



My Life

LIVE IN CARE



“ We wanted to stay together within our home. The idea of being parted was awful... now we have the best of both worlds, 24-hour support and within our own home. ”

Patricia Marsh

We understand that looking for the right support at home can be daunting and needs careful thought and research. Live-In Care, both short term and long term, is popular and appealing to many of our Clients – a MyLife Assistant will live in your home and is an alternative to having visiting care. They will provide round the clock support so that you or a loved one can live comfortably and safely at home.

Is Live-In Care right for me?


I can remain in my own home surrounded by familiar things that are important to me, but with the support and knowledge that I have someone with me at all times.

I can remain with my partner.

I can make my own decisions and live life at my pace.

I can focus on my quality of life.





Our Live-In service supports
people over 18 years old.

When would I need Live-In Care?

As an alternative to residential care.

As an alternative to a nursing home.

For companionship.

During times of convalescence and after a hospital stay.

For support when family or your usual carers, are on holiday.

Following a bereavement.

For End of Life support.

To support your loved ones in their caring role for you, when they are not able.



Respite care for families

Caring for a loved one, while being rewarding, can also be very tiring – so it's important to find time to recoup and rest. Having a MyLife Assistant living in for a short term gives you peace of mind that your loved one is being looked after in the best possible way. You can get away for a few days every so often, safe in the knowledge that your loved one is being cared for at home and allowing you that well deserved rest.



Home from Hospital

Live-In Care provides round the clock help for those with health conditions needing more continual support. As opposed to visiting care, it ensures that someone is always there to keep you or your loved one safe. It also benefits those who require short term continual support, such as returning home from hospital after a medical procedure, or to aid your swift recovery from an illness or injury after a hospital stay.

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“ My health means I need a little help day to day and I didn't want to have a string of uniformed carers coming into my home. My Assistant feels much more informal, yet she is so professional – I feel really comfortable with her. She is a valued part of my life now. ”

Barbara Ward

How we can help

Our Live-In service is flexible, adaptable and based entirely on your individual needs. We can provide as little or as much support as required:-

Companionship

Personal care

*Healthcare task coordination
including liaising with health
professionals on your behalf*

*Support with medication
and prompting*

Meal planning and shopping

Meal preparation and cooking

*Maintaining a healthy diet and
keeping hydrated*

*Light cleaning such as hoovering
and dusting*

Laundry and ironing

Support with exercise

*Help with the telephone, Internet
and diary management*

*Help with organising and attending
days out, social events and seeing
friends and family*

Peace of mind for your family



MyLife Assistants are caring, compassionate and experienced,
alongside being good homemakers.

Being able to sit down to enjoy a prepared meal and enjoy
friendly companionship can transform the way you feel.

A bespoke support plan that meets your specific needs.

With your help, we build a personalised care plan that identifies the right level of support, whilst enabling you to continue living your life the way you wish to.

It's always your choice, and it's always about you.

We listen and take into account aspirations, personal needs and specific needs. As needs change, the care plan is updated to reflect this, ensuring that we are always providing the right levels of support.

Our Team of professional MyLife Assistants are trained to provide you with the highest quality of compassionate care and we take care and attention in matching your personalities to ensure you can build a strong relationship with your Assistant.



Your MyLife Assistant will have been through a comprehensive interview and selection procedure including enhanced police checks. They will have excellent references and be highly experienced.

They will have undertaken MyLife initial training and received insight into our Live-In Care service standards. They will have learned how to support you when out and about conducting activities such as traveling by public transport, going shopping or attending social events. They will know how to plan for and help manage varying dietary requirements to maintain optimum health. They will have detailed training in how to support your medication and any continence needs.

Your MyLife Assistant will require their own bedroom and a comfortable bed, along with somewhere to put their clothes. They can share a bathroom. Extras that would make their stay more comfortable include use of the washing machine, a TV and access to the Internet. We do require our Assistants to have a couple of hours a day to themselves. If you need visiting support to look after you during this rest time, we can discuss this with you.

Your MyLife Assistant will be professional, courteous and fully supported in their work with you. We care for our Assistants so they can care for you.



Live-In Support

Your MyLife Assistant will be pleased to support you with:-

Showering and bathing, dressing, personal care, shaving and oral hygiene, meal and beverage preparation, verbal prompting with medication, escorted social visits and appointments, daily light household duties, laundry tasks and ironing, assistance with post and correspondence, shopping either with you or on your behalf, telephone assistance, making appointments and diary keeping, offering support with your hobbies and companionship.

Live-In Support Plus

All of the above and in addition:-

Continence and catheter care, support with medication, support to use stand aids requiring only one person to operate, support with eating and fluid intake.



Advanced Live-In Support



All of the above, and in addition support with:-

*Living with complex medical needs including Dementia.**

Mobility aids, using hoists and mobility equipment requiring two persons to operate (the second person would be appropriately trained, locally sourced and any additional costs applicable would be discussed at the time of our consultation with you).

Liaising with health professionals and specialist support.

End of life and palliative care.

Sometimes support is needed during the night and our Live-In Assistants will be happy to get up if required, however to ensure they are refreshed and alert throughout the following day, we generally limit night time calls to 2 per night. However, should more regular attention be required during the night, we will work with you to establish the best way to provide this assistance.

*If you have any complex health needs, we may be able to supply an Assistant specifically trained to support you. To discuss anything in particular, please phone **07584 884 097** or **0131 603 4449** or email **sjudge@mylifelifehomecare.co.uk** or **edinburgh@mylifelifehomecare.co.uk**



Extra Costs

Night Disturbance Charge – Between the hours of 11pm and 6am, 2 disturbances are the maximum permitted on an occasional basis. Should night calls regularly exceed 2 night calls, we will work together with you to find an agreeable solution. The amount of assistance you require throughout the day and night is regularly monitored to ensure safe working conditions for both yourself and your Assistant.

Assistant Breaks – Your MyLife Assistant would need a 2-hour rest break during the day. If you need support during this rest time, we can discuss and arrange this for you.

In cases where an Assistant is employed to look after one half of a couple, we do not charge for the incidental benefits, such as preparing drinks or food, for the spouse or partner.

We can offer Live-In care services for a couple if required.

Food Allowance – a weekly food allowance is payable to your MyLife Assistant directly. Provision of food in the household to an equivalent value is acceptable.

We will discuss your preferred option with you.

Invoices are sent out 4-weekly for your review of the costs relating to your care. Payment is claimed via your agreed direct debit arrangement. Your MyLife Assistant is paid directly by us.



MyLife Values

Passionate We firmly believe that everybody should have the right to receive the very best care from the very best people.

Pioneering Our “can do” attitude puts the Client at the heart of everything that we do.

Empowering Our staff are empowered through better training and professional development to the benefit of our customers.

Ethical Compassion, loyalty and honesty are integral to the way we think and operate.

Generous As an organisation we are very giving of our time and efforts to enhance the lives of others.

Get in touch

We offer Live-In Care throughout Edinburgh, Midlothian, West Lothian and East Lothian.

For more details, please speak to Sue Judge on

Office – 0131 603 4449

Mobile – 07584 884 097

or email sjudge@mylifehomecare.co.uk
or at edinburgh@mylifehomecare.co.uk



