



'Outstanding' Arthritis Care at Home



Trinity
Homecare
Supporting life's journeys

What is arthritis?

The term arthritis is used to describe pain, swelling, and stiffness in one joint or multiple joints. Arthritis isn't a single condition, there are many different types. People of all ages, races and sexes live with arthritis and it is the leading cause of disability in the UK. Although it is not a disease of aging, some types of arthritis (such as osteoarthritis) occur in older people more than children and younger people.

What types of arthritis are there?

There are many types of arthritis. There are some similarities between these conditions, but there are also some key differences.

The most common types include:

Osteoarthritis

Is the most common form of arthritis in the UK. Symptoms typically present from 45 years and older. It causes painful and swollen joints anywhere in the body and is usually brought on through age or injury. Osteoarthritis affects around a third of people aged 45 and over in the UK.

Rheumatoid arthritis

Is an autoimmune and inflammatory disease that commonly affects the joints in the hands, wrists and knees and can present as flare-ups. 'Autoimmune' describes when the body's immune system attacks healthy cells in the body.

Spondyloarthritis

Describes a number of conditions that cause inflammation mainly around the joints of the spine but can also affect the gastrointestinal tract (GI tract). In these conditions, inflammation in and around the spine results in the vertebrae fusing together over time.

Psoriatic arthritis

Is an autoimmune condition and type of spondyloarthritis. Symptoms usually include painful swelling and stiffness within and around joints, as well as a red scaly skin rash called psoriasis. The rash can affect several places in the body, including the elbows, knees, back, buttocks and scalp. It is also common to have severe fatigue.

Reactive arthritis

Is sometimes called Reiter's syndrome and is triggered by an infection in the body, most often the intestines, genitals or urinary tract. The condition usually targets the knees, ankles and feet.

Septic arthritis

Is a painful infection in a joint that can come from germs that travel through the bloodstream from another part of the body. It can occur when a penetrating injury, such as an animal bite or trauma, delivers germs directly into the joint. Infants and older adults are most likely to develop septic arthritis.

Gout

Causes painful flare-ups in the joints, typically in the big toe, but it can also affect other joints in the body. Joints affected by gout can become red and hot. The skin may appear shiny and can peel. It is caused by having too much uric acid in the body.

Juvenile idiopathic arthritis

Is the most common type of chronic arthritis in children under the age of 16. Like rheumatoid arthritis, it can present as flare-ups and affect more than joints, including internal organs and eyes.

What is the best care for arthritis?

Through our decades of experience supporting people with arthritis, we know that everyone is different. That's why we offer a range of services to suit your specific needs. We provide home care from 30-minute visits a few times a week to daily visits or live-in care, and everything in between.

We provide a free no-obligation enquiry service, including a free at-home assessment with our experienced care team. Working with you and anyone else involved in your care, such as family or other care professionals, we will develop a tailored care plan based on your personal needs and wishes.

How does live-in care help?

- Full-time care in the comfort  home
- 'Outstanding' rated care, so you know you're in safe hands
- One-to-one support with your daily routine
- Support with personal care such as washing, dressing and any continence care (if required)
- Someone to prepare your favourite nutritious meals
- Confidence that medication is taken at the right times of day
- Someone to accompany you to medical appointments or social outings
- Companionship, friendship and reassurance
- Someone to enjoy your hobbies, activities and crafts with
- Someone to take care of the housekeeping and ensure your home is clean and comfortable
- Safety – live-in care results in fewer falls and less dangerous injuries and hospital admissions than a care home
- Better value for money than a care home
- Our private carers help you stay at home with your partner and loved ones
- Support, peace of mind and advice for you and your loved ones
- A new lease of life

Talk to us today

At Trinity Homecare, our ultimate goal is to enrich your lifestyle in the comfort and familiarity of your own home. This allows you to live the independent lifestyle that you love without the daunting thought of moving into a care home. We are here to support you with various different forms of live-in care.

Call us now on **0207 183 4884** in confidence for a free no obligation quotation.

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 4% 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 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 like homecare.co.uk, 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 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.



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