

Choice.

(Convenient, Reliable, Quality)

> **HALF HOUR SERVICE***

Morning Tasks between 6am – 11am

> Welcome and Plan for the day

Assisting with:

- > Getting out of bed
- > Toileting
- > Showering
- > Getting dressed
- > Making a drink and breakfast
- > Tidy up
- > Chat
- > Diary Recording and plan (for next visit)

> **SITTING SERVICE**

Day Service 9am – 5pm

> Welcome and Plan for the day

Assisting with:

- > Prepare breakfast
- > Washing up
- > Making the bed
- > Vacuuming
- > Chat
- > Accompany to shops
- > Go for a walk
- > Accompany to appointments
- > Prepare lunch
- > Watch TV/Film
- > Make tea/coffee
- > Prepare afternoon meal
- > Toileting
- > Reading
- > Paying bills
- > Laundry
- > Ironing
- > Prepare clothes for next day
- > Diary Recording and Plan (for next day)

> **ONE HOUR SERVICE***

Evening Tasks between 7pm – 10pm

> Welcome and Plan for the evening

Assisting with:

- > Making a snack
- > Tidy up
- > Preparing the bed
- > Getting undressed
- > Showering
- > Dress in night clothes
- > Get into bed
- > Applying any ointments
- > Prompting medication
- > Closing windows and curtains
- > Choose clothes for next day
- > Diary Recording and Plan (for next day)

> **SPECIALIST**

Free Services

- > Eye test
- > Diabetic retinopathy
- > Spectacles dispensing
- > GP annual health check
- > Health and safety risk assessment
- > Annual Independence review

Access to independent products

- > Home insurance
- > Motor insurance
- > Mobility aids
- > Security aids
- > Legal services

> **CHARGEABLE SERVICES**

- > Gardening
- > House cleaning
- > Home repairs
- > Dietary advice
- > Care budget management

* Morning, Lunch, Tea and Evening calls undertaken