

a **alina homecare**
Care at Home



Live-in Care
All you need to know

Your live-in care

Neighbours for years. Allotment nearby. Local walks. Cheery postman. Cherished memories. Live-in care can make it all continue.

We all value things about our community and a sense of belonging. So, if household jobs begin to build, or a medical diagnosis starts to over-shadow living at home alone, there's a lot at stake. Our live-in carers work to understand what makes life easier for you and then help you achieve it. Live-in care at Alina Homecare is all about you.

What is live-in care?

Live-in care means just that a carer lives in your home day and night to provide support in all aspects of your life. From help with your personal care, meal preparation and medication. Our live-in carers are fully trained professionals and deliver the care and support you need compassionately and respectfully.

How live-in care works

When you decide that live-in care is right for you, our job is to find someone who can best meet your needs and that you'll enjoy having at home and spending time with.

All our live-in carers are fully trained and have the right personality to look after you. They are highly experienced people who can dedicate time to caring and supporting you.

Sharing your home with a live-in carer is a big step. We start by meeting you to learn more about you and your care needs - perhaps you want a male or female live-in carer depending on your personal care requirements?

Once we think we've identified the right carer for you, we all meet in your home to discuss your care plan, preferences and listen to how you'd like to structure your live-in care. If you're happy to start we set up a 2 week trial and your new live-in carer moves in. After this we review things to ensure you're happy and agree any necessary adjustments to your care plan.

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Your right to respect, privacy, dignity, independence and security are always top of our list. So, our carers:

- Preserve your self-respect
- Give you space to be yourself
- Keep you safe when you need them to

If at any time you feel it's not working the way you want, just tell us how you feel so we can help.

What are my options for live-in care?

Our live-in care is highly personalised, not only mirroring your needs but also your preferences of how you wish to be supported, enabling you to live the life you want and as independent as possible. Your live-in carer will provide you with the dedicated, round the clock support you need in your own home including...



Personal Care

Your live-in carer will help you get up in the morning, provide respectful bathing and manage medication taking. In addition to your daily routine, they'll support you to live your life the way you want to.

Domestic Care

Your live-in carer will help with daily chores around your home, like cleaning and laundry. They'll also prepare meals that suit both your taste and nutritional needs.

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Companion Care

Our live-in carers always respect you and find the right balance between companionship and your privacy. They'll also be able to provide you with emotional wellbeing support to ensure your psychological needs are met to enhance your quality of life. Some other ways in which our live-in carers can support you include...

- **Social events and hobbies**

When social events arise either in your home or out and about, your live-in carer will be able to schedule arrangements and transportation. We try very hard to match you with a live-in carer who shares your hobbies and interests so you can enjoy time together.

- **Excursions**

Holidays, days out and visiting friends and family, our live-in carers can assist you with the organisation so you can enjoy your planned trip and know everything's been taken care of.

Our live-in carers

Our expert live-in carers deliver positive, quality care 24-hours a day for a week, month or year. It is compassionate, gentle and all about you. But it doesn't have to be forever, unless you want it to. We can also support people living with dementia, multiple sclerosis and those who need care after a stroke.



Your home. Your care. Your choice.

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Frequently Asked Questions

Are your live-in carers employed?

Yes, all of our live-in carers are employed directly by Alina Homecare. We have incredibly high standards when it comes to recruiting. Every care worker has approved DBS and reference checks, on-going spot checks, supervisions and appraisals, along with regular training updates.

Is Alina Homecare registered?

Alina Homecare services are registered with the Care Quality Commission. Our live-in service is rated Good in all 5 categories for being safe, effective, caring, well-led and responsive to people's needs.



Can I be involved with selecting my live-in care worker?

Yes, we believe a good match is vital in making live-in care work. We meet with you to discuss your care needs, your routines, your likes and dislikes to fully understand the type of carer who might best suit your requirements and way of life. You'll be sent profiles of our live-in carers including their photo and details about shared interests. We arrange a telephone call and/or a visit before they are chosen.

How quickly can live-in care be arranged?

We operate a responsive service. We work wherever possible to your timings and work very hard to ensure your live-in care is in place when it is needed. In most instances we're able to instigate emergency care within 48-hours of initial contact, sometimes sooner if required.

If you need urgent live-in care, please contact us today.

What accommodation does my live-in carer require?

We ask that our live-in carers are provided with a separate bedroom, clean bed linen and a space to store their clothes.

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How long will my live-in carer stay with me?

A live-in carer will stay in your home, on average, for 4-6 weeks at a time. This timing will vary however depending on your preferences. They will then take 1-2 weeks' break, during which time a replacement live-in carer will stay with you to cover for them.

Our trained team will introduce you to your replacement carer and will ensure they are fully briefed on all your care needs.

Do live-in carers drive?

A number of our live-in carers can drive, however not all can. If you do require a driver, we will do our utmost to try to accommodate this.

Do I need to have Wi-Fi in the property?

Having Wi-Fi in your property is not a requirement.

What food arrangements do I need to make?

We typically suggest a weekly food allowance for your live-in carer. However, another popular option is to purchase your carers food in your regular grocery shop, as it can be easier for carers and clients to cook and eat the same food. Ultimately, it's your choice.

Does my live-in carer get a daily break?

We commonly ask that our live-in carers are provided with a 2-hour break each day, usually between 2 pm and 4 pm, depending on what suits your daily routine. Some clients are happy to enjoy time alone, whilst others may prefer to make arrangements for a cover carer whilst their live-in carer is on a break. It is a personal choice depending on the level of care required.

Can my live-in carer accompany me on holiday?

Yes, we would have to carry out a thorough risk assessment for your live-in carer before accompanying you on holiday. This is regulation but more importantly, it will put your mind at ease and enable you to relax and enjoy your holiday.

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Will my live-in carer look after my pets?

We know pets play a key part in many people's lives. Lots of our live-in carers love pets and will be happy to care for yours.

Why should I choose an at home assisted living service over a care home?

Live-in care is great for those wishing to remain in the comfort of their own home surrounded by happy memories and treasured possessions but need extra support. Moving away can be distressing and therefore some people chose to remain at home in their familiar environment.

Live-in care also provides one-to-one support that's conducted in a manner to suit your needs and preferences. Unfortunately, care homes can't provide the same level of personalised care, as mealtimes, when you choose to socialise and what activities you do in the day are all decided for you. It ultimately comes down to personal preference and what you think would work best for you.

How likely do older people need 24-hour care?



Whether someone needs 24-hour care is dependent on their needs and preferences. If your medical needs require 24-hour care or you simply just want someone else in your home to help with daily tasks and making your life easier, then live-in care is a great option to consider.

Contact us today to learn more about how we can help you.

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About Alina

Alina Homecare passionately believes care is best when you're at home.

We can help you, your mum, your dad, your neighbour to live independently in familiar surroundings and be part of the local community.

a alina homecare *Care at Home*

Homecare gives elderly people options to stay in control of their lives and independence for as long as needed. We deliver high quality care that is safe, compassionate and personalised, including live-in care for reassurance night and day.

a alina homecare *Disability Support*

We support people with a range of learning disabilities, including autism and mental health needs who live independently and in supporting living accommodation. Everyone we support receives the specialist care they need and deserve.

a alina homecare *Complex Care*

Our complex health care teams support people with a wide range of health conditions. These may be physical or emotional and present a variety of needs which require specialist nurse led support.

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