



**Live-in care or
a care home?**



Trinity
Homecare
Supporting life's journeys



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Long-term care options

At Trinity Homecare we are committed to providing information to families that allows them to make informed decisions about long-term care. We know through supporting many families for over 25 years that most people would prefer to stay in the comfort of their own home, for as long as possible. For many, a move from home can cause much upset, worry and for those living with dementia, confusion.

Here we explain the long-term care options available to you so you can make the right choice for your loved one.

Live-in care

Live-in care is often overlooked as an alternative to a residential care home, as many families do not fully understand how a live-in care arrangement works. Live-in care is when a full-time carer lives in your home to provide you with one-to-one care and support 24 hours a day.

You will need to provide a bedroom for your live-in carer, they will also eat the food you eat, and whilst they will sleep when you do, they are on hand should you need them through the night.

Depending on the live-in care provider you choose, they will fully manage the service for you. This includes choosing the right carer that meets your care and social needs, creating a comprehensive plan of care that details all aspects of your care and how you live your life, and consistently monitoring the service, as well as providing family support from a dedicated manager.

A registered live-in care provider, like Trinity Homecare is regulated by the Care Quality Commission (CQC) so the quality of care is inspected to ensure the service is of the highest quality. We are very proud our service has been rated 'Outstanding' by CQC.



Residential care homes

A residential care home is a long-term assisted care facility that provides accommodation, personalised care and support to individuals who are unable to live independently. A care home will be registered with the Care Quality Commission (CQC) in England and is required to meet specific standards regarding quality of care, safety, staffing and accommodation.

Residents have their own private room and have access to communal areas such as lounges, dining rooms and gardens. Care will be provided by carers who will assist residents with personal care, medication and the tasks of daily life.

Recreational activities are organised to promote socialisation and engagement among residents. Other services are typically provided such as laundry, housekeeping, transportation and access to other healthcare professionals. Some care homes provide nursing care for those with complex needs and specialist care for those living with dementia.

To help understand the preference of UK adults in the future, the Live-in Care Hub commissioned an independent study, which asked 2000 people (aged 50-76) the following questions:

“Would you prefer to stay in your own home until the end of your life if that was possible, or would you rather move into a care home?”

Over
66%
of people said they
would prefer to
stay in their own
home.

This coincides with
a YouGov survey
which also found

61%
Would like to stay
in their own home
if they reached a
point where they
could no longer live
independently.

Live-in Care Hub, Better
At Home Report 2023

Live-in Care Hub Survey
YouGov Survey



Live-in care vs residential care

Both residential care and live-in care aim to provide safe, effective, and personalised care that enables a person to live well. Everyone is unique and requires different types and levels of care depending on their needs and preferences. We have provided benefits and limitations for both live-in care and residential care, so you have the information you need to make the right choice for you and your loved one.



Live-in care

Benefits	Limitations
Highly personalised one-to-one care - something that cannot be achieved in a care home	Adjusting to a carer living in your home
Stay in the comfort and familiarity of the place you love most - your own home	Home maintenance is still needed
A dedicated team will provide care and support offering continuity of care	Home modifications may be required
Complex and palliative care needs can be supported	
Live the life you want with choice and independence - no restrictive routines or visiting times	
Maintain friendships and community connections	
The family estate remains where it should - with the family	
Cost effective care option and especially economical for couples	



“2 million British people know an elderly person who has had to put their pet to sleep when moving into residential care.”

The Live-In Care Hub, 2014

Residential care homes

Benefits	Limitations
A safe and secure environment	Routines are imposed with fixed patterns as to waking, eating and socialising
No home maintenance is needed	Leaving your local community
Can share your life with other like-minded people	Loss of family pet
Can still be part of your community if moving into a care home locally	If you are a couple and move into a care home, you may be on different floors if you have different needs
Activities and social events are regularly organised	One carer will be caring for up to six residents all with different needs - one to one care cannot be achieved
	Upset, stress and upheaval of leaving your much loved home
	A family home is likely to be sold to pay for care home fees
	Higher rates of hospital admission and infections
	Unable to bond or connect with other residents





“Being diagnosed with dementia was absolutely terrifying. I was frightened of losing all my precious memories but more importantly, putting pressure on my children. Trinity relieved me of this with a live-in care worker who supports not just myself, but my entire family.”

J. Peterson, Lives with dementia



3x

More likely to have a hip fracture if they are in residential care than if they receive live-in care in their own home.

Accident statistics

Both live-in and residential care providers were asked to reveal how many client hip fractures they reported in the previous year.

A group of live-in care and residential care providers revealed an average rate of six hip fractures suffered per 100 live-in care users.

Comparatively, when asked the same question, the study of care homes in Boston (Lincolnshire, UK) reported a higher rate of 17 hip fractures per 100 residents annually.

These results indicate that someone is almost 3x more likely to have a hip fracture if they are in residential care than if they receive live-in care in their own home.

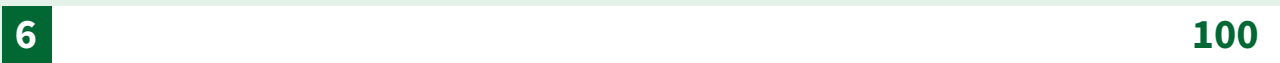
Many factors contribute to these findings, but one obvious explanation is the fact that live-in carers can provide one to one support to their clients, where care home staff cannot.

The live-in carer’s ability to give more focused, individualised attention to medication, hydration and nourishment means their clients are exposed to less ‘fall risk factors’ than those living in a residential care home, where staff are responsible for multiple residents with competing needs.

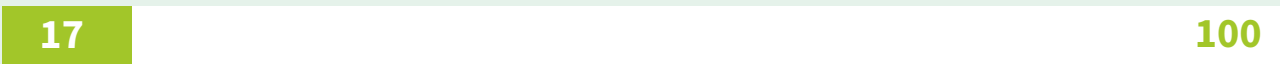
In addition, it’s clear that loved ones in receipt of live-in care are naturally more familiar with their own home than with that of an institution.

Hip fractures per 100 people annually

Live-in care clients



Care home residents



The Live-in Care Hub, Better At Home Report, 2023

The four F's to consider when choosing which option is right for you

Familiarity

Live-in home care enables people to remain in a familiar environment where they feel most happy and safe. A residential care home will mean adjusting to new surroundings. This change can be particularly difficult for those who are living with dementia. Staying in a familiar setting can help reduce anxiety and improve overall health and wellbeing. However, everyone is different, and some may find a fresh start in a care home is the right choice for them.

Friends/Family

Moving into residential care home can offer an opportunity for a rich social life. It provides a structured environment filled with activities and the chance to form connections with other residents. However, it's important to consider that it might limit personal independence and choices, potentially impacting privacy and individuality.

On the other hand, live-in care brings the advantage of a personalised social routine. It allows individuals to maintain their existing social circles, participate in community activities, and enabling a deep sense of belonging in their own community and family circle.



Freedom

The biggest difference between receiving live-in care at home or living in a care home is the freedom that it allows. Although care homes offer a structured environment and support for daily tasks, some individuals may find the loss of personal independence and decision-making unsettling. However, live-in care allows individuals to maintain familiar routines, stay with their pets and have family and friends visit as and when they wish.

Finances

The cost of live-in home care can vary depending on several factors, including the location, level of care required, and the provider you choose. For couples, live-in care is a very cost-effective option as you only pay one weekly fee, this will depend on the needs of both individuals and if those needs are manageable for one carer.

The fee charged for live-in care will cover the following:

- Carer's salary
- Managed service fee
- One to one personal care and support
- Housekeeping
- Support with lifestyle activities in and out of the home
- Medication management

The fees for moving into a residential care home, cover a range of services and amenities. The specific services included in the fee can vary depending on the type of care home and the level of care required.

Many care homes will charge one fee for the accommodation, which will depend on the quality and/or size of the bedroom you have, and another fee for the care package, which will be dependent on type and level of care provided.

Typically, nursing care and dementia care is more expensive in a care home.

The fee for a care home may cover:

- Accommodation
- Personalised plan of care
- Meals and nutrition
- Housekeeping
- Utilities
- Maintenance and repairs

Note that specific services and amenities covered by the care home fees can vary. When considering a particular care home, it's advisable to request a detailed breakdown of what is included in the fees and clarify any additional costs that may apply.

It is important to thoroughly research and gather a number of quotes from live-in care providers and care homes around your area to get a more accurate understanding of the costs that are involved.

If you would like a more detailed summary of what live-in care fees cover, please get in touch with our friendly team on **0207 183 4884**.

Weekly costs for live-in care and residential care homes

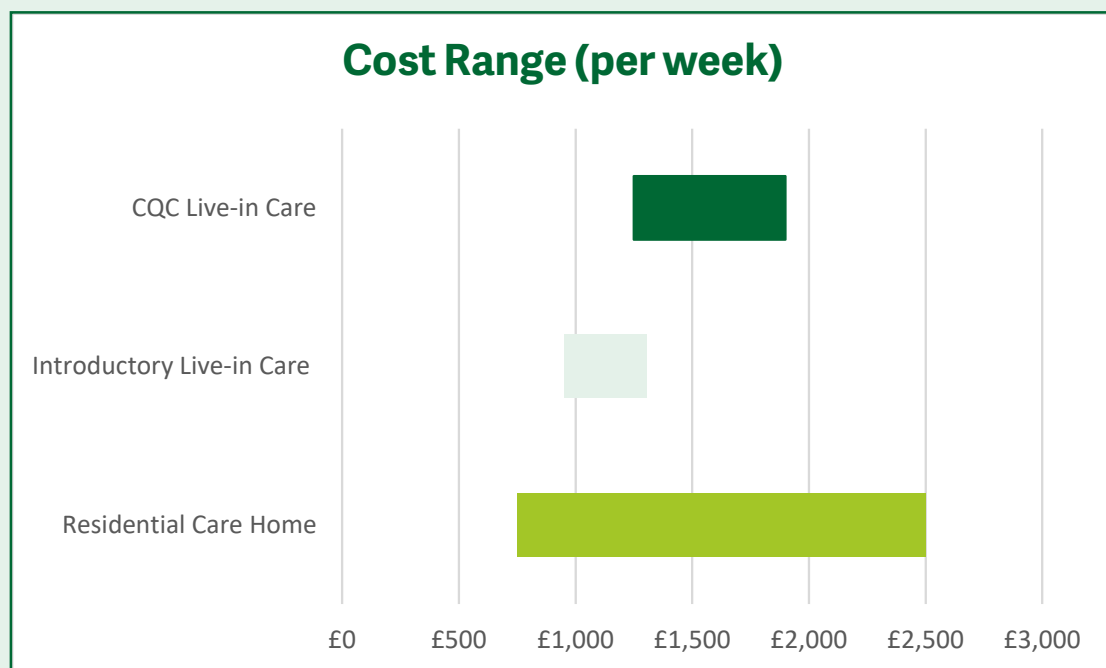
Both live-in care and care homes offer a secure and nurturing environment for individuals who require assistance with daily activities, medical monitoring, and companionship. However, it's essential to have a clear understanding of the financial aspects involved.

What do you need to consider?

Determining what type of care is most suitable for you requires a lot of consideration of various factors, such as:

- Level of care – including any medical conditions, mobility or support needed with everyday tasks
- Which care option helps best with your independence and social engagement
- What are the financial implications – which option is more attainable for you?
- Personal preferences

Involving family members or healthcare professionals like your GP will provide a different perspective and support you to make the right choice.



The Live-in Care Hub, Better At Home Report, 2023



“I have been using Trinity for my care for a number of years now. The only way to describe Trinity is excellent, they will always go above and beyond to ensure I am taken care of and the carers are all incredibly friendly and professional.”

Sue, client

Support from Trinity Homecare

At Trinity Homecare, we have been providing our high-quality live-in care service trusted by families across England for over 25 years.

Our multi award-winning care is focused on enabling independence and enriching lives, so that people can stay safely and happily in the comfort of their own home and avoid a disruptive move into a care home.

Families benefit from reassurance and peace of mind that their loved one is receiving the very best care provided by a dedicated team of carers.

Here are a few reasons as to why our clients choose Trinity Homecare:

Live-in care rated 'Outstanding'



Our established service is regulated by the Care Quality Commission (CQC) in England and has achieved the highest 'Outstanding' rating for the quality of care we provide. Only 3% of homecare companies in England have achieved this rating.

This means that you can be assured that you are receiving the very highest standards of care at home.

A responsive and flexible service



We appreciate that circumstances may mean you need to put care in place quickly. Our expert care team can set up live-in care in as little as 24 hours, sometimes sooner. We will work with you and your family to ensure you have the right care team in place exactly when you need it.

A trusted homecare service



We know how important trust is when choosing a live-in care provider.

Many of our families who trust us to provide high quality care to their loved ones have happily shared their experiences of our service on the rate and review websites, homecare.co.uk and Working Feedback, giving us a 5 star rating.

Continuity of care



We have a dedicated team of carers some of whom have been working for Trinity for many years. This means they are committed to us, as we are to them which means they stay with us longer.

For families this means that you get continuity and consistency of carers supporting your loved one, minimising disruption to daily life.

Visibility of the care you receive



Our digital platform TrinityConnect enables us to proactively monitor and manage the care we provide. Families can see the care plan, care notes and all records relating to the care provided. These are regularly reviewed and updated by carers and care managers via an app, enabling effective monitoring and control. These insights provide families with a much needed and reassuring window into the care their loved one receives.

Local care teams close to you



Whilst we operate throughout England, our live-in care service is delivered locally to you. Our care management team support carers and families on a regional basis, ensuring the highest levels of monitoring and support, whilst ensuring a personalised approach to care delivery.

A fully managed service



With our fully managed service you can experience peace of mind and a hassle-free care experience. Our team of dedicated carers are supported by experienced care managers 24/7, so you can be rest assured you are in receiving high quality care. This avoids you having to manage the carer and arrangements yourself.

Our fully managed service takes this burden away, allowing you to spend quality time with your loved one.

What's next?

Get in touch today



Call us

Our friendly team of experts are available to talk through your care needs 8.30am to 5.30pm, seven days a week. Call us on **0207 183 4884**.



Enquire online

If you are looking outside of our core office hours, you can enquire online by visiting **trinityhomecare.co.uk/contact/enquire-online**, we will then be in touch with you as soon as possible to discuss your care needs.





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