



## Live-in Care Guide



# Contents

|                                                          |    |
|----------------------------------------------------------|----|
| What is live-in care? .....                              | 4  |
| Types of live-in care .....                              | 6  |
| Help and support from a live-in carer .....              | 10 |
| Who needs live-in care .....                             | 14 |
| Conditions that can be supported with live-in care ..... | 20 |
| The care matching process .....                          | 24 |
| What to expect with live-in care .....                   | 30 |
| Benefits of live-in care .....                           | 34 |
| Cost of live-in care .....                               | 36 |
| Important things to consider .....                       | 38 |
| Live-in care alternatives .....                          | 42 |
| Live-in care as a career .....                           | 46 |

# What is live-in care?

Live-in care is a type of home care service. A care assistant will live in your home with you to provide full-time bespoke care and support.

Live-in care offers many benefits, particularly when compared to other services such as care homes. If you or your loved one needs full-time support, a live-in carer can support with everything from cooking and home help, to respectful personal care and specialist care for a variety of conditions. For many people, the bespoke and dedicated support of live-in care enables them to continue living safely, confidently and independently at home, surrounded by familiar comforts and routines.

In this guide, you'll find information about what live-in care is, types of live-in care, benefits of live-in care, what to expect when living with a carer, costs of live-in care, available funding and how live-in care compares to other types of care. With real stories and real experiences, you'll find the guidance and support you need to make an informed decision about live-in care.



*“A staggering 97 percent of people do not want to go into a care home if they become ill or are less able to cope.”*

**- NO PLACE LIKE HOME REPORT**





## **Types of live-in care**



# Types of care

In the same way that there are many types of visiting home care services, from companionship one a week to multiple visits to support with personal care every day, there are also different types of live-in care available to accommodate for different circumstances, requirements, wishes and budgets.

## LEVELS OF LIVE-IN CARE

You may come across many different names for different types of live-in care, but there are essentially two main types: managed and self-managed, and both require different levels of involvement.

## MANAGED LIVE-IN CARE

With ‘managed’ live-in care, an agency will take an active role in all aspects of the care you or your loved one receives. A ‘managed’ live-in care service is regulated by the Care Quality Commission, which means the agency is regularly assessed to ensure that their practices, policies and procedures are compliant with standards outlined by the government.

Your care management team will usually visit you or your loved one at home to discuss your requirements, wishes and circumstances as well as conducting a risk assessment to ensure everyone will be able to live safely in the property. A bespoke support plan will then be created and your care management team will usually provide a selection of profiles for live-in carers who have been personally matched. You’ll have ongoing support and regular reviews to ensure everyone is receiving the right support.

Managed live-in care is usually offered within a certain radius of the care agency to ensure you’re your care teams are able to reach you to visit, review and respond to any alerts.

As well as assessing, organising and monitoring your care, the agency is responsible for interviewing, training, employing and paying your care assistant (including tax, national insurance and other legal obligations).



## **SELF-MANAGED LIVE-IN CARE**

Self-managed live-in care is also known as ‘introductory’ live-in care because the role of the care agency is to introduce you to a self-employed carer. With self-managed live in care, the agency has less involvement than they would with a managed service. The care agency will usually conduct a telephone assessment to understand your needs and wishes before starting a comprehensive selection and vetting process on the self-employed live-in care assistants they introduce to you (including enhanced DBS/CRB certificate, right to work in the UK and full reference checks).

Once a care assistant has been matched to your needs and introduced to you, you will be responsible for arranging any ongoing amendments to the care plan with the live-in carer. You will also be responsible for paying the carer directly, and a fee to the agency for their introductory service. The self-employed live-in carer will arrange their own taxes and insurance.

The care management team at the agency will be in regular contact with you and your carer to ensure everyone is receiving the right support but they do not usually visit the home to conduct the reviews.

Given that you will have significantly more

responsibility than with a managed service, introductory live-in care is best suited to families who would like to be as involved and ‘hands-on’ as possible.

## **SHORT-TERM AND LONG-TERM CARE**

A short-term live-in care arrangement can be arranged for a number of weeks and is beneficial when returning home from hospital after an operation or recovering from illness, or to cover an extended break from your regular caregiver. Given that the placement for a short-term live-in care arrangement is for a number of weeks, it’s likely that you’ll have the same live-in care assistant for the duration of your care.

Longer term live-in care placements provide ongoing care and can last for any length of time from months to years.

With longer-term live-in care placements, a live-in care assistant will usually stay for up to 8 weeks and then a new carer will be introduced to you. This is to ensure that your care assistant has an opportunity to rest between placements to ensure they are able to provide care to the best of their ability. After their break, the care assistant may return for another period of time with you or they may have another placement depending on the circumstances. Your care provider should always strive for consistency in



carers wherever possible, which is particularly important for ongoing dementia care where consistency and familiarity is key.

A short-term live-in care placement may be arranged for a number of weeks and is beneficial when returning home from hospital after an operation or recovering from illness, or to cover an extended break from your regular caregiver. Given that the placement for a short-term live-in care arrangement is for a number of weeks, it's likely that you'll have the same live-in care assistant for the duration of your care.

Longer term live-in care placements provide ongoing care and can last for any length of time from months to years.

With longer-term live-in care placements, a live-in care assistant will usually stay for up to 8 weeks and then a new carer will be introduced to you. This is to ensure that your care assistant has an opportunity to rest between placements to ensure they are able to provide care to the best of their ability. After their break, the care assistant may return for another period of time with you or they may have another placement depending on the circumstances. Your care provider should always strive for consistency in carers wherever possible, which is particularly important for ongoing dementia care where consistency and familiarity is key.

---

## Looking for managed live-in care?

Trinity Homecare are here to help.  
Call us on **0207 183 4884**

---

---

## Looking for self-managed live-in care?

Call our trusted partners, Patricia White's on **01293 224 712** or Country Cousins on **01293 224 706**

---



**Help & support  
from a live-in carer**



## What help and support does a live-in carer provide?

The services included within your live-in care package may vary depending on the provider you've selected and the level of care agreed. Live-in care services usually include help with mobility and safety, personal care, medication, night time support, shopping, cooking, housework, pet care, admin, trips out, companionship and emotional support.

A carer's work doesn't normally cover heavy moving or lifting, constant night care or nursing procedures, although inclusion of these services may be discussed with your care provider where required.



Some of the typical ways in which a live-in carer may offer support are outlined below.

## **DAILY ROUTINE**

Support with getting up and achieving a morning routine, as well as assistance with evening and bedtime routine. General support with your with your lifestyle.

## **PERSONAL CARE**

Assistance with bathing and dressing, feeding, oral hygiene and continence care.

## **MEDICATION**

Prompts and reminders of medications with support administering medications. Cooking and nutrition is also apart of maintaining good health, as well as drinking enough fluid to avoid UTIs (Urinary Tract Infections).

## **HOUSEKEEPING AND HOME HELP**

Help with any housekeeping or domestic tasks such as cleaning, laundry, ironing, changing linen and making the bed and pet care.

## **WELL-BEING**

Encouraging you stay active in your body and mind, planning trips and outings, support with shopping and ensuring items such as pendants and phones are within easy reach.

## **COMPANIONSHIP**

Compassionate and engaging companionship that offers stimulating conversation with a genuine interest in your lifestyle.

## **HOBBIES AND ACTIVITIES**

Giving you the confidence to enjoy the hobbies and activities you would usually enjoy, inside and outside of the home.

## **ADVICE AND SUPPORT FROM THE CARE PROVIDER**

The care provider can offer support for not just the client, but their family and loved ones too. They can provide useful information and advice on funding, financing, Lasting Power of Attorneys, other professional help and on-call support services in your area.



*“Staying safe and well at home is the best solution for people, their families and communities. Live-in care has an essential role working with the health service. It can make a real difference to avoiding hospital admission, which is traumatic for anyone, but particularly for people with dementia or advancing frailty.”*

- Bridget Warr CBE (Former Chief Executive of the UK Home Care Association)



**Who needs  
live-in care?**





---

## Want more information?

Visit [www.trinityhomecare.co.uk](http://www.trinityhomecare.co.uk) to find out more about live-in care and the services we offer.

---

# Who can benefit from live-in care support?

There are a number of scenarios where somebody may benefit from live-in care, and some of the more typical situations are explored in the following pages.

Elderly people living alone are more vulnerable to feelings of isolation and loneliness as well as falls and accidents. Live-in carers not only support emotional well-being with compassionate companionship, but also drastically reduce the risk of falling and injuries.

**The Better at Home Report 2021 found that those receiving live-in care are half as likely to suffer a hip fracture, compared to those in residential care and nursing homes.**

# Care for ongoing or progressive care needs

Ongoing conditions such as dementia, cerebral palsy, multiple sclerosis and Parkinson's bring their own challenges, but no matter what your circumstance, the heartfelt care of a live-in carer enables you and your loved ones to access an enriched quality of life. There are many aspects of everyday life that a live-in carer can support with. From monitoring any changes in health or condition, to assisting with mobility, to assisting with household tasks and accompaniment to medical appointments, a live-in carer's full-time support enables you to discover a new way to explore life's adventures.



## LIVE-IN CARERS CAN SUPPORT WITH:

- Prompting or administering medication
- Personal care such as washing, bathing and changing clothes, as well as continence care
- Flexible support as physical needs change
- Accompanying you to medical appointments
- Emotional support for family and friends
- Cooking meals and fetching your food shopping
- Home help such as laundry and keeping your home clean and tidy, as well as looking after your pets
- Companionship
- Communication with medical professionals



# Care to help you recover after hospital

Research shows that after a stay in hospital, people recuperating at home recover far quicker than if they were to remain in hospital. Our home is the environment we feel most comfortable in, meaning we're more relaxed with more chance of rest, everything at-hand, and the people we love close by to help with a smooth recovery. Recovery from an illness or surgical procedure with the support of a live-in carer means that you'll receive specialist care in the comfort of your own home.



## LIVE-IN CARERS CAN SUPPORT WITH:

- Accompanying you to outpatient appointments, doctors' appointments and physiotherapy appointments
- Safely supporting you with moving around your home
- Cooking meals and fetching your food shopping
- Home help such as laundry and keeping your home clean and tidy
- Personal care such as washing, bathing and changing clothes
- Companionship
- Prompting or administering medication
- Your loved ones will have peace of mind knowing that a professional is on-hand to respond to any alerts or emergencies



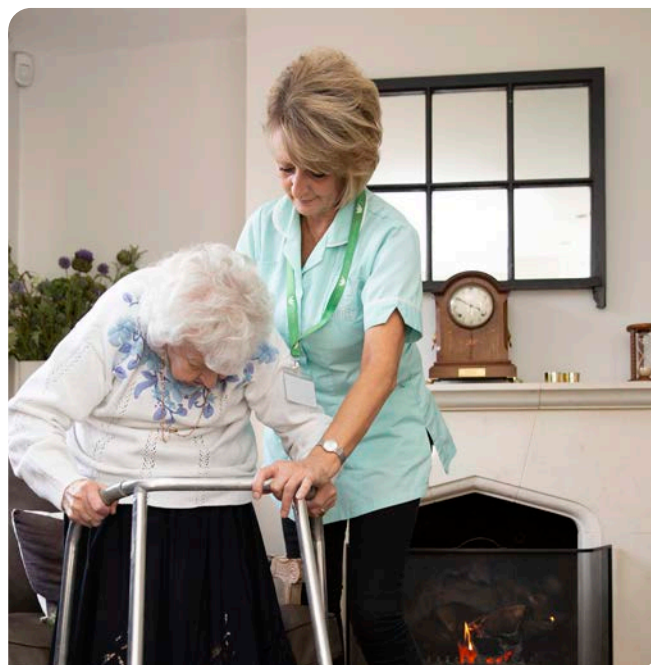
## SHEILA'S STORY

Sheila had a fall and broke her hip which took a while to recover from. Then, the following year, she fell and broke her other hip. Sheila's daughter became increasingly worried about her safety and when Sheila fell again and broke her shoulder, the hospital wouldn't discharge her unless there was care in place to support Sheila at home. Sheila's daughter spent much time researching the different options and discovered live-in care.

**"I really didn't want to see them in a care home. I wanted Mum to have one-on-one care at home and to be in charge of their own day and she was never going to get that in a care home."**

When the live-in carer arrived, Sheila's daughter describes how all their lives changed "It had been such a horrible situation and within weeks she totally turned it around."

Having a live-in carer meant that Sheila's daughter was kept updated with Sheila's health, and when Sheila's husband began to need more support, the decision was made to introduce a second live-in carer. "I felt so supported when our live-in carer arrived. Knowing that she was there for mum and dad was just such a relief. It meant I could get some of my own life back."



# End of life and palliative live-in care services

The home environment is typically rich in memories and offers an unparalleled level of comfort and security.

Receiving care at home from a live-in carer means there's no upheaval and no disruption. A live-in carer will work closely with their client, medical professionals including GPs, district nurses and specialist palliative care nurses to make sure they are as comfortable as possible.

Live-in carers will have received training for specialist equipment and liaise with healthcare professionals to ensure that their care is centred on fulfilling all care needs. A live-in carer can be a truly valued part of the support network by providing care that encompasses physical, psychological, social or spiritual needs.





**Conditions that  
can be supported  
with live-in care**

# Types of Care and Conditions

## DEMENTIA CARE

Live-in care can be an enriching option for people who are living with dementia. As dementia develops, many functions of the brain become affected such as the capacity to process thoughts, perceive surroundings, control emotions and remember details. The comfort of being surrounded by loved ones in your familiar home environment becomes more important, so the support of a live-in carer means you can maintain your lifestyle and routines. When matching a live-in carer to your needs, a reputable care agency will offer candidates who have received specialist training or have extensive experience in dementia care which will give you and your loved ones peace of mind.

## PARKINSON'S CARE

Living with Parkinson's does not mean that you stop living an independent life. As Parkinson's develops, different symptoms may affect different aspects of your everyday life, but one-to-one bespoke support from a live-in carer will enable you to continue living the life you know and love wherever possible. Given that everyone living with Parkinson's will experience

their own unique symptoms, the flexibility of live-in care means that your carer will be able to accommodate for changing needs and tailor a care plan that best suits you. A live-in carer is able to help people move safely (from as little as helping someone to stand up, to full assistance using a hoist), administer medication, provide personal care and above all, one-to-one heartfelt emotional support.

## STROKE CARE

In the UK more than one in five stroke survivors are cared for by family or friends. In some circumstances, the effects of a stroke are mild and simple care needs can be met by loved ones, but needs can change over time and particularly if further strokes, "mini-strokes" or TIA's (Transient Ischaemic Attack) occur. Stroke recovery can be slow but steady, and having a one-to-one live-in carer who knows and understands your condition can help support this process. Whether you're in need of respite care or long-term care, a live-in carer will provide practical support and emotional support for you and your loved one.

## **MULTIPLE SCLEROSIS CARE**

Of over 100,000 people living with multiple sclerosis in the UK, no two people will experience symptoms in the same way. The physical challenges that multiple sclerosis brings should not stop anyone living an independent and active life, including continuing to live in the familiar comforts of your own home. The one-to-one care provided by a live-in carer means that they will be able to closely monitor any changes in health or well-being, and the flexibility of live-in care means that your live-in carer will be able to respond to any changing needs. A live-in carer is able to support independent living by helping people move safely (from as little as helping someone to stand up, to full assistance using a hoist), administer medication, provide personal care and heartfelt emotional support.

## **CEREBRAL PALSY CARE**

The bespoke support provided by a live-in carer means that it is absolutely possible to live independently, actively and safely with cerebral palsy. A care provider will match their client to a live-in carer who will support the person in their care to live their life the way they choose. This could be anything from practical experience, to sharing similar interests or matching a carer who can drive so they can share adventures! With

many types of cerebral palsy meaning different people experience the condition differently, the full-time support of a live-in carer enables them to monitor any changes in health or well-being and respond quickly.







**The care matching  
process**

# Who will be my live-in carer?

The idea of inviting a stranger to live with you or your loved one at home may feel like a daunting prospect, but a live-in carer sensitively and seamlessly supports the lifestyle and routines in the home with minimal disruption.

Once you've decided to arrange live-in care, your care agency will match a live-in carer based on everything from personality and lifestyle to level of support and their specialist training.

Your care provider will introduce you to a selection of live-in carers and they will be able to offer their advice and guidance about which carer would be the best match for you. Sharing your home with a carer can be a daunting prospect, so selecting a carer should be more than a box-ticking exercise. Your care provider should judge a potential carer's compatibility by matching not only their specialist training and experience, but also their personalities and preferences. By matching live-in carers to clients based on routine, personality, medical needs, experience, even shared interests and activities, you'll have the best opportunity to find a carer who fully understands you and your lifestyle.



# How safe is it to let a live-in carer that I don't know in to my own home?

There are several statutory steps which must be undertaken by a care provider when they're recruiting new carers. Safety is of absolute importance, not only for the person receiving care, but for their loved ones and carers themselves. All care providers require potential candidates to complete an Enhanced Disclosure and Barring Service (previously called an enhanced criminal records check and some care providers will require a supplementary check called an Adults first check.

---

## Begin the care matching process today

Speak with a friendly care specialist at Trinity Homecare today by calling **0207 183 4884**

---

Different care providers will have different requirements and procedures throughout their recruitment process. Candidates are usually asked to complete an application which is assessed and shortlisted candidates are usually invited for an interview where their communication skills including fluency in English, their experience and qualifications and most importantly their compassion and suitability for a care position are assessed. Some care providers such as Trinity Homecare also require all candidates to complete a further personality assessment. These assessments have certification from the British Psychological Society and help to show how a candidate's personality characteristics and if they would be a suitable match for you or your loved one.

After a candidate has been approved to begin the training process, they will not be officially recruited until they have demonstrated satisfactory knowledge and skills during an induction and assessment. It's a statutory requirement that any carer received Care Certificate training.

The course is delivered through a mixture of classroom training sessions, group discussions, workbooks, online learning and practical supervision. This training is led by a qualified trainer and includes a range of modules covering (but not limited to) duty of care, working in a person-centred way, communication, privacy and dignity, fluids and nutrition, dementia, safeguarding, basic life support, health and safety, administering medication, handling information as well as infection prevention and control.

Ongoing assessments are usually arranged by the care provider to supervise live-in carers in your home to ensure they are maintaining the high standards of care that you deserve. Live-in carers are also required to participate in 'update training' which ensures that their knowledge and skills are compliant with the latest policies and procedures.



# Care Quality Commission

An independent body, The Care Quality Commission (CQC) regulates all health and adult social care services in England, which includes home care providers, care homes, local authorities, charities and the NHS. “The CQC makes sure that essential common quality standards are being met where care is provided, from hospitals to private care homes... The CQC’s aim is to make sure better care is provided for everyone, whether that’s in hospital, in care homes, in people’s own homes or elsewhere.”

The procedures and guidelines set by the CQC monitor standards of recruitment, training and client’s experiences to ensure care providers are achieving and maintaining high standards of care.

Only managed live-in care services are regulated by the CQC. Registered organisations are periodically inspected and reported upon by the CQC to ensure that the services they provide continue to be “safe, effective, caring, responsive to people’s needs and well-led”.





omecare

ling ☆

 trinity  
Homecare  
Supporting life's journeys

Inspected and rated by

 CareQuality  
Commission



**What to expect  
with live-in care**



---

## More Questions?

We're always more than happy to help. Call us on 0207 183 4884

---



The great advantage of live-in care is that it provides a highly flexible service around the changing needs and routines of an individual. Live-in care works best when there is good, regular communication between everyone

## Carer's break-time

Live-in carers are caring companions that become a valuable part of everyday life. Although your care assistant 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 routines and preferences. On average, a live-in care assistant may typically work between 8-10 hours a day. In order to comply with employment law regulations, your carer will require a minimum two-hour break in every working day. If you or your loved one cannot be left unattended for this period of time, a visiting carer can be arranged to work in partnership with your live-in carer.

Live-in carers understand that circumstances and care needs change over time, and while they are available in the home in the event of an emergency at night, they are also unable to perform their role safely and effectively if they are continuously disturbed during the night. Different options are available to maintain everyone's well-being and it is best to discuss these matters openly and for everyone to work to realistic expectations.

# Where will my carer live?

As your care assistant may spend their breaks in their room; having furnishings such as a comfortable bed, bedside table, chest of drawers, wardrobe, an armchair, desk and television where possible will help them rest in order to provide the best possible care for you or your loved ones. It's usually advisable that your live-in care assistant's room is lockable, or if this isn't possible, that there is a safe place for them to keep their personal belongings and valuables.

Live-in care assistants are respectful of your privacy in the same way that you are respectful of theirs, and as well as keeping their private space tidy and clean, they are advised to keep your home secure by locking windows and doors as per your instructions and are instructed not to invite their own friends and family to visit them at your home.



# Meals

As with all aspects of your daily life, your live-in carer will accommodate for your lifestyle and routines, including meals. Live-in carers prepare nutritious, home-cooked meals to your tastes and dietary requirements. The cost of food is to be covered by you, unless speciality foods are required, in which case the carer will incur the extra cost.

In the case of single clients, it is quite usual for a live-in carer to prepare meals for both themselves and your or your loved one to eat together but separate dining arrangements and other details can be discussed to ensure you or your loved one is as comfortable as possible when dining.

## Recreational trips and outings

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 your care provider to ensure you or your loved one is receiving the right support.

If your live-in carer is using your car, you'll need to ensure the car is roadworthy, taxed and has a valid MOT. You'll also be responsible for including your carer on your insurance and for any excess payment in the event of an accident.





**Benefits of  
live-in care**

## Pet care

Our pets' unconditional love, companionship and affection are an emotional lifeline for millions across the country. But with many residential homes and sheltered housing schemes refusing to allow residents to keep pets, the prospect of rehoming our beloved pets is deeply distressing.

Matching a live-in carer to your care needs and lifestyle will accommodate for pet care as part of the support you receive, so remaining living at home with live-in care means you'll be able to keep your beloved pets by your side.

## Less strain on the family

Caring for a loved one can be very demanding, both physically and emotionally. Many people who are committed to caring for their loved one feel guilty about taking time off and worried when they do. But taking regular breaks is really important for everyone. It's absolutely essential to find a balance between caring for both your loved one and yourself as their carer.

If your loved one requires care throughout the day and night, exhaustion can quickly take its toll. Whether you'd benefit from a couple of weeks to rest and concentrate on your work or family life, or an extended break for a couple of months, the support of a live-in carer will enable you to take a respite break to concentrate on your own well-being. Live-in carers will provide patience, compassion and empathy so your loved one will have a seamless transition from your care to their carer's.

Caring for a loved one can be a rewarding yet isolating experience. But you don't have to feel alone. Sharing the care with a live-in carer will help you build a support network so you can feel relaxed knowing that they will be there to shoulder your responsibilities and anxieties whenever you need. Being cared for by different carers can be a really positive experience for your loved one too. They're able to build friendships and engage with new people in the comfort of their own home.

"I felt so supported when our live-in carer arrived. Knowing that she was there for mum and dad was just such a relief. It meant I could get some of my own life back."



**Cost of  
live-in care**



# How much is live-in care?

The cost of live-in care varies depending on your circumstances (including the level of care needs, type of live-in care and duration of care). Self-managed (introductory) live-in care usually starts from around £750 per week and managed live-in care usually starts from around £1100 per week.

# Is funding available?

There are many options for live-in care and the different services and providers and options can all feel overwhelming. Always begin by considering what you or your loved one needs. Once you've established which aspects of daily life are challenging and require support, then consider the type of live-in care that would best accommodate for your needs. The cost will vary across different care providers so keeping a clear understanding of what you want will make comparing your options easier.



**Important things  
to consider**

# Things to consider with live-in care

## TYPES OF LIVE-IN CARE

If you and your loved ones would benefit from the peace of mind of a fully-managed service, you're likely to be paying more than if you're managing a self-employed carer yourself. Both types of live-in care have their benefits, but assessing your own situation will help you make an informed decision.

If you're caring for a loved one but you've got other commitments and stresses such as a job and family life, managed live-in care could give you the reassurance and peace of mind you need in knowing all aspects of your loved ones' care is being professionally managed, monitored and regulated by the CQC. If you want to take a more 'hands-on' role and you've got enough time to manage your loved ones' care yourself, self-managed (introductory) live-in care gives you more responsibility often at a lower cost.

## TIME

The length of time you're planning to have live-in care for will change the cost. The minimum duration for a live-in care placement is usually

2 weeks, but different providers may offer different options. The cost of live-in care is usually quoted for 1 week, and you'll receive ongoing invoices. You're likely to be asked to pay an initial deposit to secure the live-in care assistant before they take a placement elsewhere, but it's not advisable to pay for an entire long-term package upfront in case you decide to terminate the contract for any reason.

## BREAKS

Although your care assistant 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 routines and preferences. On average, a live-in care assistant may typically work between 8-10 hours a day. In order to comply with employment law regulations, a live-in care assistant will require a minimum two-hour break in every working day. If you or your loved one cannot be left unattended for this period of time, a visiting carer can be arranged to work in partnership with your live-in carer. The billing and payment for both services depend on the agreement you have with your care provider.

## EXPENSES

You may want to stay in charge of all household expenditure, or you may delegate all or some of the responsibility to your live-in carer. If you'd like to give your live-in carer some responsibility over expenditure, it's advisable to keep it simple and ask your carer to keep a petty cash record or to have a fixed amount to spend on housekeeping each week.

## FUNDING OPTIONS AVAILABLE

If full-time care is required, and a person's primary need is a health need, a funding system called NHS Continuing Healthcare could pay for all ongoing care fees.

## WHAT IS NHS CONTINUING HEALTHCARE?

NHS continuing healthcare is a package of care that's arranged and funded by the NHS for people who are assessed as having significant ongoing healthcare needs.

If you receive care in your own home (which could be live-in care or visiting care), the NHS covers the cost of support provided by care professionals.

## COST OF LIVE-IN CARE VS OTHER FORMS OF CARE

Fees are dictated by care levels required: companion care with minimal personal care or condition management is understandably less than those who require high-level care, have complicated conditions or challenging behaviour. More complex care needs usually require a care assistant who has specific qualifications or experience and these carers are usually recognised for their advanced support with higher fees. The cost of live-in home care is comparable to residential care costs but for couples, live-in care is significantly less than a care home because you'll be paying for one carer, rather than two beds. In terms of value, live-in care offers far greater levels of one-to-one quality time with clients.

---

## Looking for support?

We're always more than happy to help. Call us on **0207 183 4884**

---





**Live-in care  
alternatives**

# What are the alternatives to live-in care & how do they compare?

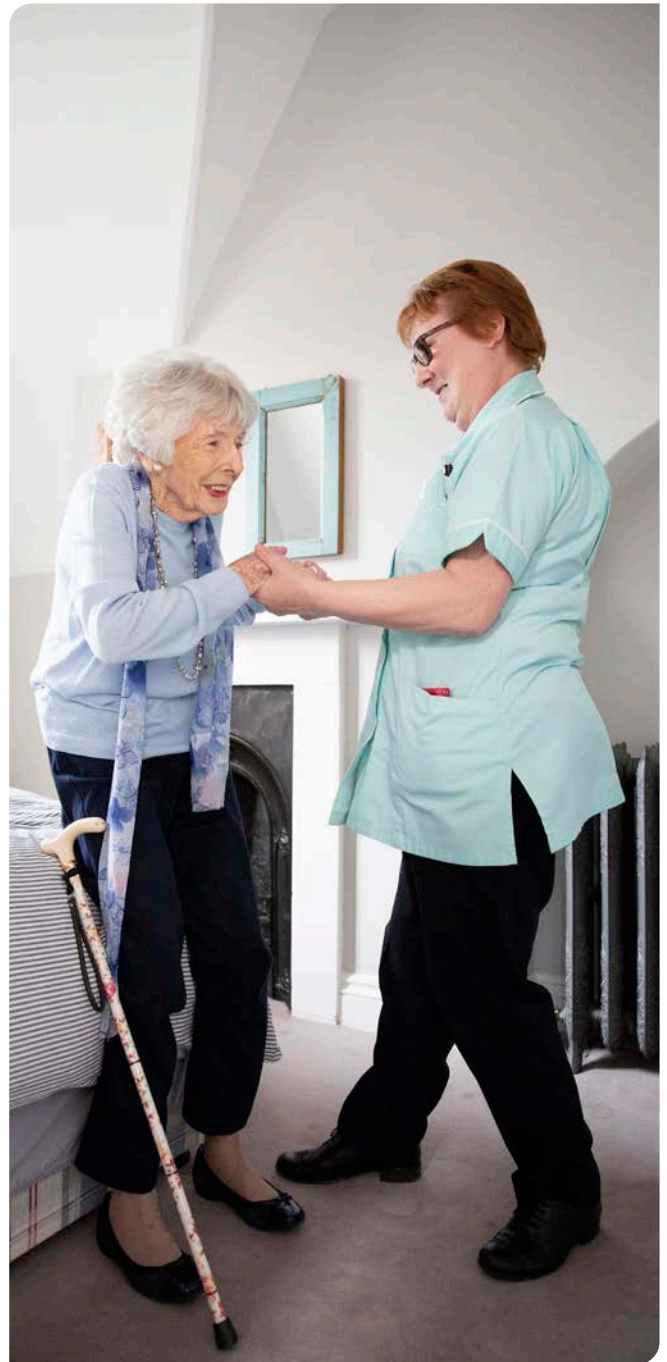
Nearly three-quarters of us\* wish to continue living in our own homes as we get older and it's comforting to know that there are many options available to continue living at home.

\*From research conducted by One Poll, July 2014, for live-in care

## DOMICILIARY CARE (DAILY VISITS)

With live-in care, a care assistant will live in the home to provide full-time care, whereas visiting care (sometimes known as daily home care or domiciliary home care) will provide one or sometimes several care assistants who will visit at regular times every day or week.

While both visiting carers and live-in carers provide personal care and companionship, live-in care will provide more consistency throughout the day and over longer periods of time.





# Residential and Nursing Care Homes

When we find ourselves less able to cope with everyday life, the common misconception is that care homes are the only solution. This is simply not true. There are other life-enhancing options which may be better suited to your situation.

Although care homes offer a specially adapted environment for their residents' comfort and safety, the low staff-to-resident ratios mean that the care staff are usually under pressure and unable to spend as much time with residents, whereas live-in carers support you with full-time one-to-one care. The full-time support of live-in care enables care assistants to provide

companionship as well as care, and living in the home means live-in carers are able to be more responsive to support changing needs at any time. For people who want to retain an independent lifestyle, live-in care can provide a better solution and better value than a care home.

“I really enjoyed the residents when I worked at the care home but I didn't like the environment. When you've got 27 residents and only three staff, it felt impossible to look after anybody properly – you simply didn't have the time. It upset me so much that I left.” - Chris



# Sarah's story

"I like to get out and about and be spontaneous. I need my independence and freedom," explains 40-year-old Sarah Henley, who has cerebral palsy.

Sarah came to Trinity because she needed a carer who likes an adventure as much as she does. Sarah has seen more of the world than most. As she says: "I've been able to go to more countries than most of my friends. I try and do most things an able-bodied person does."

And this philosophy has been there right from the start. Her school, as Sarah puts it "was for independent living but not for people like me...you could look out the window and see countryside and sheep for miles but I said no, no, no mum – I'm not living here!"

The answer was not residential care but live-in. Having someone living with Sarah means she can be in her own flat, and do all the things that residential care simply couldn't provide. She has the freedom and choice to live her own life.

"Mum always told me to build a big life for myself."

And with carers living with her at home – that's exactly what she's done with the support from Trinity Homecare!

## LIVE-IN CARE VS RESIDENTIAL CARE SETTINGS:

- Remain in the comfort of your own home vs Move to a new unfamiliar environment
- One-to-one care at home vs Average staff to resident ratio of 1:4\*\*
- Maintain your lifestyle and routines vs Regimented routine and drastic change of lifestyle
- Live-in carers can take you on outings and accompany you to appointments vs Staff do not support you outside the residential home
- Choice of what you eat and when you eat vs Set menu and meal times
- Pets can remain at home vs Rules vary
- Significant cost savings for couples vs You pay for two beds

\*From research conducted by One Poll, July 2014, for live-in care





**Live-in care  
as a career**

# Live-in care job FAQs

## COULD I WORK AS A LIVE-IN CARER?

If you've got compassion and empathy, and want to make a real difference to peoples' lives, being a live-in carer could be the ideal role for you.

Having experience of working as a Care Assistant in either a visiting or live-in role isn't absolutely vital when applying to become a live-in carer. Most care providers value characteristics such as compassion, empathy and common sense as qualities they look for in their live-in carers, experience and knowledge are things you can develop over time with support and training.

## WHAT'S WORKING AS A CARER LIKE?

Establish a bond with your client  
When you're not limited by time, you'll have opportunities to discover more about the person you're caring for. As you're supporting your client throughout the day, you might notice habits or routines that you would otherwise have missed if you're limited to visiting at certain times of the day. Having time to talk at length gives you a chance to share stories and experiences. These precious moments will help you understand more about your client's

past life and help you add those all-important personal touches with little details that'll mean the world to your client.

## CONSISTENCY

Whether you're a visiting care assistant or a live-in carer, life as a care assistant gives you new experiences and new challenges with every day but if you'd like to have more consistency with your days, weeks and even months, becoming a live-in care assistant could be the ideal role for you. That being said, consistency certainly doesn't mean boring! Although you won't be visiting different clients, your daily activities will vary and your placements may take you all over the country!

## SHOULD I GO SELF-EMPLOYED OR EMPLOYED?

Being employed and self-employed both have their benefits, and different options might be more suited to you depending on your circumstances. Being a self-employed live-in carer means you'll have more control over when you want to work throughout the year and you'll be responsible for your own taxes and national insurance etc. Being an employed live-in carer means you'll have peace of mind that your employer is there to support and you'll benefit from training, a pension scheme and holidays. Your employer will be responsible for your taxes and insurance etc. and your employer will coordinate your placements on your behalf.

## HOW DO I BECOME A LIVE-IN CARER?

To find out how you can make a difference to peoples' lives as a live-in carer at Trinity, visit our jobs and training section for FAQs, vacancies and training, or speak with a member of our friendly team!







## WHAT ARE THE TYPICAL JOB DESCRIPTIONS?

### What we look for in a live-in carer:

- A minimum of 6 months experience within a care setting, either for a family member or on a professional basis
- A genuine kind, compassionate, caring nature required
- Reliability and commitment
- Excellent written and spoken communication skills and fluent English is essential as many of our clients are hard of hearing or visually impaired
- Ideally car drivers either with or without a car but a licence valid for use in the UK
- A live-in carer job description will usually include an outline of expected responsibilities which include companionship, personal care and specialist care for health conditions:

### Companionship may involve:

- Support and encouragement to empower your client to lead an independent lifestyle
- Providing full-time companionship and conversation
- Meal preparation and cooking
- Light domestic tasks and general household

duties such as cleaning, bed making, laundry and ironing

- Accompanying clients to appointments, social engagements and errands such as shopping
- Pet care
- Communicating with family, friends and other healthcare professionals on their behalf

### Personal care may additionally involve:

- Washing, bathing, showering and oral care
- Dressing and preparation for the day
- Toileting and continence management
- Assistance with eating
- Assisting, administering or prompting with medication
- Use of moving and handling equipment (after training) if a client is unable to mobilise on their own.
- Working closely with other care professionals such as District Nurses and GPs
- Assisting clients with their night-time routine, including undressing and washing
- Recording and reporting

If you're interested in starting your journey as a live-in carer at Trinity Homecare, visit [\*\*www.trinityhomecare.co.uk/jobs-and-training/care-job-vacancies/\*\*](http://www.trinityhomecare.co.uk/jobs-and-training/care-job-vacancies/)





*“Trinity helped us through a fast-changing, challenging, and unpredictable medical situation with an elderly family member – and the service was excellent. Management was friendly, reactive, and flexible, advocating for us to obtain other NHS services and referrals. From friendly, respectful care visits, to excellent live-in care, our relative’s life (and home) became calm and ordered; their health improved, and the carers’ observations were invaluable”*

**- TRINITY HOMECARE CLIENT**





Trinity Homecare

Central House (2nd Floor) 1-15 Central Road, Worcester Park, Surrey, KT4 8EG

0207 183 4884   enquiries@trinityhomecare.co.uk   [trinityhomecare.co.uk](https://trinityhomecare.co.uk)

Trinity Homecare Group Limited is registered in England and Wales with company number 08023909. Trinity's Managed Live-in Care Service, Hourly Care Service and Complex Care Service is provided by Trinity Care at Home Ltd T/A Trinity Homecare, a company registered in England and Wales with company number 7081393 and regulated by the Care Quality Commission with registration number 1-131468871. Trinity Care at Home Ltd is a wholly owned subsidiary of Trinity Homecare Group Ltd. The Registered Offices are located at Central House, 1-15 Central Road, Worcester Park, Surrey KT4 8EG. Patricia White's is a trading name of Country Cousins Homecare Agencies (Co. No 12087784), registered in England and Wales with registered offices at Suite 5G Gatwick House, Peeks Brook Lane, Horley, RH6 9ST. VAT number: 348 999 812