

Live-in Care for Young Adults



IndependentPeople
Homecare Services

The Reassurance of Care in your Own Home

“In addition to the flexibility of care, those being cared for benefit from the reassurance of knowing that there is another person in the house who will be able to help them in the case of an unforeseen need or emergency”.



Your home is a warm place filled with memories, photographs and personal belongings collected over a lifetime.

It is familiar and private, with friends and neighbours close by and trips out taken with ease. Your routines and mealtimes are just the way you like them, and your home fits like a comfortable glove. It is a place worth fighting for, and should not be surrendered lightly.

With Live-in care, everything revolves around you and your happiness. You keep your right to make individual choices and both your quality of life and life expectancy are proven to be higher.

At Independent People Homecare, your safety and independence are our main priority, and we strive to allow you to continue living comfortably in your own home and to pursue the life you want to lead.

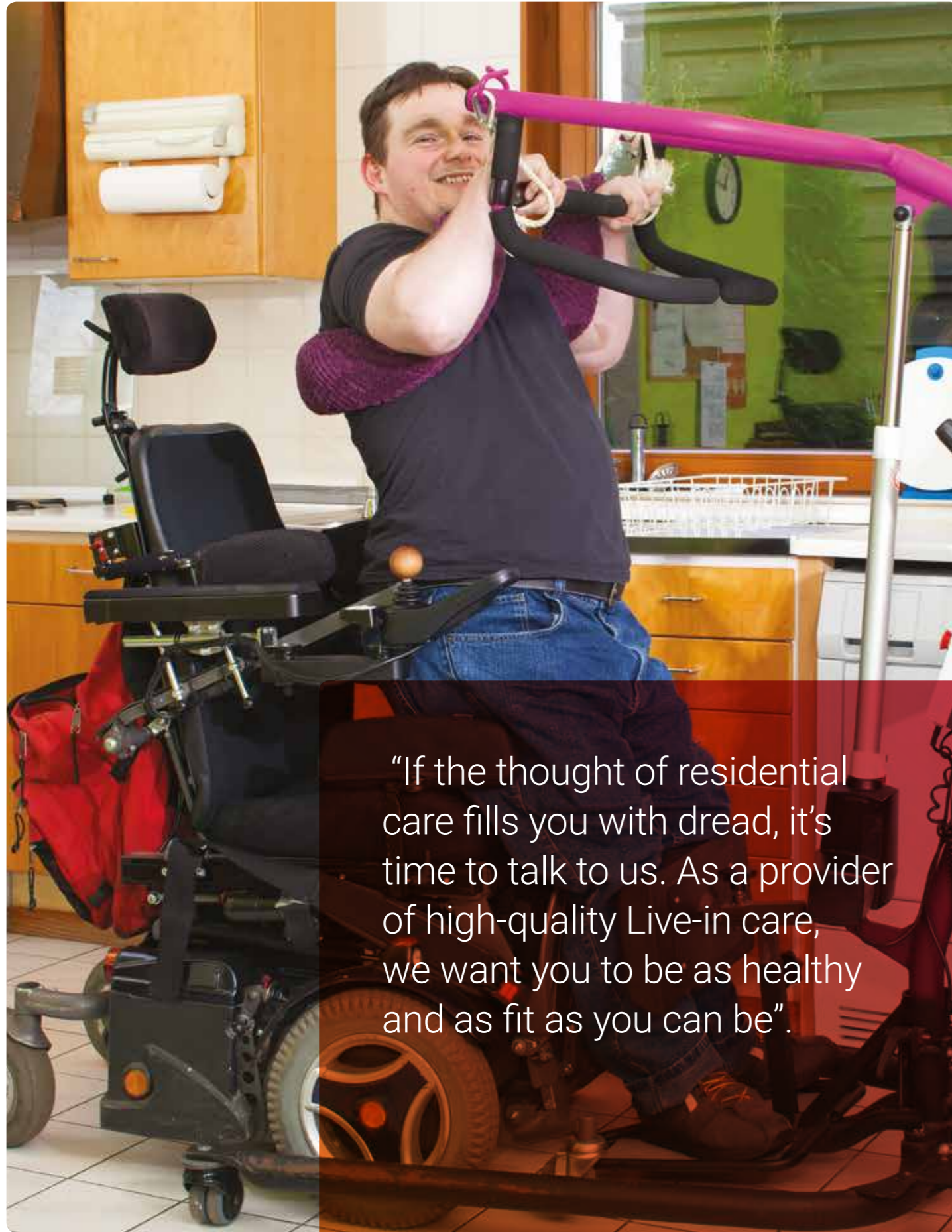
With the expertise of our health care professionals, we are able to support a wide range of care needs. Whether it is general support, complex care, meeting personal needs or assistance with household duties that you require, we are here to help.

Your care package will be designed by health professionals so that you or your loved one can get the very most out of life. We are able to support advanced conditions such as Dementia, Stroke, Multiple Sclerosis and Parkinson's disease, and our skills, knowledge and experience allow us to provide a high-quality support service tailored to your needs.

You can trust us to keep you or your loved one safe. Unlike other care agencies, we are health professionals with years of clinical experience. We can help you with whatever you need. It may be that you require short-term care to help ease you back into independent living, or a more permanent solution. Rest assured that whatever you are looking for, we are able to help.

We know what it is like to have everyone around you offering advice that just doesn't feel right. If your head is strong but your legs are growing weak, and the thought of residential care fills you with dread, it's time to talk to us.

You can trust us to keep you or your loved one safe.



“If the thought of residential care fills you with dread, it’s time to talk to us. As a provider of high-quality Live-in care, we want you to be as healthy and as fit as you can be”.

Live with Dignity and Independence

So, what exactly is Live-in care? Live-in care enables anyone with care needs to continue living in their own home with an around-the-clock Live-in Carer. Whether it is just some companionship you need, or you have specific health issues that mean you require extra support, our Live-in care service provides a realistic and affordable alternative to moving into a care home. Live-in care offers a full-time solution, and by living alongside you in your home, your Carer can help you to live independently.

With Live-in care, you are able to stay in your own home for longer. We aim to work with you to ensure your dignity and independence at all times. We are guests in your home and will respect both it and you.

We understand that choosing care for a loved one is not an easy decision, and every family situation is different. In order for you to make an informed choice, you need to know your options and the different care services that are available to you.

Short term care

Our short-term care packages allow you to get back on your feet. It may be that you require short-term Live-in care following a period of ill health, or you might be returning home from a hospital stay or a residential care home. We can support you until things get back to normal, allowing you to ease back into living at home again.

expertise of our Carers, who completely understand your emotional wellbeing and physical needs. In many cases, our Carers become valued companions and friends.

Ongoing Live-in care

We understand that adapting to new and unfamiliar environments is difficult at the best of times, but the provision of Live-in care means that you don’t have to move into a residential care home. At Independent People Homecare we put a lot of effort into ensuring that your needs are suitably matched to the

Our Carers work hard to support your day-to-day care, and are able to assist with a range of needs, including personal care, housework, shopping, and wider social needs such as spiritual commitments and organising travel requirements.

For the many individuals who want to remain living independently in their own home for as long as possible, our unique approach to care provides the best way for them to achieve this goal.



Why choose live-in care for young adults?

- One of the biggest benefits is the flexibility it provides. No young person wishes to feel restricted by the traditional setup of a residential care home, and this is why our live-in care services are often a better option for younger people.
- Live-in care allows you to remain safe and independent in the comfort of your own home.
- A bespoke care package. We'll listen to the individual's unique needs and develop a care plan that will support them both physically and emotionally.
- Our carers are on hand to support young adults at college, university and work.
- There is no set timetable, you are free to adapt your care plan as you see fit and your carer will accommodate your request whilst ensuring your safety.
- Socialising – your carer is there to help you attend and enjoy those events that happen in every young person's life.
- Travelling - whether you are going on a week's holiday, or planning more exotic travels then our carers are happy to travel with you.
- As they will be spending so much time together, it's important that your chosen carer shares your common interests and has a similar outlook on life.

Care conditions we support

Every young person deserves the chance to achieve their fullest potential including those living with complex care needs.

We make sure that every single young person has the opportunity to realise their goals and feel supported in full every step of the way by an experienced, specialist live-in carer.

Whether the young person is studying at college, making the transition to university or stepping out into the working world, our live-in carers for younger people can be on hand to support these exceptional individuals in all aspects of their personal and professional development.

We can also assist those who are recovering from sustained treatment or a long period in hospital. Here's a list of some of the conditions we can provide care for:

- Brain injury
- Cerebral Palsy
- Dementia
- Down Syndrome
- Learning Disabilities
- Mental Health
- Motor Neurone Disease
- Multiple Sclerosis
- Muscular Dystrophies
- Parkinson's
- Stroke
- Spinal Injury

Choosing to instruct the help of a live in carer is a big decision, and one that shouldn't be taken lightly.

However, we know from years of experience that young adults are able to live a happier, more independent life when supported by one of our experienced live-in carers in the comfort of their own home.



“Here at Independent People Homecare we hear many stories of people who are happy to be family members again, without the pressures of being full-time Carers to their loved ones. Live-in care really is able to offer the best solution for many people”.

Live-in Care Compared to Residential Facilities

Live-in care is a very different experience to residential care, where staff members often work in shift patterns.

This means that your loved one does not receive the benefits that come with having one-to-one support provided by a single Carer. Those living in residential care can find that they have little control over the events that happen around them, which means they become easily disoriented and unstimulated, losing any sense of independence.

Our Live-in care service is comparable to that of a care home. The difference is, is that you don't have to sell your belongings or share a Carer with up to twenty other people. You do not have to eat from a limited menu or wait until an upset resident calms down. We don't want you to experience this kind of institutionalisation, and we therefore ensure that our Carers stimulate you throughout the day and make sure all is well at night.

We strongly urge you to consider Live-in care before organising residential placements. If Live-in care is not right for you, it is easy to make the transition to a residential facility. Unfortunately, if you are placed in residential care and find that you are unhappy there, it is harder to move back into your own home and your independence moves further and further away.

If you are unsure which option is best for you, please consider Live-in care seriously. Your own home is familiar and has many warm memories. Outings can be made whenever you wish, and you have full choice over what to cook, what to eat, and when mealtimes are.

We hear many stories of satisfied customers who really appreciate being able to provide love and support for their family member without the pressures of full-time care giving. Live-in care is often the best solution for people, whether it is a short-term or long-term arrangement.

If you feel Live-in care might be the right option for you or your loved one, we would be delighted to speak to you about your situation and to suggest some things that may help. We do not charge for this initial assessment, and will be able to provide more information so that you are able to make the best decision.

Need to talk about your care needs?

Call us free on

0808 274 0699

Our Live-in Carers

All of our Carers are directly employed and trained by us, which means they have to undergo rigorous police checks. They also receive ongoing training and supervision to ensure their skills are up-to-date and that high professional standards are maintained.

In addition to this, we conduct regular appraisals that are assessed based on our Carers' performance and achievements. As such, we always seek feedback from those being cared for and their families.

Our Carers are exceptionally respectful, and are trained to address those that they support by their preferred names. Carers are trained to recognise the absolute centrality of privacy, dignity, respect and communication in the provision of care.

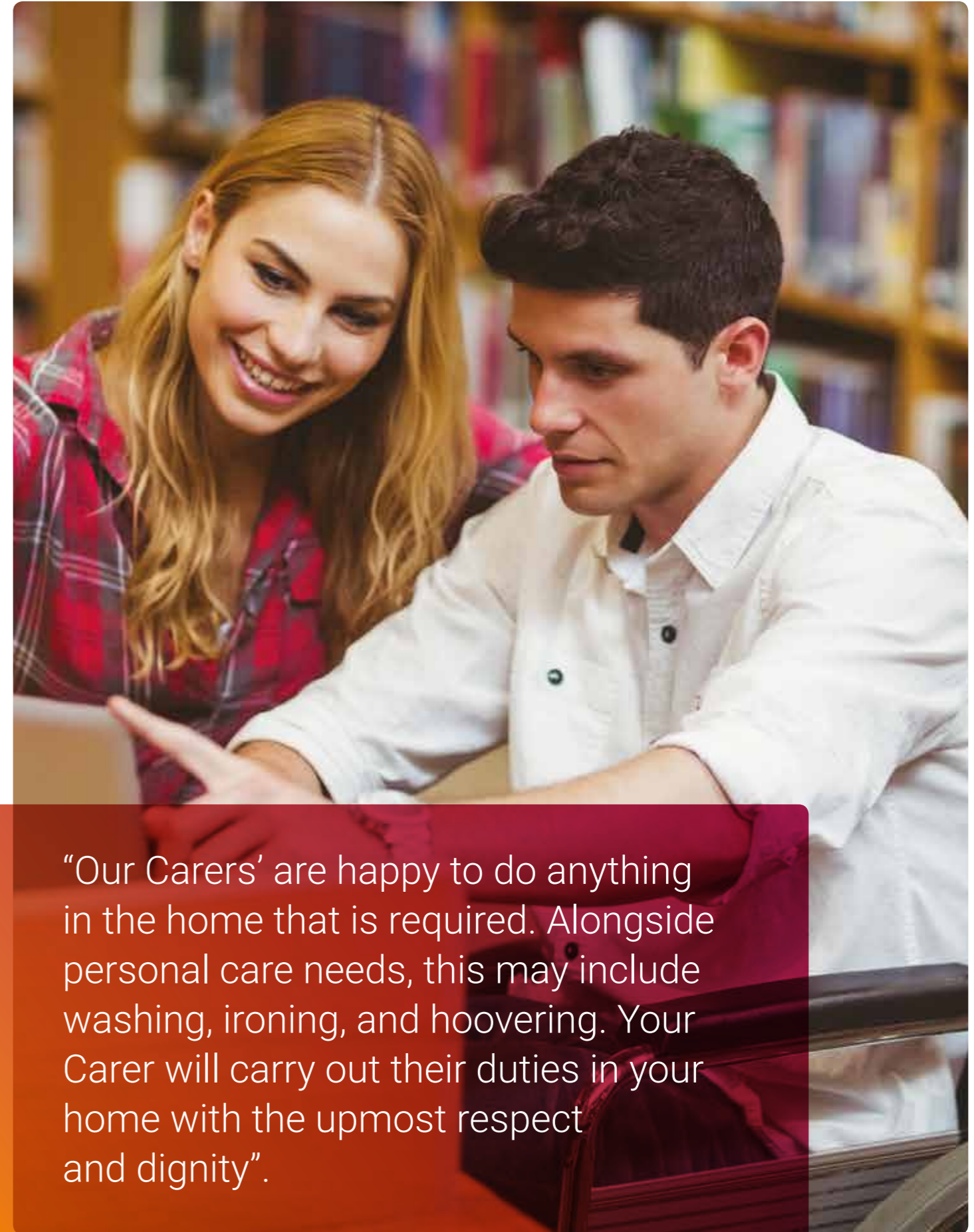
Your Carer is happy to prepare cooked meals for you. Often our customers would like their food to be prepared using fresh ingredients, and our Carers understand that this is also a good opportunity to involve those they support in activities that support their independence. Therefore, individuals are making choices about the things they eat, whilst also receiving good nutritional value from their meals.

At Independent People Homecare we are very keen for you to have the same care worker looking after you or your loved one for as much time as possible, so you are able to get to know all about them. Our Carers often work with families for long periods of time, and providing support for around three or four weeks at a time is not uncommon. We work hard to ensure that your Carer is a good match, and someone who fits well in your home.

Unlike other care companies, we directly employ all of our Carers, which means that we pay all national insurance and inland revenue duties. This means that you do not have to worry about employment law, maternity pay, training, references, police checks or safeguarding clearances. All you have to concentrate on is continuing to build relationships with your loved ones, safe in the knowledge that everything in your home is being carried out in the right way.

While there are no extra charges made to you for the service we provide, please note that our Carers do not contribute towards any expenses, such as electricity and other utility bills, food or petrol.

Need to talk about your care needs? Call us free on **0808 274 0699**



“Our Carers’ are happy to do anything in the home that is required. Alongside personal care needs, this may include washing, ironing, and hoovering. Your Carer will carry out their duties in your home with the upmost respect and dignity”.

About us

Independent People Homecare was established to enable people with care needs to be able to continue living comfortably and independently in their own homes. With the support of dedicated, professional Carers who are employed by a company built on a foundation of extensive clinical care experience, we make sure that our health and social care services provide people with safe, compassionate and effective care.

As a high-quality provider of Live-in care, we have seen the demand for the services that we provide grown year on year. Every Live-in care package we provide is tailored to meet the individual care needs of the person we are caring for. We believe that care is about supporting people in a way that helps them to maintain control of their lives, and to be able to make informed choices.

In order to ensure that our customers and their families are receiving the support from us that they need and deserve, we are routinely checked through unannounced visits from the Care Quality Commission (CQC). During these checks, the CQC talk to our staff, the people we support and their families, in order to gain their feedback on the care that has been provided.

We are absolutely thrilled with our latest CQC report. It is the latest in a line of only good findings, and it was lovely for us to see so many green ticks. One of the most rewarding outcomes of this report was reading the quotes from our customers and their families from the day of the inspection, which highlighted the difference that our Carers make in the lives of those they support.

“The overall judgement from our last inspection is that we are meeting all of the essential standards of quality and safety. It is lovely to see so many green ticks against the areas investigated”.

Care Quality

At Independent People Homecare we strive to ensure quality of care at all times. Our management team make regular calls to speak directly to those using our services, in order to gauge how satisfied you are with the care being provided.

We also perform spot checks, which involve an unannounced inspection visit to the home to ensure that standards of care are the very highest they can be.

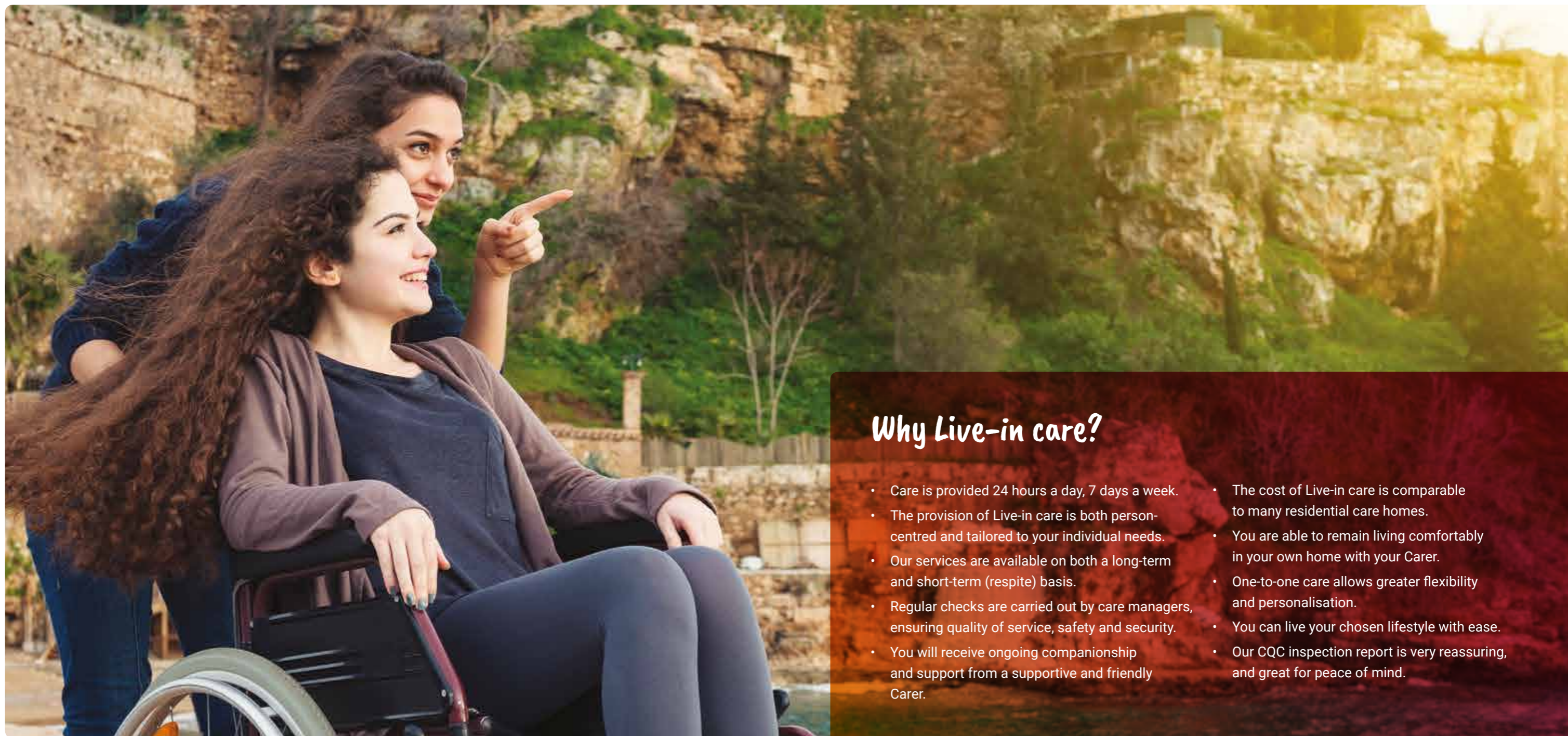
We compile a report based on these inspections, and this report is signed by the person receiving care. In addition, we regularly send out both Carer and customer surveys to gather feedback about the quality of our care provision.

Individuals receiving care are fully involved in planning their care and making decisions at all times. A review of care needs or a care plan update can be completed at any time, and is automatically carried out when we see changes. When making joint decisions, the care plan is often discussed with family members in the best interest of those being cared for, and consent is sought for this.

Full notes concerning the provision of care are kept in an accessible folder in the home, which the customer or their family can review at any time. This folder also contains the full care plan, along with background information detailing hobbies and interests.

This is an effective way for our Carers to provide sources of stimulation, good conversation and interesting activities.

This folder also holds a number of other materials, from information sheets and gentle exercise instructions, to more clinical forms which record food and fluid intake, risk assessments, medical history, and family contact details in the case of emergencies.



Why Live-in care?

- Care is provided 24 hours a day, 7 days a week.
- The provision of Live-in care is both person-centred and tailored to your individual needs.
- Our services are available on both a long-term and short-term (respite) basis.
- Regular checks are carried out by care managers, ensuring quality of service, safety and security.
- You will receive ongoing companionship and support from a supportive and friendly Carer.
- The cost of Live-in care is comparable to many residential care homes.
- You are able to remain living comfortably in your own home with your Carer.
- One-to-one care allows greater flexibility and personalisation.
- You can live your chosen lifestyle with ease.
- Our CQC inspection report is very reassuring, and great for peace of mind.

What to do next...

Our assessment process and getting started using our services is very simple. When you make your first contact with our office, we will ask you for some basic details and arrange a visit by a senior member of staff or one of our professionally trained regional representatives. During this visit, you and/or your representative will be asked questions about the services you require.

Following this assessment, we will work with you to develop a personalised care plan that clearly sets out the duties your Carer will need to undertake. Your care needs and dependency levels will be carefully considered before an appropriate Live-in Carer is placed with you.

Once one of our Carers is placed with you, regular contact with both you and your support worker will be implemented to ensure that all is going well. Regular review meetings will be held to ensure that your needs and expectations are being met; or, in case of changed circumstances, that your care plan is updated.

Live life independently

“Many people are happier, if they can remain independent and in their own homes as long as possible”.

Alzheimer's Society

Need to talk about your care needs?

Call us free on **0808 274 0699**

or email: **hello@iphomecare.co.uk**

or visit: **www.iphomecare.co.uk**



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