



*Care at Home*



**Live-in Care**

Continuous  
support at home

# Your Live-in Care.

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 overshadow 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 just means that a carer lives in your home day and night to provide support for all aspects of your life, from help with your personal care, to meal preparation and medication reminders. Our Live-in Carers are fully trained professionals and deliver the care and support you need with dignity and respect.

## How live-in care works

If 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 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 Carer depending on your personal care requirements?

Once you've decided live-in care is right for you, we'll meet you again in your home to discuss your care preferences and listen to how you'd like to plan your live-in care. We then match you with your Live-in Carer and they move in. We'll be in regular contact to ensure you both settle into your new routine. After a couple of weeks, we'll check you're happy and agree any adjustments to your care.

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



# Your home, Your care, Your choice.

## What are my options for live-in care?

Our Live-in care is highly personalised, mirroring your needs and preferences of how you wish to be supported, enabling you to live the life you want and be 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 personal care and if required medication reminders. They ensure your daily routines are maintained to live your life the way you want to.

### Domestic Care

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

### 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 emotional wellbeing support to ensure your psychological needs are met too.

Our Live-in Carers can support you to...

**Attend social events** - they can make arrangements so you can enjoy them hassle free.

**Share hobbies** - we try very hard to match you with a Live-in Carer who shares your hobbies and interests so you can enjoy time together.

**Plan excursions** - holidays, days out and visiting friends, your Live-in Carer can assist with all the arrangements so you know everything's taken care of.

### Live-in Respite Care

Some people opt for a Live-in Carer when recovering from illness or an operation to give peace of mind that support is nearby 24 hours a day. Our short term replacement Live-in Respite Care is useful when a regular caregiver is away for an extended period - maybe a holiday or unforeseen circumstances. Regardless of the reason, we can arrange a Live-in Respite Carer to move into your home to assist with your rehabilitation.

**Your home, Your care, Your choice.**

## 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. 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 (CQC) which regulates and independently inspects our services. Our own strict performance guidelines and transparency via our care monitoring app. give added peace of mind and quality assurance.

### How will you match me with my live-in care worker?

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.

### 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.

### 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.

### Do live-in carers drive?

Some of our Live-in Carers can drive, but not all. If you do require a driver, we will do our utmost to try to accommodate this.

**Your home, Your care, Your choice.**

## Frequently Asked Questions

### How long will my Live-in Carer stay with me?

A Live-in Carer will stay, on average, for 4-6 weeks at a time. This will vary however depending on your preferences. They will then take 1-2 weeks' break, during which time a replacement Live-in Carer will move in 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.

### What food arrangements do I need to make?

We typically suggest a weekly food allowance for your Live-in Carer. Another popular option is to purchase your carer's 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 have a daily break?

We ask that our Live-in Carers are provided with a 2 hour daily break usually between 2-4 pm, depending on your daily routine. Some clients are happy to enjoy time alone, while others make arrangements for a cover carer whilst their live-in carer is on a break. It's a personal choice and 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.

### 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 are pet lovers and will be happy to care for yours.



# Your home, Your care, Your choice.

## Frequently Asked Questions

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

Live-in care is great for people wishing to remain in the comfort of their own home surrounded by happy memories and treasured possessions but need extra support. Moving to somewhere new can be distressing so some people chose to remain at home in their familiar environment. Live-in care also provides personalised support that's conducted in a manner to suit your needs and preferences. Unfortunately, care homes can't always provide the same level of personalised care, mealtimes are often set and what activities you do in the day are often decided for you. Ultimately it comes down to personal preference and what you think would work best for you.

### When are older people more likely to 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.

### Our live-in carers

Our professional Live-in Carers are fully trained in our own exclusive Academy. They deliver positive, quality care 24 hours a day which is compassionate, gentle and all about you.



# Your home, Your care, Your choice.

# About Alina

At Alina Homecare we passionately believe care is best when you're at home.

We can help you, your mum, your dad, your neighbour to live independently in the comfort of your own home and continue to be part of the local community.

We're committed to listening to you about your needs and preferences because for us, it's all about you. We work hard to understand what makes life enjoyable to you and suggest ways to make life easier.

Whether you need Care at Home after a fall, support with daily tasks, companionship, or a full time Live-in care our friendly Care Teams are there to help.

We're extremely proud of our high standards and passionate about making what we call the 'Alina Difference' to people's lives.

**It's no wonder 99.7% of clients say they're satisfied with our care and support!\***

\*Client satisfaction survey 2023



**Top 20 UK Home Care  
Group Award  
2021 - 2025**



## Your home, Your care, Your choice.