



# 7 Signs You or Your Loved One Needs Companion Support

A practical guide for families and individuals across Chesterfield, Derbyshire & Nottinghamshire

*Bringing Joy, Companionship & Connection in Everyday Life*

## About This Guide

Knowing when to seek companion support isn't always easy — it's often a gradual shift. This guide helps you recognise the signs that a companion could make a real difference to quality of life, connection, and living each day to the full.

*A PYCA companion and client enjoy time together at home.*



All companions are DBS-checked, insured, and trained before their first visit.

### 01 They're Spending More Time Alone

Isolation is one of the biggest risks to health and wellbeing in later life.

If you've noticed that someone you care about is spending most of their time alone — rarely leaving the house, declining invitations, or no longer engaging in hobbies they once loved — this is a clear sign that companionship could make a real difference.

#### Look out for:

- Days passing without meaningful conversation.
- Withdrawal from social activities or community groups.
- Relying on TV or screens as the main source of company.

Loneliness has the same health impact as smoking 15 cigarettes a day.

## 02 Their Mood or Motivation Has Changed

Persistent low spirits, loss of interest, or a sense of hopelessness can be early signs that someone needs more connection. Regular, meaningful social contact has a proven positive impact on mental health and emotional wellbeing.

### Look out for:

- Expressing sadness or feeling like a burden.
- Loss of interest in things they previously enjoyed.
- Seeming flat, disengaged, or lacking their usual spark.

*Loneliness affects millions of older adults across the UK.*



A companion provides consistent, caring human connection — not just tasks.

## 03 They're Struggling with Daily Routines

When everyday tasks start to feel overwhelming — preparing meals, keeping the home tidy, managing appointments — someone could benefit from a helping hand alongside warm company.

### Look out for:

- Meals being skipped or nutrition declining.
- The home becoming harder to keep on top of.
- Appointments being missed or forgotten.

Companion support is about making every day easier and more enjoyable.

## 04 Family Members Are Becoming Stretched

Many families find themselves trying to be everything to an elderly relative — and it's exhausting.

A companion bridges the gaps, giving your loved one consistent support and giving you genuine peace of mind.

**Look out for:**

- Feeling guilty about not being able to visit more often.
- Long distances making regular visits difficult.
- Worry and anxiety about a loved one between visits.

**A companion gives families peace of mind — and your loved one consistent support.**

*Prime Years companions bring connection and joy every day.*



## 05 They've Had a Recent Life Change

Bereavement, retirement, moving home, or a health diagnosis can leave someone feeling unmoored.

These are the times people are most vulnerable to loneliness — and when the right companionship can be truly life-changing.

### Look out for:

- Loss of a spouse, partner, or close friend.
- Recently retired and feeling purposeless.
- Moved to a new area and not yet settled.

*Change can feel overwhelming... companionship brings stability back.*



Our companions are trained in bereavement awareness and emotional support.

## 06 Their Confidence Has Declined

A fall, a health scare, or simply the passing of time can knock someone's confidence.

They may stop going out or avoid situations they once enjoyed. A companion can steadily rebuild that confidence as a consistent, encouraging presence.

### Look out for:

- Reluctance to go out alone or try new things.
- Increased anxiety about everyday situations.
- Avoiding social settings they once enjoyed.

Our companions accompany clients to appointments, outings, and activities.

## 07 They've Told You They're Lonely

If someone has told you — or quietly hinted — that they feel lonely, please take it seriously. It takes courage to say out loud.

Loneliness affects physical health, cognitive function, and quality of life. A companion can change this, often from the very first visit.

### Look out for:

- Directly saying they feel alone or forgotten.
- Expressing that the days feel long and empty.
- Lighting up when someone visits — then struggling when they leave.

*With the right support, no one has to feel alone.*



**One conversation can change everything. Call us today: 01246 380 721.**

### About Prime Years Companion Agency

**We are a companion agency dedicated to reducing loneliness and enriching the lives of older adults across Chesterfield, Derbyshire and Nottinghamshire.**

**Our companions are carefully matched, DBS-checked, fully insured, and trained before their first visit.**

**Whether you need a few hours a week or daily support, we are here to help.**



## Ready to Take the Next Step?

A free, no-obligation consultation is just a call away.

Our team will listen, answer your questions, and help you find the right level of companion support.

Call us today:

**01246 380 721**

Monday–Sunday 9am–6pm

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