

# Information Pack

## Tailor Made Care Plans





Care plans that are as individual as the person we are caring for

### At-home care exactly when and how you need it

Our tailor made care plan program allows you or your loved one to manage a personal schedule, enabling us to be available at any time from morning to night to assist in any area.

We create bespoke care plans for our clients.

#### We are here to help when you need us

-  On call 24/7 for client needs
-  Flexible and fast scheduling
-  Regular quality assurance
-  Thorough care management and family support

### Tailor made services as unique as our clients needs

Connies Carers believe that by helping with daily activities, our carers enable our clients to maintain their normal daily routines. Our tailor made services aim to provide care with the least amount of disruption. Surrounded by their possessions, pets, and a familiar environment, our clients receive the support they need to enjoy their regular activities and continue living with independence in a clean and safe environment at home.

#### Personal care

- ✓ Assisting with walking and transferring from bed to wheelchair
- ✓ Bathing, dressing and grooming assistance
- ✓ Medication reminders
- ✓ Safety and fall prevention
- ✓ Status reporting to family
- ✓ Toileting and incontinence care
- ✓ 24/7 Monitoring after a procedure or hospital stay

#### Lifestyle support

- ✓ Light housekeeping
- ✓ Meal preparation and nutrition
- ✓ Laundry and change of bed linens
- ✓ Grocery shopping and errands
- ✓ Transportation to social and recreational activities
- ✓ Assistance with light exercise and outdoor activity
- ✓ Companionship and community engagement

**There when you need us  
for over 10 Years**

**Connies Carers**  
La Fosse Farm, Rue Des Pres, St Pierre  
Du Bois, Guernsey, GY7 9AH  
Paula@connies-carers.com

**Mob:** 07781 451 122  
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# Frequently Requested Care Plans

Putting the routine back in the day to day


## Providing people of all ages with 24/7 care

Connies Carers can help put the routine back into daily life with a host of services. From the beginning of you or your loved ones day we are here to help.

### 'Good Morning' a great way to start the day

-  Get up, wash, dress, breakfast, prompting/give medication, light domestic duties including laundry.

### 'Good Night' the best way to finish the day



-  Supper, light domestic duties, personal hygiene, get ready for bed (if required put to bed), prompting/give medication

## Specialised Care at home





Progressive illness and Palliative care in the home

### Specialised Care for your loved one

It is the request of many with a progressive illnesses that they spend their time at home where they belong. This can be supported by a Connies Carers staff member. We work effectively and efficiently alongside the Community Carers (HSC) complementing their care package in situations of:

-  Progressive illness
-  Palliative care

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## Personal Care and Wellbeing for Everyone

### Personal Hygiene

- ♥ Washing (including showering, bathing or strip wash)
- ♥ Toileting and incontinence needs
- ♥ Personal grooming (including hair wash and basic styling)

### Medication

- ♥ Prompting, preparing and administration (promote dosset box to encourage independence and manage medication at times when a carer is not present)

### Meals/Food

- ♥ Preparing and serving meals with or for you and assisting at meal times if required
- ♥ Companionship/ dining out
- ♥ Discussing meal plans
- ♥ Shopping with or for you, assisting with making shopping lists, shopping and putting away

### Light Domestic Duties

- ♥ Keeping your home environment healthy, clean and safe
- ♥ Changing bedding
- ♥ Laundry/ ironing

### Promoting Independence and Social Interaction



- ♥ Companionship (at home and in the community)
- ♥ Support with social activities such as walks, attending day centres, visiting friends and family,
- ♥ going to church etc
- ♥ Chaperoning to appointments

# Overnight Care





Let Connie's Carers help give you peace of mind and a sound nights sleep

## Overnight Care in home care for all

### Sleeping or Awake Nights

-  Sleeping nights (generally 10pm to 8am)
-  Awake nights if carer is up more than 3 times during the night, or for prolonged periods

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-  Regular quality assurance
-  Thorough care management and family support

### Our Overnight Care Services give you a good nights sleep

By engaging Connie's Carers to come into your home or that of a loved one will ensure that you can rest assured all is well and in turn have a good nights sleep.

## Respite Care Plans

Giving you back a bit of "Me" time

### Everyone needs a break

Respite care provides caregivers a temporary rest from caring, while the client continues to receive care in their home environment.

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