



## ELDERLY AND COUPLE LIVE-IN CARE AT HOME

If you and your loved one need assistance to continue living independently, SHA Care Services can provide compassionate care tailored for elderly couples living together. Our dedicated carers offer support in the comfort and safety of your home, ensuring you maintain your independence and quality of life.

### Why Choose Home Care/ Live-in Care for Couples?

Home care/Live-in care for couples is a positive solution in a variety of circumstances. Whether you need help with daily tasks to continue living the life you love or require more advanced care for health conditions such as Alzheimer's, we can match you with the perfect carer to meet your needs.

### Benefits of Home Care/Live-in care for Couples

Opting for home care/live-in care offers numerous benefits, including:

**Maintaining Independence:** Couples can continue living together in their own home, surrounded by familiar settings and cherished belongings. Maintaining daily routines and participating in activities they enjoy.

**Peace of Mind:** Knowing that professional care is available provides reassurance and comfort for both individuals and their families. Couples can remain together, reducing the stress and anxiety that separation can cause.

**Community Participation:** Live in Care or in Home Care allows couples to remain active members of their local community, participating in social events and maintaining connections with friends and neighbours.

### SHA Care Services: Comprehensive Support

SHA Care Services offers a wide range of support services to meet the diverse needs of elderly couples. Our personalised care plans ensure that every couple receives the appropriate level of care tailored to their unique situation.

**Personal Care:** Assistance with getting out of bed, showering, dressing, and other daily routine activities. Help with taking prescribed medications on time.

**Household Support (Domestic):** Cleaning, laundry, and meal preparation to maintain a clean and comfortable home environment. Grocery shopping and other errands.

**Carer Support:** Relief for the primary carer who looks after their partner for four hours or more each day. Providing respite care to give the primary carer time to rest and recharge.

**Safety Equipment:** We help to enhance the use of safety equipment at home such as grab bars, ramps, and emergency alert systems.

#### **Tailored Care Plans for Specialised Needs**

For couples dealing with specific health conditions, such as Alzheimer's or other forms of dementia, SHA Care Services offers specialised care plans:

**Alzheimer's and Dementia Care:** Trained carers who understand the unique challenges and provide compassionate, person-centred care. Support with memory care activities and strategies to manage symptoms and improve quality of life.

**Mobility Support -Moving and Handling:** Assistance with mobility, including help with walking, transferring from bed to chair, and using mobility aids. Exercises and activities designed to improve strength and flexibility.

**Chronic Illness Management:** Support for managing chronic conditions such as diabetes, heart disease, and arthritis. Regular monitoring of vital signs and ensuring adherence to medical regimens.