



Person-centred support at home!



Care and support, your way!



Support at home is all about helping you **live life on your terms**. It's about staying independent, keeping connected with the people and activities you love, and continuing to enjoy your daily routines – all from the **comfort of your own home**. You get to live the fulfilling life you deserve, with a little extra support when you need it.



Our approach to support at home

We focus on you – not just your care. Every person is unique, and so is every support plan. **Together, we'll build a plan** that reflects your goals, your passions, and the **things that matter most to you**. And as your needs or aspirations change, your plan can change too.

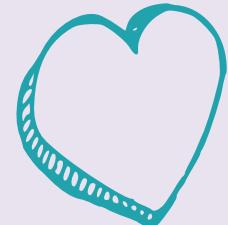
Tailored support

Support isn't one-size-fits-all. Whether it's help with personal care, household tasks, or managing your day-to-day routines, we design a plan that **fits your lifestyle**. This allows you to keep doing the things that give your **life meaning**, while receiving the support you need.



Specialist teams

Our expert teams bring experience, understanding, and encouragement to **every support visit**. They're here to provide guidance, encouragement, and practical help – whether that's managing health needs, learning new skills, or simply being a friendly presence – all while **respecting your independence**.



Freedom to flourish

Support at home isn't just about meeting your needs. It's about helping you **reach your goals**, try new things, and enjoy opportunities that make life fulfilling. With the right support, you can continue to **grow, explore, and thrive**.



How we can help!

We can assist with a wide range of everyday activities and personal goals. For example:



Personal care

From getting dressed to showering, we **support you with daily routines** while respecting your privacy and independence.



Health & wellbeing

We help you manage your health and wellbeing, making sure you have the right **care when you need it**, and supporting you to feel your best.



Independent living skills

Whether it's cooking, cleaning, or handling day-to-day tasks, we help you **build and maintain the skills** that allow you to live confidently and independently.



Getting out & about

We encourage you to access your community, enjoy hobbies, or simply get out for a walk or social activity. We can provide support and accompaniment to **make these experiences possible**.



Pursuing goals & opportunities

Life is about more than just day-to-day routines. We help you **set and achieve personal goals**, explore new interests, and take part in activities that bring joy and fulfilment.





Is support at home right for you?

Think about **your own life**. Support at home could be **right for you** if you:

- Want to live independently** while having help nearby when needed
- Are managing a long-term condition** or complex care needs
- Want to stay close to family and friends**
- Want more choice and control** over your support

Support at home **lets you remain in familiar surroundings**, surrounded by the people and routines you know, while receiving expert care with a personal touch. Each plan is **tailored to your needs**, goals, and lifestyle, giving you reassurance and freedom at the same time.



Curious to find out more?

We focus on you, not just your care. **Your plan is as unique as your life**, and we adapt it as your needs evolve. Whether you're exploring options for yourself or a loved one, we'd love to show you how support at home can make a real difference.



Get in touch

Contact our **friendly enquiry team** to discuss how we can support.

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Want to **learn more** about Support at Home? Visit our website!

