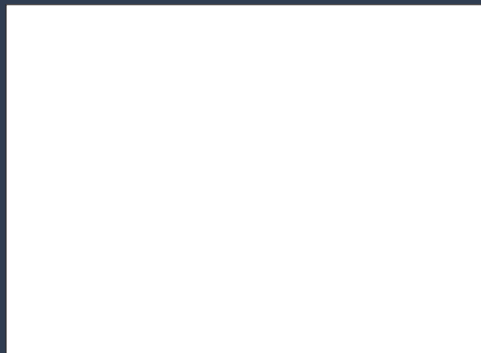




Live In Care is both popular and appealing to our customers for many reasons:

- ✓ It is an affordable alternative to residential care
- ✓ It provides one to one care, 24 hours a day, 365 days a year
- ✓ Couples can stay together and comforts such as pets and treasured possessions can stay with them
- ✓ You or your loved one can stay in familiar surroundings and within the local community
- ✓ It can be long or short term and can change as a person's needs change
- ✓ It gives the reassurance of knowing that you or a loved one are always safe

For more information please contact us





Continuity, Companionship and Peace of Mind

Through round the clock dedicated one to one support,
helping you live comfortably and safely at home



Whether you require long or short term support,
we can provide you with a MyLife Assistant
who will keep you safe, happy and well.

Welcome

MyLife is part of the CSN Care Group, one of the UK's leading providers of home care services

For over twenty years, we have been helping people across the UK to maintain their independence and wellbeing within the comfort of their own homes and communities.

Personal Support

We recognise that everyone is different; that's why we offer a personalised support plan that matches your specific needs and wishes, exactly how you want them. Being you and staying independent and happy is our key goal.

How our Live In Assistants can help you

Our Live In Assistants are upbeat and friendly, providing the highest quality, professional support to give you the peace of mind that you or your loved one are in safe hands. We can help with everyday tasks such as washing, cooking and cleaning as well as accompanying you or your loved one on days out and appointments. Importantly, companionship and having a friendly face around the house are key elements of our Live In service, giving peace of mind and reassurance to everyone.

“ I could not of wished for a better team. Thoughtful, professional, thorough in their duties - going beyond in many ways... ”

A bespoke support plan that adapts to your wishes

We offer a personalised care plan, by listening and taking into account support needs and personal wishes. As needs change, the care plan can be updated to reflect this, ensuring that we are always providing the right levels of support.

It's always your choice, and it's always about you.

Our Live In Care service provides one to one support with a friendly face that is always on hand to help, day or night.

Care Quality

Our service is regularly inspected by the regulatory body in that area (either the Care Quality Commission in England or the Care Inspectorate in Scotland).



Live In Care provides round the clock help for those with health conditions needing more continual support as opposed to visiting care. It ensures that someone is always there to keep you or your loved one safe. It also benefits those who require short term support such as returning home from hospital to recover from an illness or injury. We provide you with your own, dedicated Live In Assistant who is always available in your own home to help you, day or night.

A Live In Assistant can help with:

Support Around the Home

- ✓ Housework
- ✓ Laundry/ironing
- ✓ Weekly shopping
- ✓ Meal preparation
- ✓ Assistance managing bills
- ✓ Assistance ordering medication
- ✓ Pet care
- ✓ Light gardening

Personal Care

- ✓ Washing/bathing
- ✓ Dressing & undressing
- ✓ Hair care
- ✓ Continence care
- ✓ Dental care
- ✓ Medication

Companionship

- ✓ Conversation
- ✓ Confidence building
- ✓ Encouraging interaction with family and friends
- ✓ Assisting with visits to family and friends

Activity Support

- ✓ Supporting you in your hobbies and interests
- ✓ Supporting you on days out
- ✓ Emergency cover
- ✓ Helping you to go on holiday

Specialist Support

MyLife can help when:

- ✓ Being discharged from hospital
- ✓ End of life care is needed
- ✓ Long term conditions such as Dementia require additional support
- ✓ There are multiple or intensive medical needs

Support for Family Carers

We also support people who are already caring for a loved one:

- ✓ Take a well-deserved break
- ✓ Provide emergency cover if your circumstances suddenly change
- ✓ Go away on holiday

You must be able to provide your carer with their own room which includes a bed.

Additional Support

Along with your dedicated Live In Assistant, you will also have the support of our experienced office team, so you always have the reassurance and comfort of knowing that you can always speak to someone from MyLife. We can work alongside the other health and social care professionals you or your loved one may need, such as district

nurses, social services and the NHS. In our experience, most home care needs change over time; you may need less, or more support depending on your personal circumstances. Your personal Live In care plan will be regularly reviewed and updated. We always ensure that not only are your care and support needs met but also your personal goals and wishes are too.