



*Compassionate  
care that delivers*

*Time to Thrive*

# Wellbeing with Walfinch

Walfinch delivers home care with a difference. We believe that care should be a Time to Thrive, so as part of our compassionate, high-quality live-in home care, our carers will help you enjoy activities chosen by you. We will help you get more out of life, by enhancing your mobility, your health and your social life. Walfinch won the Day Care Expertise Award at The Home Care Awards, 2025 run by the Homecare Association

## Nine out of ten people say that if they need care, they prefer to receive it at home

Full-time care need not mean the upheaval and uncertainty of moving into a care home – something that most people don't want. There is an alternative:

## Full-time live-in care in your own home

A professional Walfinch carer, carefully selected to suit you and your needs, can live in your home so they are available to support you 24/7. You stay in the home you know, surrounded by the things you love, and in the community that you are part of. Your carer can even help look after your pets!

## Peace of mind

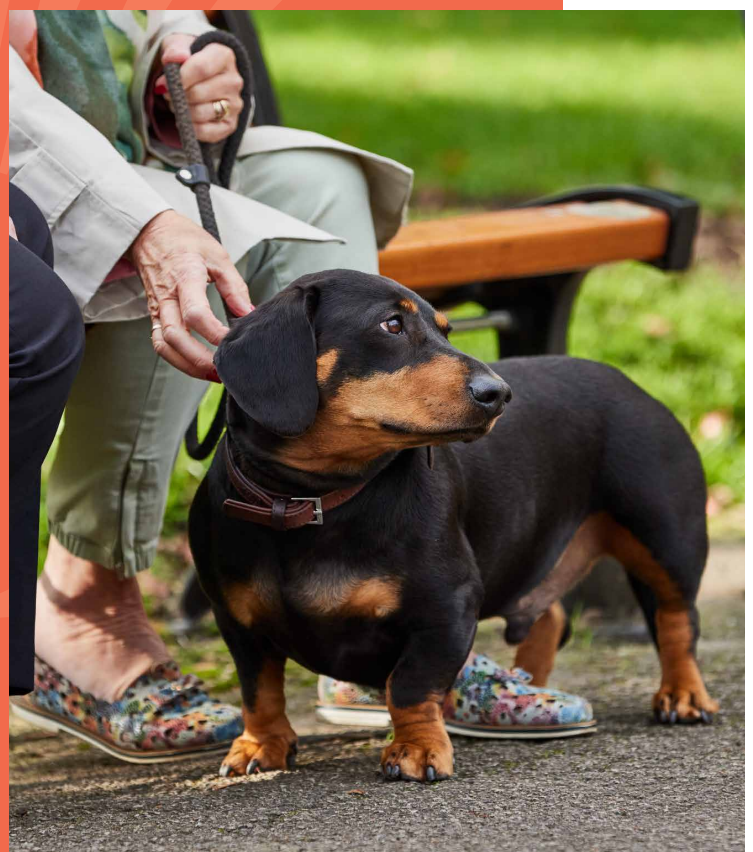
Live-in home care brings peace of mind for you and your family, because our professional carers will help you keep in touch with family and friends, ensure that meals are home-cooked to suit your tastes, attend to your personal care and keep your home the way you like it.

## Support to enjoy your favourite activities

With Walfinch your carer will support you to enjoy activities, hobbies and outings, such as attending local coffee mornings, meeting friends, going to the garden centre or shops, art, craft and exercise classes – whatever you choose! Our carers support clients who go to the gym, join them on the golf course, help them in their gardens, or simply go out for a stroll. You can carry on – or even restart – the activities you love.

## Companionship

Your Walfinch carer will be a friendly face around your home, always available when you are ready for a chat, or to play board games, reminisce while looking at photographs, or indulge in hobbies such as singing, art or crafts. They can take you shopping, to meetings, or to activities like swimming.



*"I love getting out and about again"*



## Reliable health monitoring

Your carer will ensure any medical needs and appointments are met. They will organise transport to appointments, and come into the consultation with you, if you like. Carers will help you keep in touch with healthcare professionals such as your doctor, dentist, hospital consultants and physiotherapists. Your carer will also update your family about any changes in your health and wellbeing.

## Keeping in touch

Our carers will ensure you can keep in touch with family and friends – even if they are overseas. They can access technology such as Zoom so you can see and talk to your loved ones in real time.

## Time to Thrive

At Walfinch we want our clients to thrive. Regular physical activity is proven to help prevent and manage heart disease, hypertension, stroke, diabetes and several cancers. It also helps to maintain a healthy body weight and can improve mental health, quality of life and well-being. Our carers help you achieve this.

## Making thriving fun

Our live-in carers ensure that all their clients can access activities, not just in their homes but in local Walfinch Thrive Clubs, which offer sessions such as chair yoga, arts and crafts, or accessible exercise. These sessions are open to the local community, and always offer refreshments, so you can meet, chat and make new friends.

Walfinch has offices across the country, staffed by diverse teams of carers trained in many kinds of specialised care such as dementia, Alzheimer's, multiple sclerosis, post-stroke rehabilitation, and more. We talk about your needs in depth, so there is likely to be a well-matched carer near you.

# FAQs

## 1. What is live-in care?

Live-in care is a service where a professional carer lives in the client's home to provide continuous, round-the-clock support and assistance with activities, hobbies, companionship and outings, plus personal care and any medical needs.

## 2. How does live-in care differ from residential care homes?

Live-in care allows individuals to stay in their own homes, receiving one-on-one personalised care tailored to their specific needs, whereas residential care homes provide care in a shared, institutional setting with multiple residents.

## 3. Who can benefit from live-in care?

Live-in care could be the answer if you prefer to be cared for at home, whether permanently or temporarily. It can be the solution if you have a disability or chronic illness, or need round-the-clock care after a hospital stay.

## 4. What services do live-in carers provide?

Live-in carers provide companionship, support in taking part in social and recreational activities, outings, shopping, housekeeping, cooking your preferred foods, mobility help, personal care and medical support.

## 5. How is a live-in care plan developed?

Your care plan will be drawn up based on an in-depth assessment that will include your needs and preferences, including your physical, mental and spiritual health. You and your family will be fully consulted throughout the assessment. Your plan is personalised and can be changed according to your changing needs and preferences.

## 6. How is the compatibility between the client and carer ensured?

We conduct thorough assessments and match clients with carers based on compatibility, including personality, interests, and care needs. Clients and families usually have the opportunity to meet and approve the carer before services begin except in special circumstances.

## 7. Is live-in care more expensive than residential care?

The cost of live-in care is comparable to or even less than residential care, especially for couples who want to stay together. It provides personalised one-on-one care, which can be more cost-effective in the long run and far more beneficial to the client, where risks of falls and injury are reduced when compared with residential care.

## 8. How do families monitor the quality of care provided?

All our carers have a mobile device app to record information that can be accessed (securely) by you and your family. This records the progress of your care, and any changes, at any time, and they can contact your carers and the Walfinch Care Manager if they have questions or want to check anything. We also provide updates about changes to your care plan.

## 9. What happens if the primary carer needs time off?

We ensure continuity of care by providing a backup or relief carer when the primary carer takes time off. This ensures that there is no disruption in the client's care.



## 10. Are our live-in carers fully insured?

Yes, we are fully insured and meet all regulatory requirements, providing peace of mind to clients and their families.

## 11. Can live-in care be temporary?

Yes, live-in care can be arranged on a temporary basis for situations such as post-surgery recovery, respite for family carers, or during periods when additional support is needed.

***At Walfinch  
whatever your  
life stage or  
circumstance  
we're here  
to support in  
whatever way you  
need to make the  
most of your life.***



# *How live-in carer Zemi helps Jane to thrive*

Jane goes to exercise classes, art sessions, and out feeding geese and sheep with her live-in carer Zemi, from Walfinch home care Oxfordshire.

“With Zemi I can continue enjoying my favourite activities. I love creating art, especially life drawing, and Zemi takes me to a local session,” says Jane. “She also takes me to a seated fitness class – and often joins in, so it’s good for us both.”

Zemi says: “Many of Jane’s regular visitors, including some health care professionals, say they have seen a visible difference in Jane since I started working here, and have mentioned how much our activities have helped Jane to thrive.”

## *With Walfinch, it’s time to thrive*







***At Walfinch we want our  
care to be a Time to Thrive.***

**That's why we offer**

- Professional, trained and experienced carers chosen to suit YOU
- Personalised, flexible care plans
- 24/7 support and emergency response
- Flexible and affordable care options

**Contact us today!**

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***Time to Thrive***