

HHP RCS08

HOW BEING A LIVE-IN CARER CAN BE GOOD FOR YOUR HEALTH

Graham Aaroll is available for interview

After spending 30 years pursuing a career as a town planner, health problems meant Graham Aaroll had to rethink his whole life. Graham's Doctor advised him that a career as a professional carer could be good for his health because it would be more physical and less stressful than his job as senior town planner. That was three years ago and since then Graham has worked for Helping Hands Homecare providing the live-in care which Kathleen O'Connor, from Warwick, needs in order to live independently in her own home.

Graham lives with Kathleen in order to provide the 24 hour help that she needs with everyday tasks like dressing, cooking, cleaning and shopping. He also helps Kathleen with her paper work and they enjoy the occasional pub lunch on nice days. Graham's day starts at around 8.30am and he has a couple of hours to himself each day and one week off in every five.

Graham explains: "Being a carer is very different from my previous job. Although it is hard work, my quality of life has improved tremendously. Being a carer is a very rewarding job and I can honestly say that I am much happier now than I used to be. Kathleen and I have become very good friends over the last three years, we have lots of fun. She is like the sister I never had."

It's not just Graham's life that has changed. His help has made a huge difference to Kathleen, allowing her to live independently for the first time in her life. She explains: "Because of my Cerebral Palsy I lived in a care home. I always thought that living in my own home wasn't an option, until I was advised of a company who provide live-in care and discovered that I could live in my own home with a carer, who would be able to give me the assistance I need.

"I was absolutely delighted to be able to live independently, I didn't like living in a home, everything is so rushed and routine. Because you are living with a number of other people, you have to eat when everybody else is eating or wait for your turn to be washed. Now I can decide when I want to eat or when I want to go to the shops, it's great!"

Helping Hands Homecare provides live-in care throughout England and Wales for people like Kathleen who cannot manage by themselves at home. Live-in care means a trained carer lives in the client's home and provides a tailored package of care to meet their needs.

Donna Clarke, from Helping Hands Homecare comments: "Kathleen was in a home for many years and all the time, completely unaware of live-in care. We worked closely with her to identify Graham as a good match in terms of interests and personality and most importantly the skills to support and care for her. We are very pleased to see Kathleen now happy, living independently in her own home."

For further information on services provided by Helping Hands please call 0808 180 9488, or alternatively visit the website www.live-incare.co.uk.

-ENDS-

Notes to editors:

Helping Hands Homecare provides care for people in their own homes – whether this is live-in care (where a carer lives with the client) or hourly care (where the carer visits the client at agreed times) Helping Hands homecare can provide the live-in care option throughout England and Wales. Hourly care is available in parts of Worcestershire, Warwickshire and Gloucestershire.

Helping Hands Homecare was established in 1989, it is based in Warwickshire and is a family owned and run company. It is regulated by the Commission for Social Care Inspection (CSCI) and is a member of the United Kingdom Home Care Home Association (UKHCA)

Live-in care can be paid for privately by the client or can be paid for using appropriate social services payments or public funds.

-Ends-

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