

At Caremark we're one team with one goal.
To be the mark of *excellent* care.

We want you to enjoy living in your home and we can help. We are a passionate team, some say a great big family, who take pride in the care we provide across the whole of the UK.

You can rest assured that from the moment you contact us, you'll enjoy our friendly professional approach delivered with compassion and integrity.

Let us support you, so you can get on with the great things in your life.



We'll give you time to
enjoy the important
things in life.



Caremark (Herefordshire & Forest of Dean)
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Care at Home

Spend more time doing
the things *you* want to.



Care at Home helps you towards a more independent life.

Living in your own home and receiving a little extra help on the day-to-day tasks, or receiving truly specialist care, can have incredible benefits to your health, happiness and well-being.

You'll have more time to enjoy the really important things like spending time with family and friends, leisure activities or even just a chance to enjoy your favourite hobby.

With our friendly experienced staff, Care at Home is simple to organise and you'll soon be experiencing all of the benefits.

How Care at Home works.

We create our dedicated Home Care services around you as an individual. This allows your care plan to work best for you, so that you feel comfortable and happy throughout your day.

Who will you be spending your time with?

We'll match your Care Worker to your needs and at all times they will respect your dignity, beliefs and freedom of choice. They will be fully trained and supported by the team at Caremark, giving you peace of mind that you will receive the best care possible.

Our Care at Home services.

Care can range from a weekly 30-minute visit, through to a visit every day, and work in a flexible manner moving forward to adapt to your every need.

- **Personal Care** – Starting your day well or preparing for bed, and everything in-between
- **Companionship** – A chat, a cup of tea, or a trip out. Whatever suits you
- **Medication Assistance** – We make taking your medication simple and stress free
- **Shopping and Meal Preparation** – Maintain a healthy diet with regular balanced meals
- **Domestic Duties** – Extra help with your day-to-day chores
- **Social Activities** – Getting out, or having visitors to break up your day
- **Dementia and Alzheimer's Care** – Specially trained Care Workers for a very specific need
- **Respite Care** – Giving your loved one a little time to recharge their batteries
- **Live-in Care** – A great choice as an alternative to moving into a care home.

How much does it cost?

The costs vary to the care plan required but all offer the benefits of living in your home.

Why Caremark?

We are a trusted and respected brand in the care community. Registered with the Care Quality Commission and recognised for our unique Care & Support worker training, Caremark is a brand you can trust to support and care for you.

Get in touch today.
Call David on 01432 367 672
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