

Live In Care – what are the signs?

Buckinghamshire | Bedfordshire | Northamptonshire | Hertfordshire

It's a fact. Almost all of us, one day, must face the inevitable – old age and the associated decline in our mental and physical faculties will come our way. Some are fortunate and can retain an independent way of life for many years. Supported by family, friends and neighbours, they look after themselves well into old age.

Live In Care – a necessity, not an option

Eventually, however, the prospect of professional [Live In Care](#) becomes, not an option, but a necessity. Sometimes it has to be residential care, but for the vast majority, this is a last resort. Just imagine. Following a lifetime of living in your own home, surrounded by familiar objects, the prospect of uprooting to new surroundings must be little short of traumatic. The effects of such trauma can be mentally and physically damaging. There's no doubt – for those who need looking after round-the-clock, Live In Care is the best option.

How do we know when to introduce Live In Care? What are the signs?

It's one thing to introduce Live In Care. It's another knowing when to bring it in. What are the signs that someone needs Live In care?

1 – Are they lonely?

An estimated 9 million older people in the UK suffer from loneliness – often having a devastating impact on mental health, physical wellbeing and the quality of life.

Live In Care can significantly alleviate the issue – whether it's just during daytime hours or round-the-clock.

2 – Are they physically frail?

Frail, elderly people living together or alone often need extra support at home. The reassurance of having a carer around, offering physical, mobility and personal support provides significant peace of mind for them and their families.

3 – Are they vulnerable?

A Live In Carer can offer security and a feeling of safety. Again - peace of mind both for those needing care and for their families.

4 – Are they living with Dementia in any of its forms?

Life can be dangerous for people living alone with Dementia. They can become confused and put themselves in danger – leaving the cooker on, forgetting about running water etc. They are also prone to wandering off.

5 – Are they in need of palliative care?

End of life care can be an emotive topic. So many people dread the idea of ending their days in a hospital or hospice. Being at home with loved ones is the most comforting and attractive option for many.

9 – Do they have mental and/or physical disabilities?

Live In Care isn't only for the elderly. It's an excellent option for people of all ages. Children and younger people may be able to stay at home with family rather than going into hospital.

Live in care companies typically cater to a wide variety of physical and mental disabilities, including special needs, mobility issues and blindness.

Now that you know the signs to look for that Live In Care might be the best option for someone you know, what's the next step?

Here at Paratus – we know about Live In Care. We have years of experience helping, supporting and caring for those in need. Get in touch. After all, we're here to help.

Phone – **07769 494 430 / 01908 082265**

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Looking for Live-In Care in Northamptonshire, Bedfordshire, Buckinghamshire, Hertfordshire? Care for Your Loved Ones 24/7 –**07769 494 430 / 01908 082265**