

OUTSTANDING MS CARE IN YOUR OWN HOME

It can be an unsettling and worrying time for families when a loved one is diagnosed with Multiple Sclerosis (MS), but you do not have to face it alone. Being diagnosed with MS does not mean you cannot live well with the condition, maintaining as much independence as possible with the right level of care and support.

STAYING AT HOME WITH HIGH-QUALITY MS CARE

We know that many people with a diagnosis of MS are relatively young, so the thought of moving into an elderly care home or a specialist residential setting is hugely upsetting. Receiving compassionate care in the safety and familiarity of your own home has far reaching benefits in improving well-being for a person living with MS, enabling them to continue to live life the way they choose. The personalised support we provide from a highly trained and well-matched carer is delivered on a one-to-one basis and is proven to improve quality of life and health outcomes for an individual living with MS. Our flexible approach to providing high-quality MS care, with a fully managed and regulated service that families can rely on is setting the standards in live-in care for those with MS.

WHAT IS MULTIPLE SCLEROSIS?

Multiple Sclerosis is a condition that affects your brain and spinal cord. When someone is living with MS the coating that affects the nerves, called myelin is damaged. There are many symptoms that present in a person living with MS and vary widely from person to person, affecting any part of the body. Depending on the type of MS you have, symptoms will vary and will come and go in phases or get steadily worse over time.

The main symptoms include:

- Fatigue
- Difficulty walking
- Vision problems, such as blurred vision
- Bladder control problems
- Numbness & tingling in different parts of the body
- Muscle stiffness and spasms
- Problems with balance and co-ordination
- Problems with thinking, learning and planning

MAINTAINING INDEPENDENCE AND CHOICE

At The Good Care Group, we believe that people living with MS have the right to enjoy a high quality of life, with as much independence as possible in their own home. We know how important it is for people to retain choice and control in life, and for many the desire to remain in their own home and community is essential to their overall health and well-being.

Our live-in care service for those living with MS is highly personalised focusing on a true understanding of the fluctuating and individual nature of the condition. Our expert care team truly understand the need for proactive and effective medication regimes when supporting a person living with MS. We adopt a compassionate, flexible and holistic approach to care at home recognising the varying symptoms that a person can experience, but also the impact on their emotional, social and psychological well-being.

SPECIALIST NURSE-LED CARE

Importantly for those living with MS we provide nurse-led care which means our professional carers are trained to monitor and identify any changes in your health, responding appropriately and avoiding any unnecessary hospital admissions. As part of our commitment to delivering a high-quality live-in care service, we monitor and measure health outcomes to ensure we continually improve the care we provide.

Carers also receive training in medications management to ensure they are competent to manage complex and personalised medications regimes required for someone living with MS.

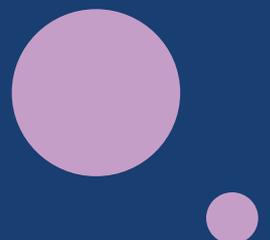
We work closely with and liaise with all other healthcare professionals involved in delivering care to someone living with MS, including GPs, district nurses and physiotherapists to ensure all health needs are met through a holistic and multidisciplinary approach to care planning.

ENSURING SAFE MOBILITY AROUND THE HOME

We have an in-house Occupational Therapist (OT) who will provide expert guidance and advice on safe movement and mobility around your home, whilst minimising falls. She identifies clients who are 'frequent fallers' and through an intensive and personalised approach to falls management these clients are 6 times less likely to experience a fall that results in serious injury than those in a care home. Our OT is well placed to provide advice and recommendations as to any home adaptations or equipment required that may make life easier for those living with the physical symptoms presented by MS.

"Seeing my mother come home after such a long stay in hospital and watch her go from strength to strength has been a blessing. The fact that she can now look forward to a holiday has really boosted her self-esteem."

- Mary, Martha's daughter



WHAT DOES OUR MS 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 Specialist Consultant 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 MS 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 MS. 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.

We know that those living with MS are typically younger than those living with other complex conditions, like dementia and Parkinson's, which means there is a greater appetite to continue to live life like you always have despite the diagnosis of MS. Our holiday respite service enables you to go on a much needed break, either in the UK or overseas, with the support of a professional carer who will accompany you to have the time away you wish.



HELPING MARTHA TO LIVE A FULFILLED LIFE WITH MS

"My husband and I shared our home together for more than 50 years. He passed away in 2002, but my MS was diagnosed long before that. I have been living with it for 40 years now and have always been determined to lead my own life and to carry on teaching English, which I loved. I retired, proudly at 65, and it has only been recently that my mobility has worsened, and I have found myself increasingly relying on my daughter Mary. A few months ago, I fell ill with a bad chest infection. I became so poorly I was admitted to hospital, where there were complications. I had spent so long in bed in hospital, I had trouble even standing up, let alone walking without some help. My appetite was gone. I lost a lot of weight and all I wanted to do was get back home, so my daughter Mary got in touch with The Good Care Group.

One of their managers visited me at home and went through a very thorough assessment, not so much of the house, but of me! The sort of person I am, what I like to do and where I like to go. So, when they introduced me to two of their carers, Janice and Annika, we found we had a lot in common and got on well from day one. They work on a rota – one for two weeks, then the other takes over. They have both been trained by the MS Society and have cared for people with the condition before which has been a tremendous help. They never try and take over. This is still my home and things are done my way. They just give me the support I need to make life easier and do what I need to do.

To me, they are much more than carers. They are true companions. We talk about books and plays and because my eyesight is not as good as it was, they will often read me my favourite poems. Janice came with me to buy some audiobooks, so I have got the classics on tap! Both have worked with my physiotherapist and every morning and evening we do my exercises together. And now, three months after coming home, I can get around the house by myself using a frame – it is a big step forward in every sense. My appetite is coming back, mainly thanks to the lovely meals they make for me. Best of all, I am planning a short holiday for us in Cornwall – something I would not have thought would be possible when I first came back home. I cannot wait!" - Our client, Martha

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 MS 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