

# Caring 4 U – Personal 1-2-1 live-in care service

**A**s part of a full range of care services, we developed our live-in service as a viable alternative to a care home.

As we get older it can be hard to accept that we need help or know where to go to get it. However, the right kind of help can make all the difference to you or a loved one, it can help you to:

- Retain your independence
- Spend quality time with those you love
- Feel secure
- Stay in comfortable and familiar surroundings
- Build a bespoke service tailored to your specific needs
- Have companionship so you're not lonely

Everyone is different, we spend time visiting with you and then selecting the right carer for you based on your situation, personality and preferences. We then provide someone who can help with cooking, washing, housekeeping, dressing,

medication and personal care. If a driver is required we can provide that so that access to the community can be encouraged and provided.

A great alternative option for staying comfortably and safely at home, removing the need to move into residential care or unnecessarily having to sell a property. Cost wise, Live-in care can also be comparable or sometimes cheaper than a care home, but with all the benefits of 1-2-1 care. As well as the added advantage of staying in familiar surroundings.



## Why choose live-in care from Caring 4 U?

- Tailored and flexible - we provide as much or as little support as you need.
- Stay living in your own home. Stay safe and comfortable in surroundings you love and are used to.
- Safe access to your local facilities whilst being accompanied by your carer. Pop to the shops, bingo, see friends and visit other community activities safely and continue to enjoy the things you love.

## A word about our carers

We will work closely with you to make sure that your carer is the right 'fit'. This might take a while, but we work with you until you are delighted with your carer.

- All our carers are Police checked
- All our carers undergo a range of training including dementia, person centred care, medication & moving & handling.
- Governed by and registered with the Care Quality Commission.
- Member of the UK Home Care Association
- Best Business Customer service award winner.
- Although a number of our team members may not be British-born, we ensure they speak excellent English, understand British food and culture, and have an excellent care background.
- All carers are employed by Caring 4 U so you don't need to worry about recruitment or any other payments or costs. You don't need to cover holidays or any other scenarios. We handle everything.
- Every member of our team must hold up-to-date training certificates before they can provide any services to our clients.

## Training areas covered for our carers include:

Communication skills • Health and Safety • Fire safety and food hygiene • Personal and incontinence care • Moving and positioning • Emergency first aid • Dementia • Medication.

## Live-in care services

Everyone's needs are different. That's why we offer a huge range of individual services as part of each live-in package to suit every need, wish and requirement.



## Our services include:

### Companionship:

Conversation • Encouraging contact with family, friends and loved ones • Supporting or encouraging with hobbies and interests, from spending time in the garden to meeting friends or enjoying a trip to the theatre • Managing a diary, support with making appointments and planning social activities.

### Household chores:

Housekeeping and home management • Preparing the home ready for, and receiving guests • Supporting with correspondence • Helping to make and manage bill payments • Running errands such as fetching a newspaper or fresh pint of milk or collecting dry cleaning • Wardrobe management and help with shopping for new outfits or clothing • Dusting and vacuuming • Cleaning bathrooms and kitchens • Changing bed linen and towels • Laundry and ironing Meal preparation and nutrition • Shopping for weekly groceries • Help with meal planning and balancing nutrition • Meal preparation, cooking and supporting to eat.

### Personal care:

Dressing and undressing • Washing and bathing • Shaving and grooming • Assistance with hair and makeup • Nail care and supporting appointments with the chiropodist • Support in taking prescribed medication as well as collecting prescriptions and liaising with external healthcare professionals • Continence care including arranging the supply of continence products.

### Lifestyle support:

Arranging and accompanying on outings or social visits • Support with medical appointments • Arranging and accompanying on appointments including the dentist, optician or hairdresser • Encouraging and supporting exercise 'Truly bespoke support, genuine companionship and around the clock assurance'.

### Keeping in touch

Busy lives mean that families are often scattered around the country, or across the world. As well as supporting families to stay in touch, we'll provide regular feedback on how the person we're caring for is doing.



### Training

Every live-in companion and care worker must pass a Person Centred care course which enables them to provide flexible care that adapts to you or your loved one's changing needs. Some of the other areas our staff receive training in include: • Communication techniques • Health and Safety • Fire safety and food hygiene • Personal and incontinence care • Moving and positioning (safe lifting techniques) • Emergency first aid • Dementia • Medication.

Our client care team perform regular checks and reviews. Emma & Marion make regular telephone quality checks as well as spot checks (with your permission). We will also invite you to take part in our regular customer satisfaction survey. We feel regular checks are vital to ensuring that you and your loved ones are happy and that we're doing everything we can to support you.

If you want to stop our services, you can do so at any time. All we ask is that you give us four weeks' notice. We don't charge you anything for ending a contract on these terms.

**Ready to take the next step? If you would like to find out more about**

**our live-in care and companionship service, please call Lisa, Amanda or Tamsin on 01376 311 811 or email [support@caring4u.co.uk](mailto:support@caring4u.co.uk)**

