





Welcome

An introduction from Leigh & Anila McDonald

A warm hello and welcome to McDonald Homecare.
We're a family run business with the local community at heart.
It's a privilege to serve our local town of Petersfield as well
as families across Hampshire, Surrey and Sussex.

If you're faced with making decisions about care, now or in
the near future, then we hope you will find this guide a helpful
resource to support you on that journey.

Live-in care is a wonderful way to maintain the comfort and familiarity
of home, where a lifetime of memories have often been made.

If you have questions about care, for you or a loved one,
please do get in touch.

Best wishes

Leigh and Anila

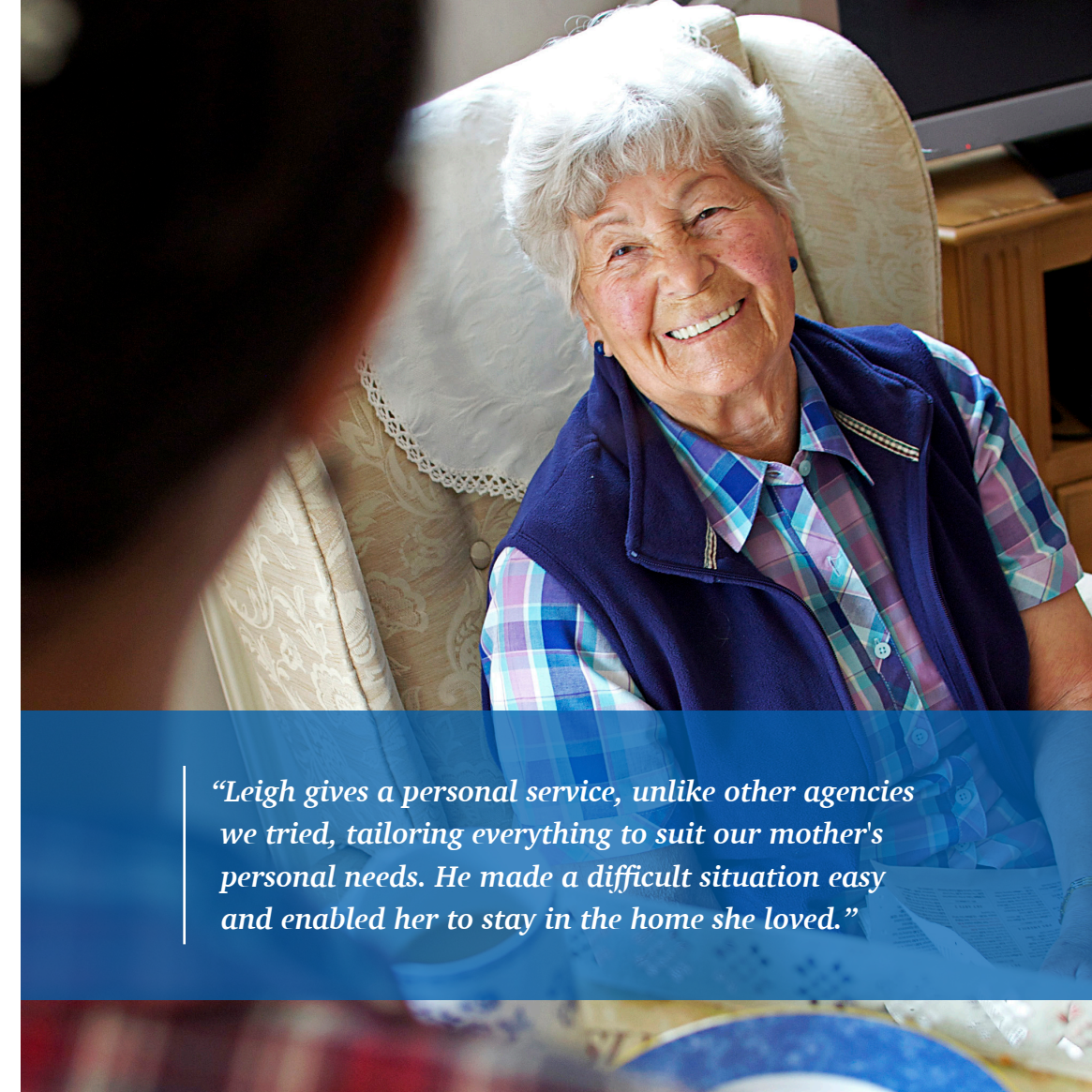
Live-in care

A life-style choice to maintain independence

Many people think that at a certain stage of life, residential care is the only option. Live-in care is a fantastic alternative with an unrivalled level of personalised care and companionship.

It's no secret that the majority of people would prefer to stay in the familiar surroundings of their own home. In fact, a survey by the Live-in Care Hub showed 97% would prefer to stay at home. For families, it also removes the pressure and anxiety of working out how to downsize the life of their parent or parents into a single room.

Staying at home also means keeping the freedom and control over your own routines. That means living a fulfilled life at your own pace, for example, eating breakfast at the time you prefer, rather than adapting to the schedule of an organisation.



“Leigh gives a personal service, unlike other agencies we tried, tailoring everything to suit our mother's personal needs. He made a difficult situation easy and enabled her to stay in the home she loved.”

Live-in support

24 hour live-in care offers wide ranging support

Companionship

Live-in care offers a level of companionship that puts an end to the loneliness that over four million elderly suffer from in the UK each day. It's someone to chat to over a cuppa, share a meal with, visit favourite places and be there to reassure.

Personal care

Considered part of 'activities of daily living' (ADLs), a live-in care worker can support with washing, dressing, toileting and maintaining personal hygiene and appearance. These can be at a time to suit, rather than timings that fit into the schedule of an institution or even a visiting service like domiciliary care.

Medications administration and management

Age UK estimates that at least four million people over 65 are taking five prescribed medicines. With live-in support, crucial aspects such as reminding and re-ordering can be managed.

Social and emotional support

Maintaining social connections with family, friends and the local community is an important factor in maintaining good mental and physical health as we age. Hobbies and other activities can be kept both inside and outside the home that significantly contribute to overall wellbeing.

Meals, nutrition & hydration

Beyond delicious homecooked food, nutritious meals and good hydration have been shown to reduce urinary tract infections and falls; a common source of hospital admissions. Companionship at meal times has also been shown to reduce depression in older adults.

Household support

From cleaning to other domestic household tasks, your home will be kept as you like it, including errands and household administration.

Specialist and complex conditions

For conditions such as dementia, stroke, Parkinson's or multiple sclerosis, live-in care workers can provide the specialist care required and improve quality of life.



“I particularly like how Leigh supports the carers and makes sure all is well. He is local and very hands on — very pleasant, helpful and responsive if we need some help.”

Support needs

Live-in care works in many different situations

- For companionship and personal assistance to allow a person or couple to make the most of their home without domestic worries, with the reassurance that someone is there at night.
- When round the clock care is needed to enable a person to stay in their own home and live well.
- Short-term care following a hospital discharge and a period of rehabilitation. For example, following an operation or stroke.
- Respite care provides family carers with a break and is an opportunity to see how live-in care could work in the longer term.
- For supporting complex needs such as dementia, when the obvious option may be a care home, but not the most suitable.
- End-of-life care to provide compassionate support and allow a person to die at home if that is their wish.

Key benefits

There are many compelling benefits of live-in care

The comfort and familiarity of home

Staying at home means you can keep control of your life, with treasured memories and possessions around you. It avoids the stress and uncertainty of moving into a care home.

Flexibility to maintain your own routines

The simple things many of us take for granted can be maintained, such as the time you get up and when you eat.

One-to-one care, support and companionship

Even the very best care homes cannot offer one-to-one care and support and build relationships in the same way.

Keeping couples together

It's not uncommon that the need for one person to move into a care home can mean couples are separated, at a time of life when this is the least desirable option.

Loneliness and depression

Older people are especially vulnerable to loneliness and social isolation, which can lead to depression and serious declines in physical health and wellbeing. The companionship of a live-in care worker, for example, to share meals with, has a highly positive impact.

Maintaining hobbies, interests and social life

With someone there to support you outside the home, social connections with the local community can be maintained; from groups, to church, pubs or your favourite park.

A cost-effective alternative to a care home

The cost of care is comparable if not more cost effective than a care home and is considerably cheaper for couples, who would normally be charged double for two rooms in a care home.

Being at home with pets

Saying goodbye to a beloved pet can be heart breaking. With live-in care, your pet will be looked after too.

Peace of mind for friends and family

Family have the peace of mind and reassurance day and night that someone is always there.



Can we help?

Navigating the journey of care is often not easy. If you would like to talk through care options for you or a loved one, then please do get in touch.

Call us on

01730 624 070

Or visit our website

mcdonaldhomecare.co.uk

★ Trustpilot



Excellent

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