



OUTSTANDING DEMENTIA CARE IN YOUR OWN HOME

We know how worrying and stressful it can be when faced with the reality that a loved one is living with dementia or increasing memory loss and are struggling to cope alone. Watching someone close whose life is impacted by the varying symptoms presented by dementia can be upsetting.

FAMILIAR SURROUNDINGS PROVIDE COMFORT AND REASSURANCE

At The Good Care Group, we know receiving care in the comfort, safety and familiarity of your own home has far reaching benefits in improving overall health and well-being for a person living with dementia. Moving at any stage in life can be disruptive and stressful. When an individual is living with dementia the process of moving to a care home, away from their much-loved home full of its treasured possessions and memories can be really heart-wrenching and daunting, affecting their ability to live well with dementia. We know that staying at home and receiving compassionate, one-to-one care from a highly trained and well-matched professional carer really can enhance quality of life.

SPECIALIST DEMENTIA CARE AT HOME PROVIDED BY EXPERT CARERS

We have been innovating dementia care for over 10 years. All our professional carers are trained in how to care with someone living with dementia and use a range of best practice techniques proven to provide reassurance, reduce anxiety and calm behaviours. This means the person with dementia can live well, despite the challenges dementia can present with the gentle encouragement and compassionate care provided by our carers. Our collaborative approach to working with leading medical experts, academic bodies and leading charities ensure our care is of the very highest standards. Our work with the Contented Dementia Trust to introduce the SPECAL approach helps us to understand and discover what is important to the person living with dementia, enabling us to develop a meaningful programme of care that bridges the gap between the present and the past.

We adopt a blended approach to delivery of dementia care, led and supported by our own Consultant Admiral Nurse. The support from an Admiral Nurse, working with leading dementia charity, Dementia UK, means we can offer unrivalled levels of emotional and practical support based on best practice dementia care to those living with dementia and their families.

EARLY STAGE DEMENTIA

At this stage our carers will focus on ensuring you are able to live as independently as possible with the support you require, which will be provided in a way that looks to enhance your well-being.

Strategies can be put in place to support memory loss – writing to do lists, settling on one place to keep certain items, like your wallet and keys, having a pad close by to take notes.

Lifestyle choices will be encouraged and actively promoted by our carer. Eating well and exercising regularly, as well as keeping the brain active through puzzles, reading and socialising are all proven to have a positive impact on well-being.

A person in the early stages of dementia is likely to experience changes in their mood and can become anxious, depressed or more easily annoyed. Some may start to lose interest in things they previously enjoyed. Our carers are trained to work with this situation and encourage and stimulate positive attitude and thinking to lift spirits and enhance well-being.

MID STAGE DEMENTIA

While everyone's journey with dementia is different, the signs of the middle stage of the condition can mark the moment when changes to the care arrangements are necessarily. The middle stage can be the longest and sometimes the most challenging for the person with the condition and their family. Our professional carers are trained to identify changing care needs and move at your pace, adapting their approach as needs increase. They can offer physical support, should you now need help with bathing, dressing and eating, as well as encouraging gentle exercise that maintains strength and mobility.

The carers employed by The Good Care Group are sensitive to emotions and respond positively to any signs of distress, finding shared, simplified language that enables the person living with dementia to communicate and express feelings.

LATE STAGE DEMENTIA

Dementia in all forms is a progressive condition and by the time it reaches later stages it is very likely that you will need round-the-clock support. During this stage the person living with dementia is likely to have become extremely frail, with severe memory loss and may well have trouble with communicating, eating and even swallowing. They may also spend long periods of time inactive and become prone to infections.

Communication is key at this stage. All our carers are trained to have meaningful interactions with those they are caring for when speech is limited – eye contact, gestures or shared experiences all provide ways to make a connection. Listening to a piece of music together can help someone feel safe, connected and loved.

During late stage dementia more specialist medical care may be needed. Carers can draw on the expertise of our in-house Consultant Admiral Nurse and Occupational Therapist. They proactively use techniques required for safe moving, pre-empting medical issues, identifying infections that reduce medical admission. For many our care is life changing with fewer falls, less infections and reliance on antipsychotic drugs.

WHAT DOES OUR DEMENTIA CARE SERVICE INCLUDE?

- A thorough assessment of your needs and a comprehensive care plan that guides our service to you
- Support and advice for you and your family from our dedicated Consultant Admiral Nurse
- Access to our in-house Occupational Therapist through our OT led service
- Specialist nurse-led care with guidance from our multidisciplinary experts
- Managing and administering medications
- Companionship as and when you need it
- Providing discreet and sensitive personal care
- Planning and cooking meals
- Facilitating social arrangements in the home
- Trips and visits out of the home in your local community
- Domestic tasks
- Caring for your much-loved pet

TAKE A BREAK WITH OUR RESPITE CARE SERVICE

We provide our specialist dementia care service as either 24 hour live-in care or as respite care. Respite care is a short-term arrangement, for a minimum of two weeks to provide an opportunity for a family carer to take a much needed break from caring for someone living with dementia. It can also be used to try live-in care for the first time to see how live-in care works and whether it is the right choice for you in the future.

“My parents are now able to live a peaceful life thanks to the carers provided by The Good Care Group, despite the dementia and physical issues of older age.”

– B Green

**ANTIPSYCHOTIC
MEDICATION USAGE
FOR THE GOOD CARE
GROUP CLIENTS IS 70%
LOWER THAN IN
CARE HOMES.**

HELPING STEVE TO LIVE WELL WITH DEMENTIA

"My husband Steve is 88 and has vascular dementia. For many years now I have been his primary carer, looking after him every day. Recently, his condition had been worsening. He would get very insecure, anxious and agitated if I were not around – even if I popped to the bathroom it would unsettle him. He would get angry and think I was leaving him. Essentially housebound, I was finding it harder and harder to cope. It was a relentless strain and I reached breaking point. He was prescribed anti-psychotic medication, but if anything, it made things worse. They did not stop the aggression or paranoia and they seemed to have a negative effect on him, mentally and physically. Something had to change, and it did when we found The Good Care Group given their expertise in dementia care. They told me about the SPECAL technique. It works with the condition, rather than fighting against it. Their carers began to use it to talk to Steve about his career as a pilot and found that he still had so many positive memories of flying all over the world. It would take him back to happier days. He was no longer this elderly, frightened and sometimes frightening man with dementia. He was a dashing 30-year old pilot, king of his world. But he would still get very upset and angry if he felt that I had gone somewhere without him. It was tough for the care team and meant I still could not take the break I really needed.

Again, the key was in the past. I used to run a florist shop – something that Steve was proud of but never took an active interest in. So, when I needed a break, we would say there was a problem at the shop that I needed to sort out. He would roll his eyes with relief he did not need to be involved and began to accept me being away from him for longer periods. Eventually, I was even able to have a two-week holiday in France with my daughter, knowing that Steve was safe and well at home. Now we have done away with the medication and hardly have any of the outbursts that were so challenging before. My daughter and I have regular days out together and the occasional holiday abroad. It makes such a difference to be able to take that time to recharge.

I feel like Steve's wife again, not his carer. The professional carers and support from The Good Care Group have made a huge difference and Steve gets all the love, care and attention he deserves. I cannot thank them enough."

– Steve's Wife

WHY CHOOSE THE GOOD CARE GROUP?

- ✓ Rated 'Outstanding' by the Care Quality Commission (CQC) – in all five measures
- ✓ Highly trained professional carers
- ✓ Nurse-led care developed by clinical experts
- ✓ In-house OT and Specialist Consultant Nurse
- ✓ Multidisciplinary approach to care
- ✓ Improved health outcomes using digital technology
- ✓ Fully managed service with employed carers
- ✓ Care management experts local to you
- ✓ Unrivalled family support

Talk to our friendly and approachable team today about your dementia care needs - we are here to help you and your family every step of the way.

*the Good
Caregroup*

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thegoodcaregroup.com