



Live in Care

Your home, our commitment to care...



At Bluebird Care, we provide premium Home Care, where quality is never compromised...



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Introduction to Live in Care



Our Live-care in Newcastle, South Tyneside , Darlington and York centres on supporting our customers to **receive the necessary care in their own home and remain safe and independent.** We understand the thought of needing care can be scary and sometimes you don't know where to turn to, this book will allow you to learn about Live in Care and how it may be beneficial to you or your loved ones.

Bluebird Care Newcastle, South Tyneside , Darlington and York are flexible and can respond to your priorities and needs in a timely manner, helping you stay in control of your own care at home as far as you are able.

We always listen carefully to what you tell us and this shapes the care we provide for you. Our staff always provide outstanding quality of care in your home, **providing peace of mind for you and your loved ones**

What is Live-in care?

Home sweet home, there's nowhere like it. Surrounded by happy memories, it's probably the place where we all feel most relaxed, with Live-in Care, you have the power to stay in your own home.

Our Live-in Care services offer invaluable help to your loved ones, this includes a carer living in your home with you to give you help whenever you need it. They will make you nutritious dinners, clean your home, be a companion, take you places you enjoy and do your weekly shopping.

Live-in care helps people live well at home for longer by providing specialist care in the comfort of the home. Our fully managed service provides you with the assistance you require to safely maintain your independence, avoiding the trauma of upheaval for those in need of full time support.

The high quality Live-in Care we offer is a viable, affordable and preferred alternative to residential care for many people who wish to stay in their own home, while maintaining their independence and enjoying the freedom to continue their current lifestyle.

Companionship and support

One of the most important and valued aspects of a live-in carer's role is the provision of companionship and support.

For many people with live-in carers, simply having someone friendly on hand to chat with about their opinions and experiences can improve their happiness and quality of life immeasurably.

In cases where friends or family are able to visit only intermittently, or are absent altogether, a live-in carer can be a best friend to the person receiving care. Sharing quality time with an understanding and caring friend is both comforting and therapeutic.

In this capacity, a live-in carer can become a trusted companion with whom to enjoy recreational activities such as trips to the cinema, theatre or social club; take short breaks with; play cards or games or share a hobby with. They may simply be someone that the person receiving care may relax and chat with over a cup of tea.



Why choose Live-in Care?

When receiving care, your loved ones may need help that allows them to be looked after all the time. This may be good for people with mobility issues and in need of constant help, our Bluebird carers are always there for you.



Benefits of Live-in Care

- 1 The comfort and security of living in familiar surroundings with the highest continuity of care.
- 2 Live in the local community that you know among friends who can visit any time
- 3 Avoidance of the potential stress of selling a family home.
- 4 Married couples and partners may continue to live together.
- 5 The freedom to choose what and when to eat, with meals prepared if required.
- 6 The elimination of stress, vulnerability, loneliness and insecurity
- 7 Protect any inheritance
- 8 The avoidance of separation from much-loved pets

Facts and Statistics

33%
fewer falls in
people who
have Live-in
care

20% of elderly people would put their health at risk by refusing to go into care without their pet

Myth Busters

- You only need Live-in Care when your elderly
- You're not allowed to visit anyone with Live-in Care
- Live-in Care is only for people who have bad mobility and struggle walking.

“Live-in Care offers a carer dedicated to you”

Live-in Care reduces the chance of hip fractures by

75%



Signs that Live-in Care is needed

Live-in care may be necessary when someone is **unable to manage the normal activities of daily living** safely.

- 1 Near misses
Burned pans, hobs left on etc.
- 2 Falls
Arthritis, impaired mobility, etc.
- 3 Restless nights
Sleep disturbance.
- 4 Wandering
Wandering to seek familiar people and places.
- 5 Rest and respite
Provides respite for family carers.
- 6 Memory loss
Short term memory.

Skills and experiences from our carers

Our highly-trained and experienced live-in carers are skilled at looking after people with a range of conditions, such as:

- Alzheimer's
- Stroke
- Dementia
- Multiple Sclerosis
- Cancer
- Palliative/End of Life
- Parkinson's
- Mobility/frailty
- Complex care
- Companionship and support



What we can offer



It can be the little things which go a long way in making a **substantial difference** to **mental health** and **wellbeing**

Our carers offer their full support when you sign up to Live-in care you are immediately fully supported. Amongst their experienced care needs they also offer you person centred care, meaning companionship beyond support.

- 1 A proper introduction to make sure we have found the right person for you
- 2 Regular follow-ups from a Bluebird Care manager to check you are happy with our service
- 3 Continual measurement of outcomes as part of our quality and assurance processes
- 4 Carers that are employed by us - we invest in their training, give proper levels of pay so they are highly motivated for you
- 5 Effective and shorter rota work patterns so our carers give you high quality and consistent care

This is a basis of what we offer, our care plans are personalised to your needs

Live-in care For Dementia

Supporting a loved one with dementia can be rewarding, but it can also be extremely challenging. Getting the right help can make all the difference.

A live-in carer can provide the specialist care and assistance required to look after a person with dementia, providing them with the companionship and routine needed to maintain wellbeing and preserve their dignity and independence.

Our highly-skilled live-in carers help those with dementia with things like bathing and personal care, assistance with mobility and taking care of medication and nutritional needs.

Our carers establish a common language, they make use of older memories, they understand behavioural expressions of need, and they anticipate and avoid distress in order to promote well-being. These are the skills that only the very best carers will have.

For the families of those with dementia, knowing a fully-trained, compassionate and trustworthy live-in carer is always around to ensure wellbeing and safety, and who can expertly respond in the event of an emergency, is immensely reassuring.



Benefits of Live-in Care for Dementia

- 1 Provided with complex care that allows your loved ones to feel safe in their home.
- 2 Reassurance to family that you will have invaluable help in case of an emergency
- 3 It ensures wellbeing and safety
- 4 It maintains wellbeing and preserves their dignity and independence.
- 5 Your loved one could benefit from interacting with other carers and a possible change to their routine.

Bluebird Care

Our Live-in Carers and champions

We understand everyone is unique. There is no one size fits all approach to the care we provide. Your care and support plan will be built around the your needs and wishes and will be bespoke to you. We will match carers for their skills and experience, as well as their personality and interests.

Being your champion means being there for you every step of the way. As your champions, we help you find the help you need so you can continue to enjoy your independence and live in your own home. We have compassionate, professional and supportive relationships with our customers and their families.



Our award-winning, outstanding Live in Care service means:

- No need to move to a care home
- Promotion of wellbeing, independence and enjoyment
- Available as and when you need it - day or night
- A team of two fully-trained, compassionate staff who respect your home and your privacy
 - A flexible service where every day can be different
 - A wide range of care and support, from personal care to housework and social activities - you choose



What to do next?



1. Find your local office

Bluebird Care delivers care from locally based offices, find yours to start your care journey today.



2. Get in touch with us

Fill in our call back form or give us a call to find out how we can help you.



3. Assessment

We'll come out to you to find out what you or your loved one needs to help stay independent at home.



4. Care team chosen & care starts

You'll be cared for by our specially trained team to support you to remain at home for as long as possible.





Safe

Peace of mind

Make it Outstanding

Leading (the way)

Please don't hesitate to contact us to speak to someone in our care team.

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