



iCarna

Care at Home that
feels like family



Welcome to ilarna

Your care. Your choice. Your plan.

Arranging care is an important decision – a personal one that requires trust and reassurance.

Our commitment to you.

Our compassionate Customer Experience Team is here to ensure that your journey is comforting and stress-free.

Who we are.

We are a team of healthcare professionals committed to providing the highest level of support and guidance.

What we do.

We understand every client is unique. Our team is equipped to provide tailored solutions that fit your specific needs.

We are ready to help.

We are available 7 days a week to support, through phone, email or live chat.
Phone: 0208 050 4805 Email: hello@ilarna.com Website: www.ilarna.com

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Types of care



Hourly care

Choose an ilarna Personal Assistant to support your schedule.



Live-in care

Let us help you find live-in care for you or your loved ones.



Overnight care

We offer support throughout the night to keep you or your loved one safe.



Respite care

Take a well-deserved break with our short-term relief options.

Why ilarna?



Quality assurance

ilarna ensures a promise of care that feels like family – warm and reliable.



Power of choice

We emphasise the importance of your care, your choice and your plan.



Discovery session

A complimentary offer to start a trusting relationship in your own home.



Happiness report

Enjoy updates at the end of every care session on your well-being.

What is an ilarna Personal Assistant?

An ilarna Personal Assistant goes beyond traditional care giving by providing personalised support tailored to individual needs, from companionship to complex care requirements.

Happy family reviews

We know that arranging care for yourself or a loved one is a personal and sometimes challenging journey. At ilarna, we're dedicated to making that journey as stress-free and reassuring as possible. Our approach to care is built with compassion, trust and a commitment to providing that family feeling care.

We'd love to be the care provider you rely on, but don't just take our word for it - discover what families like yours have to say about their experience with ilarna!



ilarna provided us with outstanding service! The personal assistant we found for my parents is so incredibly helpful, supportive and exactly what they both needed! She's amazing for helping them with their day-to-day life and takes them out shopping, picks up their prescriptions. I can't be at home because I work away but I feel much more supported knowing she's there instead!

- Lillie, Buckinghamshire



Used ilarna for the first time when finding care for my nan. It was a really overwhelming time for us but the team at ilarna were incredible. They were patient and helped us every step of the way to find the best personal assistant for us. The personal assistant that comes in has become part of the family now, she sees my nan 2-3 times a week and is really helping my nan with her independence and has been a real support system for us all.

- Lauren, Nottingham



ilarna has been a god send, they're angels in the skies. I believe a lot of people need to know more about ilarna and utilise the benefits of the services they provide. They do more than just care they support you through your full life cycle. From assisting you with your personal needs and medication, providing you with personal care, it's the whole 360.

- Solomon, London



ilarna has been an absolute blessing for us! When we started looking for care for my dad, we wanted someone who would support him with everything he needed but also help him still be independent. Our pa is fantastic! He's just a little younger than my dad which is great! He's compassionate and dedicated and provides such great care but they get along as well and it makes me feel confident to leave dad in his care. Thank you ilarna!

- Marie, Newcastle

What's best for you?

Live-in care compared to a care home.

Cost-effective solution



Live-in care is a more cost-effective solution compared to a care home, with savings of up to £10,000 a year. By choosing live-in care, you can receive personalised support at a fraction of the cost of a care home. ilarna offer high-quality care that is affordable for everyone.

Personalised care



Care at home is more personalised to meet each individual's unique needs. Tailored care plans provide the right level of support while preserving independence. Live-in care offers focused attention and customised solutions, which care homes may not be able to match.

Faster recovery at home



Studies show people often recover faster at home than in a care home. The comfort of home reduces stress and anxiety, fostering a better recovery environment. Those with live-in care tend to recover more quickly and are less likely to be readmitted to hospital.

Maintain privacy



With live-in care, you can enjoy the privacy and dignity of your own home. Your ilarna Personal Assistant will always respect your space, boundaries, and choices. Compared to care homes, where privacy can be limited due to the number of residents.

Familiar environments



Staying at home helps individuals maintain routines, stay connected with their community, and retain a sense of autonomy. A familiar environment offers more control over daily activities and is often more comforting than an unfamiliar setting.



Hourly Care



Live-in Care

Hourly care is designed to ensure you remain comfortable in your home while receiving the support you need. Whether you require assistance for a few hours a week or several hours a day, an ilarna Personal Assistant will be there for you offering tailored care when you need it most.

When you choose an ilarna Personal Assistant, you're not just selecting someone to meet your practical and physical needs – you're also welcoming a companion, someone to offer emotional support and build a real relationship with.



Personal care

An ilarna Personal Assistant is available to provide discreet, compassionate and sensitive assistance with tasks such as bathing, toileting and other hygiene needs.



Meal preparation

Your ilarna Personal Assistant can prepare tasty and nutritious meals, snacks and drinks at your request. If you enjoy cooking yourself, they can assist with preparation and be on hand to offer support.



Mobility support

Our trained ilarna Personal Assistants are here to help you make the most of each day. Whether you're heading out for a quick shopping trip or visiting a friend, they're available to accompany you.



Symptom management

For your comfort we have specifically trained ilarna Personal Assistants trained to assist with managing symptoms you may be experiencing, allowing you and our loved ones to focus on creating memories with you.



Help with housework

Your ilarna Personal Assistant is here to help keep your home clean and organised. Whether it's light housework, vacuuming, laundry or anything in between, they are always available to lend a hand.



Companionship

If you're living alone or far from your loved ones, having an ilarna Personal Assistant ensures you'll always have someone to keep you company – whether it's watching your favourite TV shows or simply having a chat.



Dietary requirements

Your ilarna Personal Assistant can prepare tasty and nutritious meals, snacks and drinks at your request. If you enjoy cooking yourself, they can assist with preparation and be on hand to offer support.



Companionship

If you're living alone or far from your loved ones, having an ilarna Personal Assistant ensures you'll always have someone to keep you company – whether it's watching your favourite TV shows or simply having a chat.



Overnight Care

Considering overnight support is crucial if you or a loved one have a long-term health condition, or more complex care requirements. Night-time can often bring unique challenges, restlessness, and worrying, we understand these concerns and are here to provide the reassurance and support that you need.



Respite Care

Respite care is an invaluable service that allows care providers the opportunity to take a well-earned break, to rest, recharge and attend to their own needs. All while feeling confident that you are still receiving high-quality, family feeling care with your ilarna Personal Assistant.



Medication prompting

For your peace of mind, we have specifically trained ilarna Personal Assistants with experience in providing personalised support with medication management. They're on hand to ensure you take your medication on time.



Personal care

An ilarna Personal Assistant is available to provide discreet, compassionate and sensitive assistance with tasks such as bathing, toileting and other hygiene needs.



Completing chores

Our ilarna Personal Assistants make day-to-day life easier by managing tasks such as food shopping, sorting mail and collecting prescriptions.



Personal care

An ilarna Personal Assistant is available to provide discreet, compassionate and sensitive assistance with tasks such as bathing, toileting and other hygiene needs.



Looking after pets

At ilarna we understand the importance of furry companions, and the comfort they provide. Which is why our ilarna Personal Assistants help you look after them.



Breakfast preparation

Your ilarna Personal Assistant will prepare a delicious and nutritious breakfast and drink at your preferred time and handle the washing up afterwards.



Companionship

If you're living alone or far from your loved ones, having an ilarna Personal Assistant ensures you'll always have someone to keep you company – whether it's watching your favourite TV shows or simply having a chat.



Help with housework

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Elderly care



ilarna's elderly care services are designed to prioritise your comfort and happiness. We create a personalised care plan to provide the right support while you stay in the comfort of your own home. From meal preparation and personal care to assistance with housework, we're here to make everyday life easier and more enjoyable.

Dementia care



At ilarna, our dementia care services are designed to support every aspect of your well-being. We'll create a personalised care plan that combines emotional, practical and physical support giving you peace of mind. With your ilarna Personal Assistant you'll receive ongoing, one-on-one care, with that family-feeling touch we're proud of.

Long-term Care



At ilarna, we create long-term care plans tailored specifically for you, offering a range of services to enhance your well-being. With the support of your ilarna Personal Assistant you can enjoy the comfort of your own home while receiving assistance with daily tasks such as personal care, meal preparation, medication management and mobility support.

Adult social care



ilarna provides adult social care with a tailored plan that covers your physical, emotional and practical needs. We help you stay active in the things you love, ensuring your routines and hobbies continue uninterrupted. Your ilarna Personal Assistant can offer companionship, support with mobility and medication prompting.

Palliative care



ilarna's palliative care is designed to provide one-on-one support from a dedicated ilarna Personal Assistant with a care plan customised to your needs. From medication reminders and symptom management to personal care, we offer the comfort and support you need during this time.

Cancer care



ilarna's cancer care allows you to stay comfortable at home while receiving the support you need. Your dedicated and compassionate ilarna Personal Assistant will follow a tailored care plan, unique to your needs, offering companionship, medication prompting and more to enhance your quality of life.

Young people care



ilarna's care for young people is designed just for you with a personalised plan that supports your individual needs. Your ilarna Personal Assistant will assist with medication prompting, meal preparation and much more but also emotional support with companionship and participating in your hobbies and favourite activities.

Hospital Discharge



ilarna's hospital discharge service ensures a quick and safe transition home with support every step of the way. Whether you need regular visits for groceries and medication, help with chores, or 24-hour care for companionship and constant support, we're here to assist you after your discharge.

Contact us

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Our trusted partners

NHS **NSPCC**

