



## Live-in Care

Having live-in support is a practical alternative to residential care. Whether you simply need someone around while you convalesce or you have longer term needs, having live-in carers will help you maintain your independence and quality of life.

With our team of trained care workers and qualified nurses, we will tailor a care package to help you stay in the familiar surroundings of your own home for as long as possible. Like all Unity's services, our live-in care is completely flexible. You can call on us for just a few days at a time or for long-term, live-in care.



### Why Choose Live-in Care?

There are all sorts of reasons for choosing to have live-in support. Some older people simply want the reassurance of having another person in the house, and their live-in carer is more of a companion than a nurse. Others might need help getting washed and dressed or have someone to do the shopping and organise meals. Your live-in carer will accompany you on social outings and is there to help you live as independently as possible.

If you've been in hospital, you might only need someone living in for a few weeks until you're fully recovered from your illness. If you have some clinical needs, this can be built into your care package. Our home nurses will visit you regularly and work alongside your live-in carer.

It's not just our care services that are tailored to meet your needs. We go to great lengths to match our care support workers with our clients, because at Unity, we believe care and a friendly approach go hand in hand.

### What's Involved

Live-in care is just that. You have a care support worker who lives in your home with you, helping with the everyday tasks you can't do yourself. Companionship is a big part of live-in care. As well as having help around the house, you'll have someone to share a shopping trip or a social outing with.

You will need a spare bedroom because your carer lives in your home with you. Monitors are used so if you need assistance at night when your care worker is asleep, you only have to call. Because everyone needs some time off, you will normally have two live-in carers who work on a weekly or fortnightly rota basis.

Having live-in care is different to having a home nurse. If you need 24-hour nursing care, your nurses work shifts like they would do in a hospital. Unlike a live-in carer, they don't sleep on duty and they are there to provide full-time nursing care.