



HOME CARE

Home care includes any professional support services that allow a person to live safely in their home. In-home care services can help someone who is ageing and needs assistance to live independently; is managing chronic health issues; is recovering from a medical setback; or has special needs or a disability.

Help at home from a paid carer

Having a paid carer come to visit you in your home can make a huge difference to your life, especially if you have difficulty walking or getting around. It can help you stay living independently in your own home.

This type of care is known as home care or domiciliary care or sometimes home help.

Help at home from a paid carer costs around £20 an hour, but it varies according to where you live. Sometimes, the council will contribute to the cost.

Home care is very flexible. You might need a paid carer for only an hour a week or several hours a day. You might need a live-in carer.

It can be temporary – for example for a few weeks while you recover from an illness. Or it can be long term.

HOME CARE Vs RESIDENTIAL CARE

Unlike *residential care*, home care services allow your loved one to stay living in their own home whilst getting the help and support they need, whether they're just looking for company or need someone to keep the house clean and prepare meals.



Home care is a great solution for someone who needs extra help in and around the house, as it allows them to remain independent and live happily within familiar surroundings. It's also a great relief for family members who might not be able to provide support every time it's needed or live far away and need peace of mind that their loved one is safe and well.

At LAM Care 24, we personalise our range of home care services to suit your individual needs, from a few hours a week to 24-hour live-in care. We also match our CAREGivers to the person they will be visiting to ensure they get along and can build a trusted relationship



SUPPORTED LIVING CARE

By supported living we mean schemes that provide personal care to people as part of the support that they need to live in their own homes. The personal care is provided under separate contractual arrangements to those for the person's



housing. The accommodation is often shared, but can be single household.

Supported living services

Supported living services can help if you do not want to live in residential care but you're finding it difficult to cope at home.

They're a combination of suitable accommodation – which can be your own home – with some forms of personal care (like help with washing or cooking).

Some supported living homes are shared by 2 or 3 people with a similar health problem, such as a substance misuse problem or a particular disability.

Staffs usually visits the home to help you get out of bed, go out to college or work, and do simple tasks such as shopping, housework and repairs.

They can also help with administrative tasks and personal care.



Why choose supported living services?



Supported living services are flexible and sometimes better value for money than the alternatives, whether you fund your own care or receive a personal budget.

They are not regulated by the **Care Quality Commission**.

But any personal care you receive – such as help with washing or preparing food, or help eating meals – is regulated.

Such care must not be delivered by the housing owner or operator, but by a registered homecare agency or provider.

