



COUNTRY
COUSINS

Care where you're happiest. Home.

Live-in care or a care home?



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Long-term care options

At Country Cousins we are committed to providing information to families that allows them to make informed decisions about long-term care. We know through supporting many families for over 60 years that most people would prefer to stay in the comfort of their own home, for as long as possible. For many, a move from home can cause much upset, worry and for those living with dementia, confusion.

Here we explain the long-term care options available to you so you can make the right choice for your loved one.

Live-in care

Live-in care is often overlooked as an alternative to a residential care home, as many families do not fully understand how a live-in care arrangement works. Live-in care is when a full-time carer lives in your home to provide you with one-to-one care and support 24 hours a day.

You will need to provide a bedroom for your live-in carer, they will also eat the food you eat, and whilst they will sleep when you do, they are on hand should you need them through the night.

Depending on the live-in care provider you choose, they will fully manage the service for you. This includes choosing the right carer that meets your care and social needs, creating a comprehensive plan of care that details all aspects of your care and how you live your life, and consistently monitoring the service, as well as providing family support from a dedicated manager.

Residential care homes

A residential care home is a long-term assisted care facility that provides accommodation, personalised care and support to individuals who are unable to live independently. A care home will be registered with the Care Quality Commission (CQC) in England and is required to meet specific standards regarding quality of care, safety, staffing and accommodation.

Residents have their own private room and have access to communal areas such as lounges, dining rooms and gardens. Care will be provided by carers who will assist residents with personal care, medication and the tasks of daily life.

Recreational activities are organised to promote socialisation and engagement among residents. Other services are typically provided such as laundry, housekeeping, transportation and access to other healthcare professionals. Some care homes provide nursing care for those with complex needs and specialist care for those living with dementia.

Live-in Care Hub, Better At Home Report, 2023

To help understand the preference of UK adults in the future, the Live-in Care Hub commissioned an independent study, which asked 2000 people (aged 50-76) the following questions:

“Would you prefer to stay in your own home until the end of your life if that was possible, or would you rather move into a care home?”

Over

66%

of people said they would prefer to stay in their own home.

This coincides with a YouGov survey which also found

61%

Would like to stay in their own home if they reached a point where they could no longer live independently.

Live-in Care Hub Survey

YouGov Survey

Live-in care vs residential care

Both residential care and live-in care aim to provide safe, effective, and personalised care that enables a person to live well. Everyone is unique and requires different types and levels of care depending on their needs and preferences.

We have provided benefits and limitations for both live-in care and residential care, so you have the information you need to make the right choice for you and your loved one.

Live-in care

Benefits	Limitations
Highly personalised one-to-one care - something that cannot be achieved in a care home	Adjusting to a carer living in your home
Stay in the comfort and familiarity of the place you love most - your own home	Home maintenance is still needed
A dedicated team will provide care and support offering continuity of care	Home modifications may be required
Complex and palliative care needs can be supported	
Live the life you want with choice and independence - no restrictive routines or visiting times	
Maintain friendships and community connections	
The family estate remains where it should - with the family	
Cost effective care option and especially economical for couples	



“2 MILLION British people know an elderly person who has had to put their pet to sleep when moving into residential care”

Live-In Care Hub, 2014

Residential care homes

Benefits	Limitations
A safe and secure environment	Routines are imposed with fixed patterns as to waking, eating and socialising
No home maintenance is needed	Leaving your local community
Can share your life with other like-minded people	Loss of family pet
Can still be part of the local community if moving into a care home locally	If you are a couple and move into a care home, you may be on different floors if you have different needs
Activities and social events are regularly organised	One carer will be caring for up to six residents all with different needs - one to one care cannot be achieved
	Upset, stress and upheaval of leaving your much loved home
	Family home is likely to be sold to pay for care home fees
	Higher rates of hospital admission and infections
	Family home is likely to be sold to pay for care home fees, leaving nothing for the family
	Unable to bond or connect with other residents



“We’ve been using Country Cousins two years. The carers are self-employed and Country Cousins are an agency, so there is much more of a personal touch and a lot less red tape. The carers are a lot more switched on to adapting and focussing on my father’s personal requirements than other Care Providers I’ve used.”

ELIZABETH, DAUGHTER OF LIVE-IN CARE CLIENT



“More likely to have a hip fracture if they are in residential care than if they receive live-in care in their own home”

Live-in Care Hub, Better At Home Report, 2023

Accident statistics

Both live-in and residential care providers were asked to reveal how many client hip fractures they reported in the previous year.

A group of live-in care and residential care providers revealed an average rate of six hip fractures suffered per 100 live-in care users.

Comparatively, when asked the same question, the study of care homes in Boston (Lincolnshire, UK) reported a higher rate of 17 hip fractures per 100 residents annually.

These results indicate that someone is almost 3x more likely to have a hip fracture if they are in residential care than if they receive live-in care in their own home.

Many factors contribute to these findings, but one obvious explanation is the fact that live-in carers can provide one to one support to their clients, where care home staff cannot.

The live-in carer's ability to give more focused, individualised attention to medication, hydration and nourishment means their clients are exposed to less 'fall risk factors' than those living in a residential care home, where staff are responsible for multiple residents with competing needs.

In addition, it's clear that loved ones in receipt of live-in care are naturally more familiar with their own home than with that of an institution.

Hip fractures per 100 people annually

Live-in care clients

6

100

Care home residents

17

100

Live-in Care Hub, Better At Home Report, 2023



The four F's to consider when choosing which option is right for you

Familiarity

Live-in home care enables people to remain in a familiar environment where they feel most happy and safe. A residential care home will mean adjusting to new surroundings.

This change can be particularly difficult for those who are living with dementia. Staying in a familiar setting can help reduce anxiety and improve overall health and wellbeing. However, everyone is different, and some may find a fresh start in a care home is the right choice for them.

Friends/Family

Moving into residential care home can offer an opportunity for a rich social life. It provides a structured environment filled with activities and the chance to form connections with other residents. However, it's important to consider that it might limit personal independence and choices, potentially impacting privacy and individuality.

On the other hand, live-in care brings the advantage of a personalised social routine. It allows individuals to maintain their existing social circles, participate in community activities, and enabling a deep sense of belonging in their own community and family circle.

Freedom

The biggest difference between receiving live-in care at home or living in a care home is the freedom that it allows. Although care homes offer a structured environment and support for daily tasks, some individuals may find the loss of personal independence and decision-making unsettling. However, live-in care allows individuals to maintain familiar routines, stay with their pets and have family and friends visit as and when they wish.



Finances

The cost of live-in home care can vary depending on several factors, including the location, level of care required, and the provider you choose. For couples, live-in care is a very cost-effective option as you only pay one weekly fee, this will depend on the needs of both individuals and if those needs are manageable for one carer.

The fee charged for live-in care will cover the following:

- Carer's salary
- Managed service fee
- One to one personal care and support
- Housekeeping
- Support with lifestyle activities in and out of the home
- Medication management

The fees for moving into a residential care home, cover a range of services and amenities. The specific services included in the fee can vary depending on the type of care home and the level of care required.

Many care homes will charge one fee for the accommodation, which will depend on the quality and/or size of the bedroom you have, and another fee for the care package, which will be dependent on type and level of care provided.

Typically, nursing care and dementia care is more expensive in a care home.

The fee for a care home may cover:

- Accommodation
- Personalised plan of care
- Meals and nutrition
- Housekeeping
- Utilities
- Maintenance and repairs

Note that specific services and amenities covered by the care home fees can vary. When considering a particular care home, it's advisable to request a detailed breakdown of what is included in the fees and clarify any additional costs that may apply.

It is important to thoroughly research and gather a number of quotes from live-in care providers and care homes around your area to get a more accurate understanding of the costs that are involved.

If you would like a more detailed summary of what live-in care fees cover, please get in touch with our friendly team on **01293 224 706**.



“Really rapid response to our request for 24/7 live-in help. Our requirements were assessed in detail within 24 hours and an excellent attentive carer in place within a further 48 hours. ”

MARGARET, LIVE-IN CARE CLIENT



Weekly costs for live-in care and residential care homes

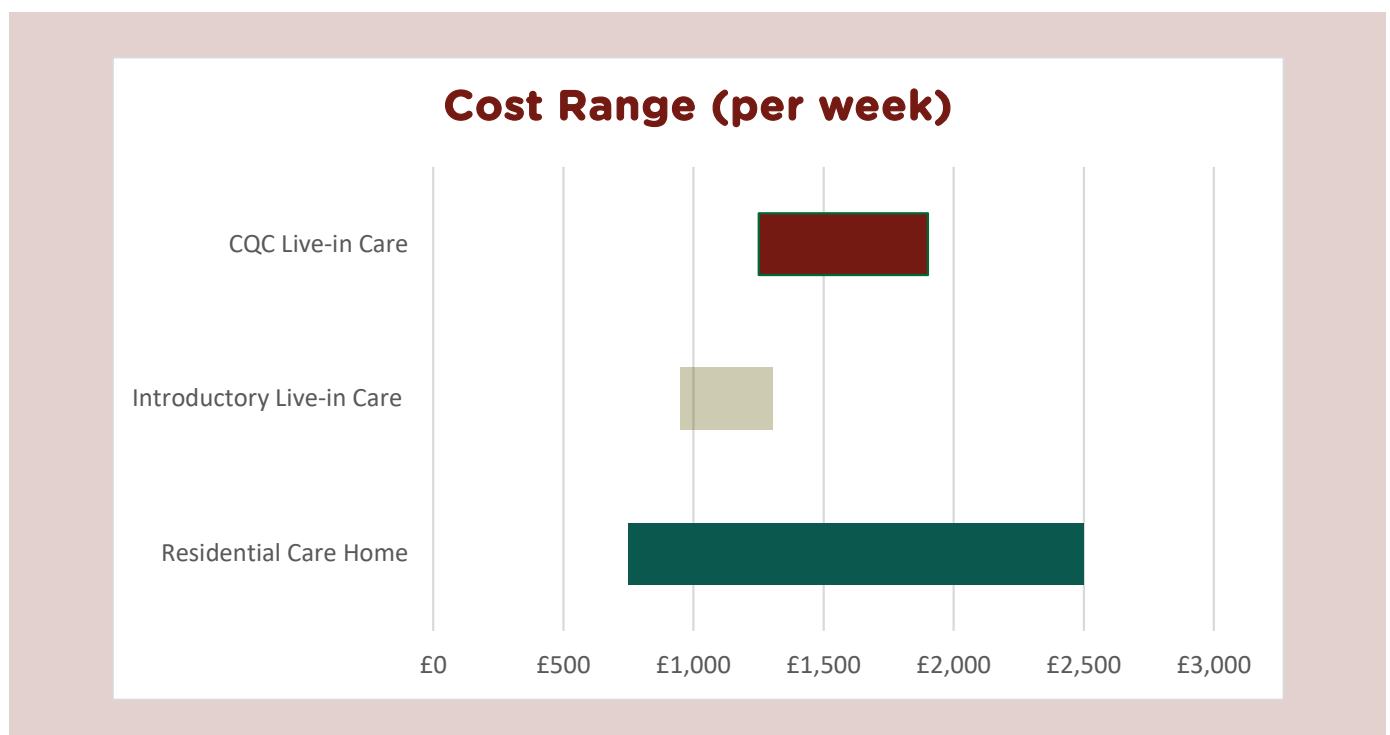
Both live-in care and care homes offer a secure and nurturing environment for individuals who require assistance with daily activities, medical monitoring, and companionship. However, it's essential to have a clear understanding of the financial aspects involved.

What do you need to consider?

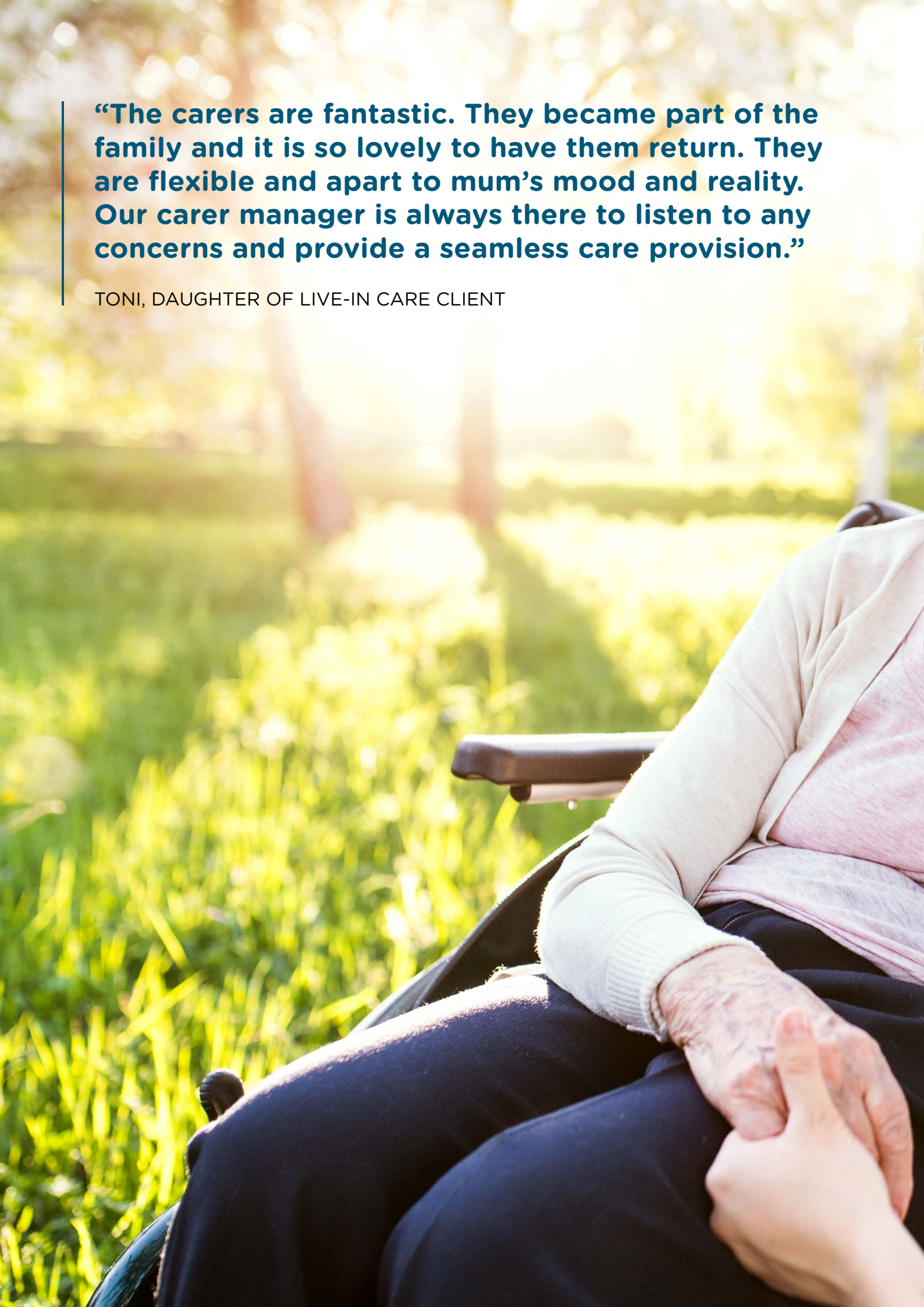
Determining what type of care is most suitable for you requires a lot of consideration of various factors, such as:

- Level of care – including any medical conditions, mobility or support needed with everyday tasks
- Which care option helps best with your independence and social engagement
- What are the financial implications – which option is more attainable for you?
- Personal preferences

Involving family members or healthcare professionals like your GP will provide a different perspective and support you to make the right choice.



Live-in Care Hub, Better At Home Report, 2023

A photograph of an elderly person sitting in a wheelchair in a grassy field. The person is wearing a light-colored cardigan over a pink top and dark trousers. Their hands are resting on their lap, and one hand shows signs of age. The background is a bright, sunlit field with trees, creating a warm and peaceful atmosphere. The text is overlaid on the top left of the image.

“The carers are fantastic. They became part of the family and it is so lovely to have them return. They are flexible and adapt to mum’s mood and reality. Our carer manager is always there to listen to any concerns and provide a seamless care provision.”

TONI, DAUGHTER OF LIVE-IN CARE CLIENT



Support from Country Cousins

At Country Cousins, we specialise in connecting clients with exceptional live-in care professionals across the UK. Leveraging our extensive experience since 1959, we ensure rapid, personalised matching with qualified carers suited to individual needs and circumstances.

Our nationwide service, affordable pricing, and dedicated support, all overseen by the rigorous standards, ensure we provide an unparalleled platform for care, prioritising the well-being and peace of mind of our clients and their families.



Unmatched since 1959

We are the longest-serving home care agency in the UK, offering an unparalleled breadth of experience. For over 60 years, we've matched clients with various conditions and situations to carers with precision, empathy, and skill. With decades of service, you can trust we will make the right choice of carer for your loved one.

Rapid and reliable

We understand that timely care is crucial. Our smooth processes enable us to arrange a carer for your loved one in less than 24 hours. This swift placement of experienced carers provides immediate assistance, delivering peace of mind when it's needed most.

Trusted by hundreds

Our track record of excellence has built trust with hundreds of clients. Each relationship we forge reflects our commitment to dependable, high-quality care. Your trust is our greatest achievement, and we continually strive to maintain it.

Experienced carers

The carers who work with us are seasoned professionals committed to developing their skills. Through mandatory annual training, they stay updated on the latest care practices. This culture of continuous learning ensures that our care remains cutting-edge and empathetic.

The perfect match

With thousands of carers registered with us, we provide truly personalised service. We meticulously match each client with a carer suited to their needs and lifestyle, ensuring that your loved one receives the best possible care.

Rigorous standards

Our registration with the Homecare Association, a distinction many agencies lack, underscores our commitment to high-quality service and rigorous industry standards. We uphold their Code of Practice with utmost dedication, ensuring consistent excellence.

Well led

As a part of Trinity Homecare Group, we draw from a pool of industry experts, who help guide our services and decisions. This collective knowledge continually refines our service, ensuring we remain a leader in home care provision.

Dedicated care executive

Each client is assigned a dedicated Care Relationship Executive. This friendly face will provide a direct line for your questions and concerns, ensuring you have a personalised and responsive point of contact.

Nationwide

Our reach spans the UK, enabling us to provide care wherever you are, including island locations. We ensure that distance is never a barrier to exceptional care, offering peace of mind no matter your location.

Affordable

We offer competitive pricing, without compromising the quality of our care. We provide exceptional value for money, offering a cost-effective solution to families seeking top-tier, personalised home care.

What's next?

Get in touch today

Call us

Our friendly team of experts are available to talk through your care needs 8am to 6pm, seven days a week.

Call us on **0808 169 8996**.

Enquire online

If you are looking outside of our core office hours, then you can enquire online by visiting **country-cousins.co.uk/contact/enquire-online** we will then be in touch with you as soon as possible to discuss your care needs.



**“Fast reliable service. The carers
are tailor made for the job in hand
- honest, trustworthy, hard working.
I would have no hesitation in
recommending to anyone”**

HELEN, LIVE-IN CARE CLIENT





Care where you're happiest. Home.

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