



Live In
Solutions



LIVE-IN CARE GUIDE

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As a client of Live In Solutions, you will have support available to you 24 hours a day in the comfort of your own home.

INTRODUCTION

There are many reasons why you may now be thinking about live-in care; you may be looking for companionship or help with day to day activities, or maybe your health or mobility has deteriorated, or are you struggling to care for a relative, whilst managing the demands of a busy work & home life.

For most people, live-in care will be the preferred option compared to leaving home and moving into residential care - it is widely recognised that care at home with one to one support promotes health and emotional wellbeing in a way that residential care simply cannot do.

The live-in care service we provide varies to suit your needs and wishes. This type of care can be in place for as long as you need the additional support.

Live-in Care can be put in place to provide relief to a family member, allowing them to go away on holiday comfortable in the knowledge that you are safe and well looked after.

“

Really pleased with the care my mum receives. They look after her very well and are all lovely and friendly.

C H - Daughter of Client

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WHAT IS LIVE-IN CARE?

Live-In Care is a type of home care service where a carer will live in your home with you and provide full-time bespoke care and support.



Live-in Care offers many benefits, particularly when compared to other less person-centered care options such as a care home.

For many people, the bespoke and dedicated nature of this service enables them to continue living safely, confidently and independently at home, surrounded by familiar comforts and routines.

The highly trained carer supporting you will adapt to your routine and learn to perform the tasks that are important to you in your daily life. The aim of our carers is always to be reassuring and supportive whilst encouraging your independence as much as possible.

The support a live-in carer provides will vary and be tailored to your needs and how your illness or disability affects you. The carer will always take into account how you feel on a day to day basis, as on some days you may feel confident and able to do more than on other days.

WHAT HELP AND SUPPORT DOES A LIVE-IN CARER PROVIDE?

Daily Routine

Help with getting up and performing your morning routine

Help with your evening and bedtime routine

Support with maintaining your lifestyle

Personal Care

Assistance with bathing and dressing

Help with maintenance of good oral hygiene

Continence care

Help with dressing & hairstyling

Medication

Prompt or assist to take medication

Cooking and Nutrition

Cooking nutritious meals

Encouragement to drink adequate fluids

Domestic & Housekeeping

Laundry and ironing

Cleaning and housework

Household organisation

Changing linen and making the bed

Wellbeing

Shopping for nutritious food

Encouraging you to stay active in both body and mind

Planning trips and outings

Companionship

Compassionate and engaging companionship

Warm and stimulating conversation

Genuine interest in you and your lifestyle

Hobbies and activities

Providing support to participate in activities inside and outside the home

Giving confidence to maintain hobbies or even explore new ones

Planning outings, social trips or just going out to the shops

Advice and support that can be provided by Live In Solutions

Support and advice for family members

Liaising with other health and associated professionals

On-call support services in an emergency

Your live-in carer will help you live as you wish and will never make any assumptions about your preferences.

THE MAIN ADVANTAGES OF LIVE-IN CARE

With a live-in carer you will have one-to-one care tailored to suit your needs. This care is provided ordinarily by two carers that are assigned to you on rotation often staying for 2 to 3 weeks at a time.

Falls are one of the biggest problems that can occur as we age or if we are feeling unwell or on medication. As we age, we become more likely to lose our balance easily and fall, which can result in broken bones and long stays in hospital. Falls can be managed to make them far less likely to occur when an elderly person has the support of a live-in carer. Your live-in carer is trained to have an increased awareness of the situations where a fall can most likely occur and put steps in place to manage these risks.

If you enjoy going on holiday, your live-in carer can accompany you. There is continuity of care even when on holiday and peace of mind for family members that you are with a familiar person and in safe hands.

By continuing to live at home, you have access to your family, friends and neighbours at the times of your choosing and in the environment where you are most comfortable.

Having the option to continue to live at home and receive care can be especially important if you are a person that does not enjoy being in unfamiliar surroundings or is anxious about meeting new people or having to make new friends when you move to a residential care home.

Your live-in carer is trained to have an increased awareness of the situations where a fall can most likely occur and put steps in place to mitigate these risks.

Having a live-in carer can give you the confidence to socialise more outside of the home, in the knowledge that your carer is on hand should there be a problem.

A live-in carer can reduce loneliness which can be a significant issue for Elderly and Disabled people living alone at home.

Many risks such as infection that can have a significant detrimental effect on the health of Elderly or Disabled people, can be minimised when care is provided at home in a safe, clean and controlled environment.

Live-in Care can often be the difference between a couple being able to stay at home and be cared for together rather than having to split up with either party moving into a care home.



ASSESSMENT OF NEEDS FOR LIVE-IN CARE

The assessment process undertaken by Live In Solutions will determine how you are currently coping on a day to day basis, and what informal support family, friends and neighbours are already offering. Our assessment team will take time to get to know you as a person, understand your medical needs and how your illness or disability affects you both physically and emotionally. It is also an opportunity to plan goals and make a wish list of what you hope to achieve from the care package.

Questions you may like to ask the assessment team.

- Will my carer take me to the activities and or clubs that I enjoy?
- How will you monitor my live-in care package to ensure that it is meeting my needs?
- Can you help me to organise the funding for my care?
- What do I need to do to accommodate my live-in carer?
- What happens if I want to go away on holiday with my carer?
- What happens to my carer if I have to go into hospital?

HOW DOES LIVE-IN CARE WORK?

Live-in Carers usually stay with you for 2-3 weeks at a time before going home for a 1 week break. When the initial assessment is undertaken, a primary carer will be assigned to you and this is the person that will be responsible for managing your care on-going basis, a secondary carer will then come to cover for your primary carers break weeks. As a company, we feel that live-in care works best when you and your carer are able to build a on-going relationship and rapport.

What is it like to live with a carer?

One of the main advantages of live-in care is that it provides a highly flexible service around the changing needs and routines of an individual.

Breaks

Live-In Carers are caring companions that should become a valuable part of your everyday life. Although your carer lives in your home, they are not expected to work 24 hours a day.

A typical day will be broken into contact/work time and non-contact downtime, based around your daily routine and preferences. Your carer will be trained to be active when required but to be as unobtrusive and retiring when their presence is not required. The object of the exercise is to be there when needed but still give you the time and space to enjoy your home.

Where will my carer live?

As your carer may choose to spend some of their downtime in their room; having furnishings such as a comfortable bed, bedside table, chest of drawers, wardrobe and armchair where possible will help them rest in order to provide the best possible care for you or your loved one.

Our live-in carer will be respectful of your privacy in the same way that you will be expected to be respectful of theirs. And as well as keeping their private space tidy and clean, they are trained to keep your home secure and in good order.



Recreational activities and trips out with a carer

Wherever possible, a live-in carer will support you or your loved one on outings to activities, social events and appointments. It's important to consider your current lifestyle and your wishes for the future when discussing live-in care because some live-in carers may drive, and some may not. If you need to travel to any appointments or events, you should discuss your lifestyle with us during the assessment process to ensure you or your loved one has the appropriate support from the outset.

Following an assessment with our team, they will suggest a few of our carers that they feel could be suited to your needs. With your permission, the person undertaking the assessment can arrange for you to meet with these carers before they first come to stay with you.

WHAT DOES LIVE-IN CARE COST?

The cost of live-in care is often comparable to what it would cost for a room in a good quality residential setting such as a care home. The cost for our live-in care service starts at £1180 per week compared to an average cost per week of £1325 in a residential setting. Additionally, live-in care is provided on a one-to-one basis, while in a care home the ratio is usually one carer to every four to five clients. And these ratios are very often adversely affected by staff shortages.

To give some idea of the considerable benefits of live-in care the table shown below details a comparison of live-in care and the alternative of moving to a residential care home.

Live-in Care from Live In Solutions	✓	Residential Care Home
Familiar surrounding that can only enjoyed by living at home, no upheaval and disturbance to your routine	✓	Move from home to a new unfamiliar environment
One-to-one tailored care and control over the quality of care and support provided to you	✓	Many different carers sharing responsibility for your care
You maintain your independence and routine which is important to ensure good health and well-being	✓	Complete change of lifestyle and routine
A choice of when and what you eat	✓	Regimented routine with set meal times and menus that you do not control
Cost savings for couples that wish to stay together living at home	✓	Couples will need to pay for two beds and staying together can only be guaranteed subject to availability of space
It can often be safer – Many risks such as infection are eliminated or minimised when care is provided in a controlled environment at home	✓	Living and sharing communal areas with many other residents who have differing ailments
Contact with family, friends and neighbours is maintained at times of your choosing	✓	Having to make new friends and arrange for your family to visit at rigid visit times
Can be offered as a short-term care solution or following a period in hospital whilst you recover	✓	Prevention of unnecessary and costly nursing home admissions

TO SUMMARISE

A care home should never be the only option.

Live-in Care offers all the necessary support required to avoid the trauma of moving to a care home.

Live-in Care maintains continuity for those being cared for in the comfort and familiar surroundings of their home.

Live-in Care is a bespoke service providing for specific needs on a one-to-one basis.

The companionship and security offered by live-in care gives significant peace of mind to friends and relatives.

As well as the many benefits to health and well-being, it is a cost-effective alternative to a residential care home.



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