



OUTSTANDING MOBILITY CARE IN YOUR OWN HOME

As we get older physical problems, such as arthritis, osteoporosis, diabetes, heart issues or elective surgery, like a hip or knee replacement can all affect our mobility, which can all lead us to feel less confident in carrying out our usual day-to-day activities and tasks.

STAYING AT HOME WITH HIGH-QUALITY MOBILITY & FRAILTY CARE

At The Good Care Group, we have been enabling people living with mobility and frailty issues to live a fulfilled and purposeful life in the comfort of their own home for over 10 years. Our mobility care service means you can live well with the right level of care and support – and all in the place you love best, your own home. Mobility issues can significantly impact the way we wish to live our life, resulting in a loss of control and independence. This can be a worrying time for you and your family as it can raise not just safety concerns, but it can also mean that family members are having to provide increasing levels of care to ensure their loved one is able to live well.

Receiving compassionate care in the safety and familiarity of your own home has far reaching benefits in improving well-being for a person with mobility care needs, 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, enabling you to retain as much independence as possible, whilst being safe in your own home.

WHAT DOES MOBILITY CARE COVER?

Mobility care covers a wide range of care and support for those living with the following concerns that affect us as we age:

- Arthritis
- Osteoporosis
- General frailty
- Diabetes
- Heart and lung issues
- Neurological conditions
- Elective surgery

These conditions can impact our health and well-being in the following ways:

- Increased risk of falling
- Muscle weakness
- Pain
- Joint problems
- Inability to manoeuvre
- Depression and anxiety

IN-HOUSE EXPERTISE

Our live-in care service for those living with mobility and frailty concerns is highly personalised focusing on a true understanding of the person's needs. 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 mobility and frailty concerns.

SUPPORTING OVERALL WELL-BEING

We know how much mobility and frailty issues can affect a person's mood. We not only recognise the mobility issues a person is facing, but also the impact these can have on their emotional, social and psychological well-being and adopt a compassionate, flexible and holistic approach to mobility care at home.

Sometimes people are living with a combination of mobility ailments that significantly impact their independence. Our carers are highly trained to manage multiple mobility concerns and we can provide double up care if two carers are required for those with complex mobility issues.

"The Good Care Group stepped in and provided excellent care to my mother very quickly when her health and mobility deteriorated. I would not hesitate to recommend them to others looking for a professional and trusted care provider who can respond to urgent requirements." – D King



WHAT DOES OUR MOBILITY & FRAILTY CARE SERVICE INCLUDE?

- A thorough assessment of your needs and a falls management plan to ensure safe mobility in and around your home.
- Access to our in-house Occupational Therapist through our OT led service
- Support and advice for you and your family from our dedicated Specialist Consultant Nurse
- 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 mobility 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 mobility issues. 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.



MAKING HOME A SAFER AND HAPPIER PLACE FOR BRENDA AND FRED

Our full-time Occupational Therapist Jackie Cooper plays a vital role in helping people with mobility and frailty issues to live a fulfilled life at home. She promotes independence and reablement, especially after time in hospital. Here is how she helped one couple whose situation became critical when one of them fell at home.

"I first met Brenda in hospital. She had broken her femur in a nasty fall at home, where she was living with her husband Fred. Both are also living with dementia. After an operation and two weeks on the ward, the hospital's Occupational Therapist and Physiotherapist felt her recovery would continue better at home, where she would be inclined to do more for herself. After that first meeting, the family and I met again at Brenda's home, where I was able to make an assessment and confirm the adaptations it would need to support her through rehabilitation. I explained the details of our OT led service - 24/7 fully managed care with supporting visits from both myself and the Care Manager - to Brenda's daughter. We agreed that Brenda would be transferred to our care and my immediate priority became ensuring her smooth discharge from hospital. Community physio was arranged for her return, along with a standing aid and wheeled commode. Space was made in the dining room for a profiling bed. I made sure Brenda's return from hospital went smoothly and she soon began to make great progress at home. The dining room made a good bedroom, the profiling bed supporting her transfers while also making it easier for the carers to provide personal care. After a few weeks, Brenda's mobility had improved so much that she was able to move back into the bed she shared with her husband and manage well with just one carer.

Brenda and Fred have now transferred from my care to our nurse-led service. Both their daughter and our Care Manager had noticed a deterioration in their dementia, which required additional support from our Specialist Consultant Nurse. I still visit them at home - a familiar and calming environment which has become especially important to their state of mind and quality of life."

- Jackie Cooper, The Good Care Group's in-house Occupational Therapist.

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 mobility care needs - we are here to help you and your family every step of the way.

*the Good
Caregroup*

📞 020 3728 7577

thegoodcaregroup.com