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## Home care

### Prefer the comforts of home?

For many people, home care is a practical and preferable alternative to residential care. It's the perfect solution if you or your relative want to remain independent at home, but need a bit of extra help to stay comfortable.



### What should you expect from a home care service?

Home care is very flexible. Carers can visit your home or your relative's home once a week, several times a day or anything in between. Visits can range from fifteen minutes to a number of hours, and can be stepped up or reduced if needs change.

Depending on what you or your family needs, a carer can help with everything from bathing and dressing to domestic chores or activities such as laundry and cooking. They can also provide accompaniment to medical appointments and on social outings.

### What are the benefits of home care?

Home care allows you or your loved one to avoid the disruption of moving into residential care. Instead, you can stay in the comfort of your own home and keep your independence, preferred routines and ways of life.

Home care can really make a positive difference to a person's life. For example, carers often visit first thing in the morning to set people up for the day with a hearty breakfast and a cheerful conversation. This all-important first interaction can make the difference between a good day and a bad day.

### Find out more about home care

To find out more about your home care options, please call **0800 046 8568** - our advisers will be happy to help.



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