



Frailty Care at Home



Trinity
Homecare
Supporting life's journeys

Frailty is a common age-related issue that affects many older people, impacting their ability to live life independently in their own homes. Being frail means that a person may not be able to bounce back as quickly after an illness, injury or medical treatment.

Frail individuals are at greater risk of falls, trips, slips and other injuries in their weakened state.

“According to Age UK, around 10% of over 65s live with frailty, with this figure rising to up to 50% for people 85 or older.”

However, frailty does not mean that an elderly person has no choice but to move from the home they love. Frail care at home is an attractive alternative to care homes. From round-the-clock live-in care to comprehensive visiting care, discover why home care is the ideal solution for frail individuals requiring extra support with everyday activities.

What is frail care?

Frail care packages are an alternative to care homes, enabling frail elderly people to remain in their homes rather than relocate to a care home. For elderly people, having a choice when it comes to care planning is important, as this helps to retain a sense of independence and ownership over their own health.

Frailty can affect both mental and physical well-being, often making day-to-day tasks more difficult to manage. With the right support, life can feel easier and more secure. Our frailty care services are designed to provide a helping hand, easing the strain of daily routines, assisting with household tasks, and offering compassionate support to promote independence and peace of mind.

Frail care includes mobility assistance, helping individuals safely out of bed and chairs and moving around the home, as well as transportation outside the home. Should a frail elderly person require help with personal care, a frail carer can step in to provide a helping hand. Depending on how frailty is affecting your loved one's life, frail care can be administered round-the-clock throughout the day or even as part of 24-hour home care if required.

Who is frail care for?

According to medical experts, frail care is for any individual who is deemed to be in a frail or delicate condition. If you or a loved one has experienced any of the following, it may be worth speaking to your doctor or medical professional about frailty.

Common signs of frailty include:

- Low grip strength
- Lack of energy
- Fatigue
- Slower walking speed
- Reduced physical activity
- Loss of bladder or bowel control
- Muscle weakness
- Increased incidence of trips, slips and falls
- Unsteadiness on their feet
- Confusion

If any of these activities are becoming increasingly more challenging, seeking support in the form of frail care is a positive step towards regaining independence.

To give family peace of mind and ensure the safety of the individual living with frailty, extra support from a carer is an ideal solution for those wishing to remain in the comfort of their own home.

The benefits of home care for the frail

There are many advantages to seeking assistance from a frail care carer. Having frail care to support individuals living with a certain degree of frailty can help them make the most of their lives.

The benefits of frail care include:

- Peace of mind for family and friends
- Someone there in case of a trip, slip or fall
- Coordinated care between the carer and healthcare professionals
- One-to-one personalised care
- Round-the-clock care
- Remain in the familiar surroundings of home
- Supporting an independent life
- Companionship and someone to talk to

How a home carer can help

If you notice your loved ones suddenly looking older or start exhibiting signs of frailty and suspect that they are in a weakened condition, home care could be just the support they need. A home carer can support frail individuals in many ways, from assisting with day-to-day activities to providing help with mobility.

Frail care carers can help with:

- Personal care, e.g. bathing, dressing and toileting
- Mobility assistance
- Getting in and out of bed
- Medication management
- Transportation to and from hospital appointments and social engagements
- Facilitating hobbies and interests
- Light housekeeping
- Clearing away clutter, trip and slip hazards
- Companionship and reducing feelings of isolation and loneliness

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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