



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 live-in care works and how to prepare for it.

The Covid-19 pandemic led many people to explore different care options - including live-in care - because of restrictions in care homes and concerns about social distancing within their own homes during care visits.

How Live-In Care Works

Some people have care needs that can't be 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 care option for people who prefer to remain in their own home rather than go into residential care. It's also an effective way to relieve pressure on family members and informal carers. Sometimes it's a temporary arrangement following an operation or illness and sometimes it's long-term and open ended. In the current uncertain times it could be a reassuring option.



Altogether Care are fully regulated by the Care Quality Commission (CQC), meaning we meet high standards for the safety and quality of care. We run as a major care provider due to the excellent level of support and expertise provided by our highly-trained staff.

What Will a Live-In Carer Do?

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, 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.
- Caring for pets.

This list isn't exhaustive but it shows the range of support available depending on the individual need.

The focus is on enabling and on helping our clients to enjoy a fulfilling life. Sometimes the biggest benefit is companionship and the option to remain in familiar surroundings while getting help with everyday living.



How Would I Be Matched With a Live-In Carer?

The relationship with the carer is critical.

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

What Will Your Live-In Carer Need?

A live-in carer will need their own room where they can sleep, rest and enjoy a bit of private time. This should be clean, tidy and with adequate heating and ventilation. It's a demanding role after all, so they will need space to unwind. They will also need access to bathroom facilities, which can be shared.

The basic requirements are a bed, clean bed linen and storage space for clothes and personal items. Some clients also choose to provide a good WiFi connection and a TV in the carer's room so that everyone enjoys their own choice of entertainment.

If you already have a guest room, this would be ideal. If reduced mobility is one of reasons for choosing live-in care, this might be the time to consider converting a bedroom into a bedroom to free up space 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.

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 at home service to cover carers' breaks.



Preparing for Live-In Care

The care cannot start before the home is ready.

This means preparing the carer's room so that it's thoroughly cleaned, tidy and ready for them to move in. This can also be a good time to think about whether adaptations such as ramps, handrails and modified bathroom fittings would be helpful. It's usually possible to get financial assistance with equipment needed to help people carry on living at home.

If you decide to convert a downstairs room into a bedroom for the person receiving care, you might also have to install additional bathroom facilities.

Altogether Care offers a complete support service. We will visit your home, answer any questions you might have and explain exactly what needs to happen to prepare for live-in care. We are always guided by what works 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.

Email contact@altogethercare.co.uk information, contact **01202 937 643**

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