



10 benefits of home care:

1. Peace of Mind

A real benefit of a home care service is that relatives and friends can relax knowing that their loved one is being care for in their own home. The client also has peace of mind, knowing that a familiar and trusted face is coming in.

2. A Sense of Choice

One of the scariest things that someone may face is worrying their freedom may be taken away if they need support for whatever reason. This is not the case with home care services. Home care allows client's to remain independent and live within the comfort of his or her own home and familiar surroundings.

3. Maintaining Health

Carers can assist with obtaining and managing medication, getting to appointments, ensuring that health checks are regularly maintained and any problems are spotted early and help is sought. A healthy diet and adequate hydration are key factors to maintaining health, a carer can help with shopping and meal preparation.

4. Help around the House

Clients who are unwell, recovering from an injury/surgery or elderly may find household chores difficult to keep on top of. Home care can offer assistance with chores and give client's one less thing to think about.

5. Companionship

Knowing that a friendly face is calling can give someone something to look forward to, providing conversation and a break, especially if a client does not get out regularly due to

their condition or isolation. Maintaining an active mind is vitally important to our health and wellbeing.

6. Familiar Surroundings

Clients may already feel vulnerable if they are requiring care and support, so the idea of moving out of their own home might be overwhelming. A client being able to remain in their own home provides; security, familiarity with neighbours/friends, comfort – everyone loves their ‘own space’.

7. Personalised Care

Home care is personalised and tailored to each person. Some clients may want to lie-in late, or stay up late, flexibility that a structured residential home could not allow for. Clients can have input into their care assessment – what they want, when and how.

8. Reduce Stress

Home care can provide a permanent solution for the care that is required, taking pressure off a family member or friend – and allows them to go back to being a husband or a daughter, and not a carer. Home care also provides flexible care, perhaps to accommodate a holiday or a hospital stay – giving peace of mind that the client is well cared for whilst you are away.

9. Pocket friendly Option

Care homes are very expensive compared to homecare. A client may require assistance getting into and out of bed – and can manage quite well throughout the day, which makes the home care very affordable. Of course, some people require a lot more hours than this, which will still be cheaper than a care home and allows the client to stay in their own home.

10. Pets

A pet can be a much-loved member of the family and a great companion to have. Having to say goodbye when moving to a care home can be a heart-wrenching experience, so home care means they do not have to say goodbye!