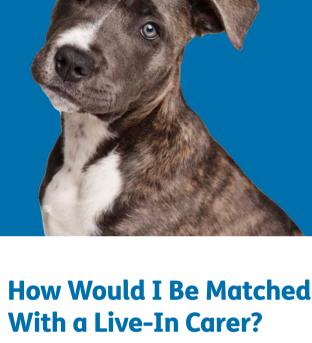
Caring for pets.

need.

help with everyday living.

biggest benefit is companionship and the option

to remain in familiar surroundings while getting





At Altogether Care, we work hard to put the right people together so that the relationship works. Our highly-trained staff will endeavor to

critical.

The relationship with the carer is

match you with a suitable live-in carer based on your views and preferences at the time of assessment. Some clients opt for a brief trial

period to be sure that the arrangement will be a

happy one. If you arrange care through us, we make sure that your carer is appropriately trained and qualified to deliver the care needed and that DBS checks are up-to-date. As we are employing the carer, we take care of all the legal issues, tax, National Insurance etc.

The basic requirements are a bed, clean bed linen and If you already have a guest room, this would be ideal. storage space for clothes and personal items. Some If reduced mobility is one of reasons for choosing livein care, this might be the time to consider converting clients also choose to provide a good WiFi connection

and a TV in the carer's room so that everyone enjoys a downstairs room into a bedroom to free up space their own choice of entertainment. upstairs for the carer. People needing care often have specific dietary needs. Additionally, the carer might have different tastes and preferences. Even though it's a good idea to eat together, you might not want to eat the same things. The live-in carer will need space in the fridge



and cupboards to store their own food.

at home service to cover carers' breaks.

Carers are legally entitled to a two hour break each day away from the home. This is usually timed for when care won't be needed. In some cases carers are given the option to combine break periods into an afternoon off, which could coincide with visits from family members. It's also possible to arrange a care

needed to help people carry on living at home. bathroom facilities. Altogether Care offers a complete support what needs to happen to prepare for live-in best for our clients.

Want to know more? To find out whether live-in care is right for you, or to discuss other options to get the care you need to make life easier and more enjoyable, contact the friendly team at Altogether Care.

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