

## How we can help

Martlets Care can help you or your family member to live independently at home, to live as they choose to live.

We specialise in home care services that will meet a range of practical and lifestyle needs that will support an ongoing medical condition, provide home visits following a hospital stay or cover temporary respite care.

Services provided by our expert team:

- Personal care, washing & dressing
- Medication reminders
- Pressure area care
- Meal preparation
- Light housekeeping
- Companionship
- Errands
- Shopping
- Transportation

*“Your carers are amazing and knowing you’re there gives me so much peace of mind.”*

## How to contact us

If you have further questions or would like to arrange for us to visit you at home, just call our office on the number below. We would really like to talk to you about you or your loved one’s needs and tell you more about our care and costs. We look forward to hearing from you.

**Call us:** 01273 829 943 - Monday to Friday, 9am – 5pm

**Email us:** [enquiries@martletscare.co.uk](mailto:enquiries@martletscare.co.uk)

**Visit our website:** [www.MartletsCare.co.uk](http://www.MartletsCare.co.uk)

*Find out how we can help you or your family. Get in touch for a friendly chat today.*



*Providing quality home care in and around Brighton & Hove*

## Welcome to Martlets Care

We provide expert care for anyone in need of home personal care. Our carers are specially trained to deal with the unique challenges that life can sometimes present.

Martlets Care was established in 2007. Every member of our care team is skilled, friendly and professional. We provide care seven days a week, with overnight care options.

We all want to enjoy the comfort and privacy of our own home. But sometimes managing on our own can be a struggle. Everyday tasks start to become a worry, or we may need extra support after an illness or hospital stay.

That is why Martlets Care is on hand to provide the care you need to help you continue to enjoy living independently in your own home

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## We take care of all the essentials, so you or your loved ones can enjoy independence in their own home.

Our friendly and professional care team are on hand in Brighton & Hove and the surrounding areas. All the team are trained carers, so you can rest assured that the care we provide is everything you would expect from the Martlets name.

We can assist with all those everyday tasks, from handing you a cup of tea before we help you out of bed to showering and dressing. We can pop out and do your grocery shopping, prepare your meals, book and appointment or help you get settled for the night. If you are coming home after a hospital stay, we will be there to assist you while you recuperate. And, if you are a carer, we can provide support when you can not be there.

And, as well as taking care of all the essentials that will help you continue and enjoy your independence, we never forget the finer details and simple pleasures that make your world a more comfortable place.



## We'll always have time to answer your questions.

**Q: My mother is struggling at home but she won't accept she needs help. Can you help us?**

A: Yes, we can come out and meet both of you together and talk through what we can do to help

**Q: I feel like I'm at the time in my life where I need some help but I don't know where to start?**

A: The best thing to do is for us to come and visit you at home so we can work out what you are finding hard to do at home and how we can make life easier for you.

**Q: Would I be able to phone you in an emergency?**

A: Yes, for your peace of mind, all our clients are given a guide for emergencies. So you can rest assured that we will always be there when you need us.

**Q: Are you part of the Martlets Hospice?**

We are part of the Martlets Group, which supports the Martlets Hospice. However, whilst we share the same high standards, our specialism is in the delivery of support to anyone from the local community - and our clients are adults of all ages, with a wide range of medical and mobility conditions.

**Q: How is care paid for?**

A: This can be either private care paid for by the individual, or in some circumstances paid for by the NHS Clinical Commissioning Group. We will be able to discuss all your options with you before care begins.