



# Age Well in Your Own Home....

## Know What's Right for You or Loved One.

As we get older, we start to face extra challenges in life, challenges that can affect our independence and confidence.

If you are caring for a family member or loved one, or you are noticing that a family member is starting to struggle a little more than usual, it may be time to sit and have a sensitive discussion around getting extra help. If everyday tasks are starting to become difficult or you may find that they are not eating and drinking as well as they used to do, they may have even become more introverted as they lose the ability or confidence to go out alone, it is better to have this discussion early, and let your loved one aware of your concerns, ensuring that they know you have their best interests and care at heart.

Once you have agreed that they could benefit from some extra help, the next stage can often be even more challenging. Nowadays, if someone requires aspects of care and support, this does not mean they have to give up their home and move into a residential setting, which can often lead to the person becoming disoriented and uncomfortable in strange surroundings.

Care in a person's home can mean your loved one gets the right support and care whilst being in the comfort and surroundings they know well.

At Eden Care at Home we offer 2 types of care in your home. Daily visits and companionship or Live in Care.

In both these categories we can manage a wide variety of care needs but we will give you more insight into what these 2 categories mean for you in terms of your care delivery.

### Daily Care Visits

In a nutshell, we provide care visits in your home during the day at different times and on days that you require. These visits are fully flexible to your needs. It is not always required that someone needs care every single day, but may only need a couple of visits per week. For our daily visits these can include a variety of tasks as needed by each customer - it could be assistance and support with personal care, medication or meal prep, maybe you need some help with light house work tasks, or it could be you are looking for some support in maintaining your independence in accessing the community, whether that be to meet friends, go shopping or attend appointments. The length of these calls can also vary from 30 mins to a couple of hours, again this is all based around your needs and it is tailored to you.

### Live In Care

Live in care is exactly what it says, the care is provided in your home and the carer will live in the home with you. This will then provide 24-hour support to someone who needs a more extensive care package. A live in care package will have a schedule of carers who will work for a set period of time before changing to another carer. This can be anything from 2 weeks to 2 months. In this time the carer will be providing 24-hour care to someone in their own home. Each day the live in carer will be given a break for a couple of hours which can either be provided by the family of the person being cared for, or can be provided by another carer who completes daily care visits. Each day the live in carer will support the person with any needs that have been assessed, such as personal care, medication needs, meals, household tasks such as laundry and light cleaning duties and will also assist with any activities such as accessing the community to do shopping, attend appointments, see friends, attend social clubs or simply have a day out together. Live in care like daily care visits means that the person is able to continue to remain at home instead of moving into a care facility.

We believe that everyone is entitled to having the best quality of life especially in the later years, and we have a strong belief that ageing should not be challenging, and we are here to offer care and support in order for you or your loved one to live comfortably, safe and to the fullest.