



OUTSTANDING PARKINSON'S CARE IN YOUR OWN HOME

We know how worrying it can be for families when faced with the reality that a loved one is living with Parkinson's. Being diagnosed with Parkinson's does not mean you cannot live well with the disease, maintaining as much independence as possible with the right level of care and support.

STAYING AT HOME WITH HIGH-QUALITY PARKINSON'S CARE

At The Good Care Group, we believe that people living with Parkinson's have the right to enjoy a high quality of life, with dignity and independence 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 Parkinson's is highly personalised focusing on a true understanding of the fluctuating and individual nature of the condition. Our professional care team, who are all trained by Parkinson's UK, the leading Parkinson's charity supporting those affected by the disease, truly understand the need for proactive and effective medication regimes to be responsive to the changing nature of the condition. We adopt a compassionate, flexible and holistic approach to care at home recognising that Parkinson's can mean a person is not only living with mobility issues, but will often have emotional, social and psychological needs too.

PARKINSON'S EXPERTISE

We work closely with several specialist Parkinson's nurses around the country who offer care and support to our clients who are living with Parkinson's and their families. All professional carers are trained to understand the impact on daily life caused by the symptoms of Parkinson's and how they can work positively with the condition to improve quality of life.

SPECIALIST NURSE-LED CARE

Importantly for those living with Parkinson's, 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 all receive training in medications management to ensure they are competent to manage complex and personalised medications regimes required for someone living with Parkinson's.

We work closely with and liaise with all other healthcare professionals involved in delivering care to someone living with Parkinson's, 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 Parkinson's.

"I could not be more impressed with the carers who look after my mother. One of the carers is exceptional and beyond all reasonable expectations. She offers love and care that is wonderful to witness. She has transformed my mother's life." - L Fray



HELPING ARTHUR TO LIVE WELL WITH PARKINSON'S

"My father Arthur is 76 and lives in North London with my mother, Maisie. He has Parkinson's and needs quite a bit of help every day to get up and dressed, eat good meals, take his pills and get out and about.

His speech is not very good and if you do not know him well, it is hard to understand what he has to say. He now uses a wheelchair, which he needs someone to push. He also has difficulty in swallowing which makes eating and taking medication a big worry – especially because he is on such a strict regime with his medication.

We had been using an hourly care agency to take the pressure off my mother, but his needs were increasing, and she was struggling to cope. Most worrying for me was that the carers were coming at unpredictable times, which made it harder to know if he was taking the right medication at the right time. There always seemed to be new faces coming to the door. They did not understand my father and I think he found all the changes very tiring. I wanted to find out more about live-in care and talked to The Good Care Group to see what their Parkinson's home care service could offer.

We spoke about his increasing needs and how he would feel more comfortable with male carers. They introduced us to Henry and Bob, two carers fully trained by The Good Care Group using Parkinson's UK materials. They were able to provide specialist round-the-clock support for his condition.

Best of all they were matched to my father perfectly. They both loved their motorsport – my father spent most of his working life in that industry – so there was plenty of common ground between them.

Live-in care gives us the flexibility and continuity we wanted for him. Flexible because Parkinson's can be unpredictable – some days the symptoms are worse than others. Now we have the continuity with the same two carers, he has a settled routine that is built around him and when he needs to take his medication.

The carers have supported his physio regime by providing some gentle exercises that improve his mobility and make him more independent. They have also sorted out day trips for him and my mother – they had a picnic recently in Regent's Park, where Henry took care of the practical things, so they could just enjoy themselves.

Both Henry and Bob have done wonders for my father this last year. They can interpret his needs because they have got to know him so well. They slow things down, so they can continually check that dad is content with what is happening and have on-going discussions about his likes and dislikes and build this into his everyday life.

They have taken the burden off my mother and allowed her to be his wife, not his carer. It has had such a big impact on him because he is now enjoying life a lot more – and that has also given me tremendous peace of mind. Thank you for all you have done."

– Arthur's Daughter

WHAT DOES OUR PARKINSON'S 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 Parkinson's 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 Parkinson's. 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.

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

*the Good
Caregroup*

 **020 3728 7577**
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