



COUNTRY
COUSINS

Care where you're happiest. Home.

Discussing care at home with a loved one

As we age, many of us experience changes that can make daily life more challenging. This is often described as frailty — things like reduced strength, slower walking speed, or finding it harder to recover after illness.

Frailty doesn't mean losing independence or moving into a care home. With the right support at home, older adults can continue living safely and comfortably in familiar surroundings. That's where frailty care at home makes the difference.

What is frail care?

Frail care packages are an alternative to care homes, enabling frail elderly people to remain in their homes rather than relocate to a care home. For elderly people, having a choice when it comes to care planning is important, as this helps to retain a sense of independence and ownership over their own health.

Frailty can affect both mental and physical well-being, often making day-to-day tasks more difficult to manage. With the right support, life can feel easier and more secure. Our frailty care services are designed to provide a helping hand, easing the strain of daily routines, assisting with household tasks, and offering compassionate support to promote independence and peace of mind.

Frail care includes mobility assistance, helping individuals safely out of bed and chairs and moving around the home, as well as transportation outside the home. Should a frail elderly person require help with personal care, a frail carer can step in to provide a helping hand.

Depending on how frailty is affecting your loved one's life, frail care can be administered round-the-clock throughout the day or even as part of 24-hour home care if required.

Why choose frailty care at home?

Frailty care at home can make life easier for both the person receiving care and their family.

It provides:

- Peace of mind at home that someone is there to help reduce risks of trips, falls and accidents
- Support with independence so older adults can continue to live life their way at home — Personalised one-to-one care built around individual needs and routines
- Reassurance for families that loved ones are safe, comfortable and not alone
- Continuity at home — remaining in familiar surroundings, close to friends, family and community

How a home carer can help

Our carers work alongside you and your loved ones to make everyday life at home more manageable.

Depending on needs, frailty care at home can include:

- Personal care, such as bathing, dressing and toileting
- Help with mobility, moving safely around the home and getting in and out of bed
- Support with medication and health appointments
- Light housekeeping and meal preparation
- Reducing risks by clearing clutter and preventing slips or falls
- Companionship, conversation and social support
- Encouragement to continue hobbies, interests and social activities

Whether it's a few hours of support each week or round-the-clock live-in care, frailty care at home adapts to the level of help required.

The difference it makes

Frailty care at home isn't just about managing physical needs, it's about enriching everyday life.

With the right support, older adults can:

- Stay connected with family and community
- Enjoy greater confidence and independence at home
- Feel reassured and less isolated
- Continue to make choices about their own life and 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, Monday to Friday.

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.

Support from Country Cousins

At Country Cousins, we specialise in connecting people with exceptional live-in care professionals across the UK.

Leveraging our extensive experience since 1959, we ensure flexible and highly personalised matching with qualified carers suited to individual needs and preferences. Our nationwide service, affordable pricing and unrivalled dedicated support ensure you and your loved one can have high quality care as and when you need it, in your much-loved home.

Established for over 60 years

We are the longest-serving home care agency in the UK, offering unique experience in ensuring our clients get the right carer to meet their needs. Our track record of excellence has enabled us to build trust with thousands of families who rely on our dependable high-quality service. Peace of mind, just when you need it.

Supporting you to stay in control of your care

We know that many families wish to have control in managing their care arrangements and the decisions that are important to them. Once we introduce a carer to you and your loved one, our service does not stop there. Our clients are provided with their own dedicated client relationship advisor who are always on hand to provide the support you need, as and when you need it.

A flexible and reliable service tailored to you

We know that care can be needed quickly. Our established processes, dedicated client support and pool of experienced professional carers means we can arrange care for you or your loved one in as little as 24 hours.



Experienced and trained carers

Our professional carers, many of whom have worked for us for decades are highly experienced in providing high quality care at home.

A perfectly matched carer

We have over a thousand professional carers registered with us, which means we can effectively match each client with a carer that is suited to not just meet their care needs but is aligned to how they wish to live their life. This results in a highly effective and personalised service that improves an individual's lifestyle and overall well-being.

Nationwide coverage

We provide our service throughout the UK, including far reaching island locations. With our network of over a thousand professional carers means that geographical location is never a barrier to our exceptional care at home service.

Affordable care at home

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.





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