

Clara

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

Care, Comfort,  
and Companionship.  
**Always at home with you.**

Compassionate live-in care  
services, delivered with excellence

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# About Clara Live-in Care

At Clara, we specialise in providing tailored live-in care services that allow you or your loved one to continue living comfortably at home. Our dedicated team carefully matches you with experienced carers who offer compassionate, round-the-clock support, ensuring that your independence and well-being are always a priority. Our service is discreet, professional, and designed to give you peace of mind, knowing that you're in safe, caring hands. Let us help you find the perfect live-in care solution, so you can enjoy the comfort and familiarity of home.

## Why was Clara started?

Clara was founded out of a genuine need for better home care solutions. With over 15 years of experience in healthcare staffing, we saw first-hand the challenges families face when trying to find high-quality, affordable care for their loved ones. Our story begins with a simple realisation: the care system wasn't offering the personalised, compassionate support that many families, like yours, truly need.

The idea behind Clara came from personal experiences. During a search for home care for a family member, we quickly realised how complicated and frustrating the process could be. Many of the companies we approached offered confusing and lengthy processes, when all we wanted was to ensure our loved one could remain in the comfort and familiarity of their own home.

We knew there had to be a better way – a service that combined professional, high-quality care with a streamlined, simple approach. That's why we launched Clara, with a commitment to providing families with personalised, bespoke care plans tailored to each individual's unique needs. We firmly believe that no two people are the same, and neither should their care plans be.

Our goal is to help families keep their loved ones in familiar surroundings at home, which research has shown can improve quality of life and extend time spent with family. Clara exists to make that a reality, offering a care service that's professional, compassionate, and affordable – without compromising on the quality of care. Whether it's for short-term support or long-term live-in care, we are here to make the process as stress-free as possible, providing a helping hand when you need it most.

## Did you know?

97% of elderly people in the UK express a preference to stay in their own homes rather than move into a care home, making live-in care a popular and increasingly preferred option for families.

## Did you know?

Live-in carers can reduce hospital admissions by up to **25%**, particularly for elderly patients with chronic conditions, as the continuous care helps manage health conditions and prevent emergencies.

# Compassionate live-in care services, delivered with excellence

## What is Live-in Care?

Live-in care is a personalised home care service where a trained caregiver resides in the client's home, providing round-the-clock support and assistance. This type of care allows individuals to remain in the comfort and familiarity of their own homes while receiving tailored care that meets their unique needs.

Our service is a tailored care solution that provides continuous, 24-hour support in the comfort and familiarity of your own home. It involves a dedicated, trained caregiver who moves into the home and provides personalised care, enabling individuals to maintain their independence while receiving the support they need. This form of care is often an ideal alternative to residential care homes, allowing clients to stay connected to their community, family, and pets, and to continue enjoying their regular routines and surroundings.

## More than just assistance

Live-in care goes beyond simply assisting with daily tasks. It promotes emotional well-being and provides companionship, offering an individualised approach that nurtures the client's physical, mental, and emotional health. By staying at home, individuals experience less disruption to their lives, which can be crucial for those living with conditions such as dementia, where familiarity plays a key role in reducing anxiety and confusion.

At its core, live-in care allows clients to remain in control of their lives. It fosters a sense of autonomy and comfort by enabling individuals to make decisions about their own care and lifestyle. This holistic approach, blending medical and personal support with emotional understanding, ensures that the care delivered is as much about dignity and respect as it is about practical assistance.

# What does Live-in Care Include?

Live-in care offers a flexible and often more cost-effective alternative to care homes, allowing individuals to maintain independence and stay connected with their community while receiving high-quality care.

## Personal Care:

Assistance with daily activities such as bathing, grooming, dressing, and toileting, ensuring clients maintain their dignity and comfort.

## Medication Management:

Caregivers help with administering medication and ensuring the correct dosages are taken at the right times.

## Meal Preparation

Caregivers can prepare nutritious meals tailored to the individual's dietary needs, ensuring a healthy, balanced diet.

## Household tasks

Light housekeeping, laundry, and errands like grocery shopping are also part of the service, helping to maintain a clean and comfortable living environment.

## Companionship

Caregivers provide emotional support, engage in conversation, and promote social interaction, helping to reduce feelings of isolation and loneliness.

## Specialised Care

Depending on the individual's health conditions, live-in care may include specialised support for conditions like Alzheimer's, Parkinson's, dementia, or disabilities. This may involve managing symptoms, offering cognitive stimulation, or ensuring safety around the home.

## Palliative Care & End of Life Care

Live-in care can also focus on providing comfort and support during the final stages of life, ensuring that individuals spend their time in a peaceful and familiar environment.

## 24/7 Support

For those with chronic illnesses or complex care needs, live-in care provides continuous supervision and assistance, reducing the risk of emergencies and ensuring immediate help is available whenever needed.

## The benefits of Live-in Care

### Personalised, One-on-One Care:

Live-in care provides an individualised care plan tailored to the specific needs of the client. The caregiver's focus is solely on the person they are supporting, which ensures that care is more consistent and responsive.

### Familiar Environment:

Being able to stay in one's own home offers enormous benefits, particularly for those with cognitive conditions such as dementia, where familiarity with the home and its surroundings can improve quality of life and reduce anxiety.

### Enhanced Well-being:

Live-in care contributes to improved mental and emotional well-being. Companionship and emotional support are key aspects of the service, helping to reduce loneliness and isolation, which can have detrimental effects on mental health.

### Independence:

Individuals can maintain their daily routines, interact with neighbours, and engage in the activities they enjoy most, all while receiving the level of support they need. This level of autonomy is something that is often lost in a residential care setting.

### Peace of Mind:

Knowing that a professional caregiver is present around the clock brings peace of mind to families, knowing their loved ones are safe, supported, and receiving high-quality care.

### Cost-Effective:

While the cost of live-in care may seem high, it can often be more affordable than moving into a residential care home, especially when taking into account the added costs of accommodation in care homes and additional services.

## What Live-in Care can do for you

Live-in care can be transformative for both the individual receiving care and their family. For clients, it means remaining in the environment where they feel most comfortable, surrounded by memories and personal belongings. For families, it offers reassurance that their loved one is receiving compassionate and professional care without needing to relocate or lose their independence.

Beyond the practical aspects, live-in care can enhance the quality of life. The consistency of care fosters strong relationships between the caregiver and the client, creating a bond that offers both companionship and security. This emotional support, combined with expert medical assistance, helps individuals not just survive but thrive in their own home.

Overall, live-in care is not just a service, but a commitment to providing dignity, respect, and a higher quality of life for those who need it.



# How it works.

## **Step One:** **Understanding your needs**

Begin by contacting our team at Clara. During this conversation, we'll discuss your loved one's care needs, preferences, and lifestyle. We take time to understand your unique situation to ensure that we match you with the right carer.

## **Step Two:** **Tailored Care Assessment**

After the initial consultation, we conduct a thorough assessment to create a personalised care plan. This assessment helps us determine the level of care required, from personal care to companionship or specialised medical support.

## **Step Three:** **Carer Matching**

Using our extensive database of fully vetted and DBS-checked carers, we carefully select a few candidates who best match your specific care needs. We then provide you with profiles of these carers, allowing you to choose the one you feel most comfortable with.

## **Step Four:** **Carer Introduction**

Once you've chosen a carer, we will arrange and cover the cost of their travel to your home. Before the carer arrives, they are fully briefed on your loved one's care plan and any specific details they need to know, ensuring they are prepared from day one.

## **Step Five:** **Daily Care Begins**

The carer moves into your home, providing round-the-clock support according to the personalised care plan. They will assist with everything from personal care, medication, and household tasks to companionship and emotional support.

## **Step Six:** **Ongoing Communication**

We stay in touch regularly to ensure the care provided meets your expectations and to make any adjustments as needed. Our carers also keep daily notes, so you're always informed about your loved one's well-being.

## **Step Seven:** **24/7 Support**

Our team remains available throughout the care process, offering a 24-hour care line for any questions, concerns, or emergency assistance. We're here every step of the way to provide peace of mind for both you and your loved one.

## **Step Eight:** **Review and Feedback**

After the care begins, we encourage regular feedback to ensure the carer is a perfect fit and that the care continues to meet your family's evolving needs. Adjustments to the care plan can be made at any time based on your feedback.

Want to know more about our  
**Live-in Care Services?**

**Call us on 07809 550920**

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