



How live-in care works





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What is 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 when you need it.

The role of a carer is to assist you or your loved one with the tasks of daily life, whilst supporting you to remain as independent as possible.

The role of a professional carer

A live-in carer offers more than just practical support. Their role is varied and they can support a variety of day-to-day tasks, as well as providing much needed companionship and social support.

A dedicated and trained carer will provide you with the following:

Personal care

Carers can provide and support clients with personal care ensuring their independence and dignity is always upheld. This can include supporting with washing, dressing and any continence care (if required).

Complex care needs

Many live-in care providers offer bespoke complex care services to clients that range from physical, clinical or cognitive needs.

Dementia care

Like all of our carers at Trinity Homecare, live-in carers can be trained to provide specialist support for complex conditions.

Preparing nutritional meals

Carers can help with food shopping, planning and cooking meals, all based off the client's preferences.

Medication support

Carers can the client to take medication on time.

Companionship

Live-in carers are there to provide not only physical support but emotional support as well, to help clients know they are not alone.

Safety

Having 24/7 live-in care support not only provides safety for the individual receiving the care, but peace of mind for family members as live-in care is proven to result in fewer falls and less hospital admissions than those living in residential care.





"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 all the carers are incredibly friendly and professional."

Sue, client

What can a live-in carer not do?

While a live-in carer can help with a broad range of tasks and duties one should also consider things that the carer is unable to help and support with. For example, a live-in carer cannot work a 24-hour shift. They will sleep while the client sleeps at night, so they are rested and ready for the day ahead. Carers can be woken up during the night for unforeseen things, such as visiting the bathroom. However, if regular night time support is needed then overnight care may need to be considered.

At Trinity Homecare all our professional carers are experienced and trained to provide the care and support you need. Whilst our carers can support those who are living with conditions that impact their health and well-being, carers are unable to provide nursing care, as nursing care requires the skills and experience of a qualified nurse. If nursing care is required, our carers will work alongside the district nurse and carry out the support required by them.

Here are a few other things that carers are not able to do:

- Carrying out DIY or other home alterations
- Smoking or drinking in your home, unless you permit them to do so
- Inviting unknown people to your house
- Making calls from your telephone
- Accepting gifts or loans from clients
- Witnessing legal documents, such as a will or credit agreements

What do I need to provide for a live-in carer?

A live-in carer would need to have their own bedroom with a wardrobe and drawers to store their belongings. The carers would also need to be provided with food, often they will eat the same food as the client and join them at mealtimes unless the client prefers to eat alone. They will need access to a functional and clean bathroom.

Access to Wi-Fi is needed so the carer can perform in their role and update records and communicate with their Care Manager.

The bathroom should be functional and clean.

You may also need to notify your home insurer that you have a live-in carer. If you would like your carer to drive you around in your car then you will need to add them to your car insurance policy.



“The carers that have looked after my dad since March have always been very conscientious in the care that they have given him. However, during a very difficult time, their care was absolutely fantastic and just couldn’t be faulted. I thank each and every one of them for their efforts. I would highly recommend Trinity Homecare to anyone that needs their help.”

Richard, son of client

When will a live-in carer be expected to support a client?

During the day

When there is one live-in carer supporting a vulnerable adult in their home, the carer will usually be awake in the daytime to support the client and asleep in the client's home at night. During the night, the carer can be woken up for any occasional unforeseen needs, such as going to the bathroom. Most care providers will have a set number of times the carer can be woken during the night before suggesting additional carers are needed.

During the night

It may be the case that a vulnerable adult already has support in place during the daytime from a friend or family member and therefore support from a carer is only needed at night, to allow for 24-hour care. This works in the same way as a daytime live-in carer but the carer sleeps during the day.

24-hour care

If a client needs constant support because of more advanced care needs, then a care provider will often suggest that multiple carers live in the property with the client, working in shift patterns to make sure there is always someone there awake to support the client.

Live-in with visiting care

Live-in care can also be complimented by a visiting care service. Visiting care is when a carer will visit a client's home at specific times. This may be to cover a live-in carer's break, or to be on call during the night should the client need assistance.

Home care is completely tailored to the clients' needs and a combination of live-in carers and visiting carers may be the best option. Factors such as the number of spare rooms in the client house, care needs, lifestyle and preference should all be taken into consideration when arranging care.

The beauty of live-in care is that is truly bespoke and tailored to the needs of the client.





“Trinity Homecare came to the rescue of our family who, after a recent bereavement and further illness, were in an extraordinarily difficult position around the care of my dad. There is a complete feeling of trust between the family and Trinity. Dad receives excellent care from the group of lovely skilled people who work with him. I would thoroughly recommend.”

Naomi, daughter of client

Benefits of live-in care

There are many compelling benefits to staying at home to receive the care you need, as opposed to enduring the upheaval and disruption that comes from moving into a care home:

One-to-one care and support around the clock

Highly personalised, one-to-one care provided by a dedicated carer simply cannot be achieved in a care home. A carer who is solely focused on your well-being at home can provide higher levels of safety, particularly important for those with severe mobility issues or complex health conditions. We know this provides families with peace of mind and reassurance that their loved one is receiving the very best care.

Stay in the comfort and familiarity of your own home

Most people do not want to move from the safety and comfort of their own home to get the care they need. Being able to stay in the familiar surroundings of your own home will positively impact overall well-being and quality of life. Familiarity is especially beneficial for those living with dementia.

Promotes choice and independence

A holistic care plan will be designed to meet your specific needs – not just your care needs, but how you like to live your life, including lifestyle choices and social activities. You will be able to live life your way – none of the rigid routines experienced in a care home, like when to get up, or when and what you eat.

Keep your much-loved pet

Having a pet can have such a positive impact on an older person's mental health and well-being. With live-in care you can continue to enjoy living with your pet, with support from your carer. You would not be able to keep your pet if you moved into a care home.

Stay together as a couple

If you are a couple, you can stay together as just that. If one of you moves into a care home, sadly you will be separated. If you both move into a care home, depending on your health conditions, you may have to live in different areas of a care home to get the care you both need.

Companionship and emotional support

Loneliness and social isolation can have detrimental effects on an individual's well-being. Live-in carers not only provide practical support but also offer companionship and emotional support.

Keep connected to your local community

Continuing to be part of your local community you have loved, for what may have been many years means you can maintain independence and enjoy things you always have.

Cost effective care option

Live-in care is comparable and in many cases more cost effective than a care home. It is considerably cheaper for couples who would be two weekly fees for two rooms in a care home, as well as the package of care.

Arranging live-in care

The carer typically stays in the client's home for a certain period. At Trinity Homecare, a carer can stay for a minimum of one week on/off to four to eight weeks on and two weeks off, providing 24/7 support throughout the day and night. The rota options are bespoke to the client and their needs.

If a client has more complex needs, then we assess the daily average hours to ensure the carer is not burnt out and will then suggest an appropriate rotation pattern that suits all.

How arranging care with Trinity Homecare typically works:

Initial telephone call

When you contact us you will speak to one of our friendly and helpful Client Services Advisors. Their role is to explore your situation to better understand what service might be right and offer solutions and support. If you then wish to proceed to an assessment, they will immediately book this in for you at a convenient time with one of our expert Care Manager. Confirmation of the date and time of our assessment will then be sent.

Care assessment

Prior to the care assessment taking place, your allocated Care Manager will give you a call to introduce themselves and discuss anything you feel is important to you or your loved one. The Care Manager will then come to your home to assess you or your loved one's needs – not just your care and support needs, but how you wish to live life and the things that are important to you in day to day living. This will help to evaluate the type and level of care required so that a care plan can be created.

Care planning

The care assessment allows for an in-depth understanding of you or your loved one's needs and preferences, enabling a holistic plan of care to be created that aims to improve overall quality of life. Following the care assessment, the Care Manager will produce a comprehensive care plan and will confirm the weekly cost of the service. Once the care plan and costs are agreed, then we will start to find the right care team to deliver the care needed.

Carer matching

At Trinity Homecare, we know that everyone is different. That is why we ensure that you or loved one will be matched with the perfect carer for them. We send our clients three carer profiles to choose from that we feel matches the skills and experience needed for your unique requirements, but we also ensure interests and personalities are well aligned.

Carer placement

The live-in carer you choose will move into the individual's home and typically reside there for a defined set period. At Trinity we offer a variety of rota patterns to ensure our client's needs are met, but also suit our carers. Rota patterns range from one week with one carer and can be for as long as eight weeks, before another carefully chosen carer comes to care for you. They then rotate across the same care team to provide continuity for you or your loved one.

The carer will need to have their own private room and access to washing and cooking facilities in the home. The care manager will support with on boarding at the beginning when the care commences and will be available when the carers change over.

High-quality, one-to-one care and support

The carer will carry out all the care and support tasks outlined in the care plan. This can include personal care, medication management, companionship, mobility support, meal preparation, light housekeeping, and any other identified needs, including socialisation and activities. The carer provides one-to-one, highly personalised care and support, focused on improving overall well-being and quality of life.

Care plan review

The care plan will be regularly reviewed by your dedicated Care Manager, to ensure it continues to meet your loved one's needs and provides the right level of care and support, and that the carer has the skills and experience to meet evolving needs.

Ongoing support

As a fully managed service provider we offer around the clock support to our clients, their families and our care teams.

The care provider of your choice will usually have a support system in place. This can include regular supervisions, access to a care manager or coordinator, and 24/7 support from the agency's office staff. This ensures that the carer has the necessary support and resources to deliver high-quality care to the client.

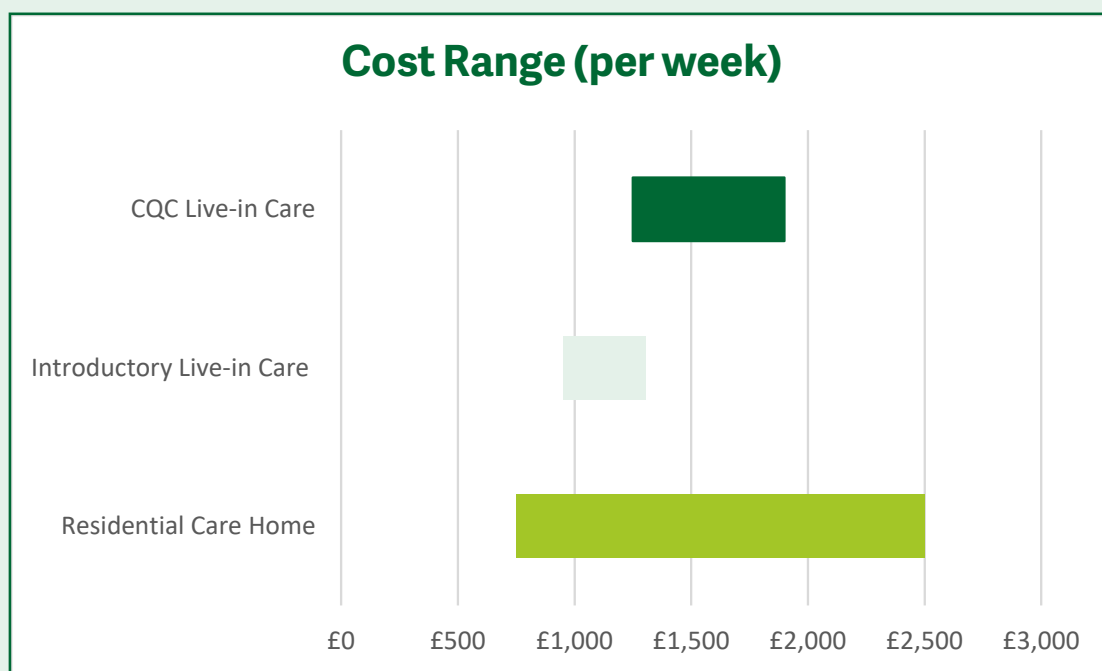


How much does live-in care cost?

Live-in care costs are comparable to those of a care home, and for couples, they can be particularly attractive due to potential cost savings. There are many factors that impact the cost of live-in care, including the health of the person receiving care, the conditions they are living with and the type of provider you use to receive care in your own home. The range of weekly fees will differ dramatically from provider to provider.

Live-in care costs are quoted as a weekly inclusive price based on a person's assessed needs – there are no extras. This makes it very straightforward for families to plan the annual live-in care cost for their loved one. Care homes will charge a weekly fee for care and some separate out the care and accommodation costs, in addition to charging monthly for extras like hairdressing, newspapers, therapy appointments like chiropody and social events and activities. This can make it more challenging for families to plan the total cost of care.

Once the inclusive weekly fee is agreed with you, typically there will not be an increase in live-in care costs unless there is a significant change to the care your loved one needs. Annual inflationary rises in live-care costs are usual practice with all providers in the sector and will need to be considered by families when looking at the longer term.





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 home care 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 home care 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 five 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 enjoy peace of mind and a hassle-free care experience. Our dedicated team of carers is supported by experienced Care Managers around the clock, ensuring that you receive the highest quality of care. This means you won't have to worry about managing 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.





Trinity Homecare
2nd Floor Central House
1 - 15 Central Road
Worcester Park
Surrey
KT4 8EG

0207 183 4884
trinityhomecare.co.uk