

**Avant**<sup>®</sup>  
Care and support services at home

## Is Live-in Care right for you?



[www.avanthealth.co.uk](http://www.avanthealth.co.uk)

## What is live-in care?

Live-in care is when a professional carer lives in their customer's home to enable their needs to be met. The live-in carer would be available to support throughout the day and night where necessary. In total, the care worker shouldn't work more than 8 hours a day and be able to sleep during the night with minimal disruption. A "daily average work assessment" is carried out to ensure this as it is essential we are compliant with employment law.

Carers would normally work on a rota pattern, for example, 5 days on/2 days off, one week on, one week off etc.

Live-in care is an increasingly popular alternative to moving into a care home or sheltered housing. It enables people to stay in their own home whilst enabling changing needs. For some people, it offers a way of continuing to live as independently as possible at home in their local community.

## How could live-in care help?

- Support socialising and companionship
- Personal care
- Helping with medication
- Guidance and support making meals
- Help with shopping
- Guidance paying bills
- Help caring for pets
- Getting the newspaper each day
- Going out to the cinema, meeting friends
- Housework / ironing
- Arranging for gardeners / window cleaners / home maintenance
- Continuing with hobbies / activities

Live-in care can be provided as a short term solution perhaps after an operation as well as a long term solution.

Live-in care can also be suited to people who aren't comfortable with change in their environment and find it difficult to adapt to change. This particularly applies to people with dementia where continuity, routine and familiar surroundings are important.

## How can you organise live-in care?

There are a number of ways, the two below being the main ones:

- **Privately using your own advertising** - You would be the employer and responsible for paying the care workers tax and national insurance as well as their wages. You would need to provide the care worker with a contract of employment and manage the care they provide.
- **Using a company such as Avant** - The company employs its carers and manages the service for you. They find replacement carers and ensure the quality of the care and support is of a high standard.



## Pros of live-in care

- One to one care – having one carer focussed on your needs and for you to build a strong relationship with
- Studies have shown lower risk of having falls in your own home as apposed to a care home - there are nearly 75% fewer hip fractures from live-in care versus residential care (2013 data)
- Home cooked food – you can devise your own menu with your favourite foods
- Your choice of activities suited to you
- Staying in your own home – surrounded by your own familiar surroundings and with all your own possessions
- Keeping your pets – many residential homes will not allow you to take your own pets
- Staying together – as a couple/family, it means you can stay together in your own environment. Moving into residential care may mean you have to separate
- Holidays and way of life – if your still able to travel, you can take your carer with you.
- Specialist help – carers will have experience of your condition
- Less pressure on relationships – if a relative or friend spends time with you to help out, having a live-in carer can ease that relationship

## Cons of live-in care

- Cost of live-in care – this is normally slightly less than residential care. It can also be state funded depending on elibility. This arrangement can be cost effective for couples as often the charge can be the same for one person as it is for two.
- Finding the right carer – this can be hard to do. Agencies specialise in this so finding an agency that provides live-in may be the right solution. However, there are ways of employing carers directly e.g using an internet site that specialises in finding care workers
- Sheltered housing / Residential home benefits – some people like the socialising aspect of a home so if this is the case, perhaps residential or a communal living environment would suit better
- Live-in carers will need a bedroom / private space in which to sleep , have breaks, watch TV , have access to the internet etc. The living environment needs to beable to supply this to the live-in carer
- Live-in carers will need adequate breaks daily and weekly so a team of regular care workers will be required



## How can I find a live-in care provider?

The UK Home Care Association has a list of live-in care companies on their website ([www.ukhca.co.uk](http://www.ukhca.co.uk)) and each agency complies with its code of practice (<https://www.ukhca.co.uk/ukhcacodeofpractice.aspx>)

All live-in care agencies should offer a 'no obligation' visit to give you the opportunity to ask as many questions as you can about the service. Use this opportunity to meet the agency and the carers.

## Useful questions to ask about live-in care

- How do you ensure your care workers are recruited safely?
- What training do the care workers have and what specialist training do they have?
- If you need a care worker who has experience in dementia, ask about the training the carers receive in the specific condition.
- What experience and qualifications do they have?
- How can you provide us with continuity of care?
- How do you cover sickness and absence from work?

## How can I fund the live-in care?

Care at home is currently paid in the following ways:

- The local authority funds some or all of the care so do always contact them
- Self funding – the person pays for some or all of their care
- NHS funding – sometimes the NHS will fund some or all of the care

There are also care financial advisers e.g [www.symponia.co.uk](http://www.symponia.co.uk) who will normally give free advice on how to fund care.