

## Live in care

Live in care can be a real alternative to living in a care home.

If you need 24-hour support to live your life, for example if you need help with moving around and eating, you don't necessarily have to move into residential care.

Live-in care is when you have a care worker living in your home with you. They will support you in the day and at night. The carer must be allowed breaks and have somewhere to sleep at night.

There are many benefits of this type of home care service.

- You don't have to move into a new home.
- You have 24-hour support.
- You have more support than with ordinary home care.
- You might have more independence than if you moved into a care home.

Live in care can also be used if you just need a bit of support while your carer goes on holiday or has a break. This is called respite care. Some live-in carers can even be hired for a short time to support you while you go on holiday.

You might just need someone to help you for a little while when you leave hospital. If you've had an operation or if the hospital doesn't want you to go home without any support in place, a live-in carer could help you while you recover or set up a more permanent solution for your care.

Make sure that you consider your options carefully. You might only need visits from a home care agency, or a care home might be a better option for you. Another form of accommodation with support might also be suitable.

Look at the benefits of each type of service and make sure you know how much each one will cost before you make any decisions.

