



ExtraCare

Charitable Trust

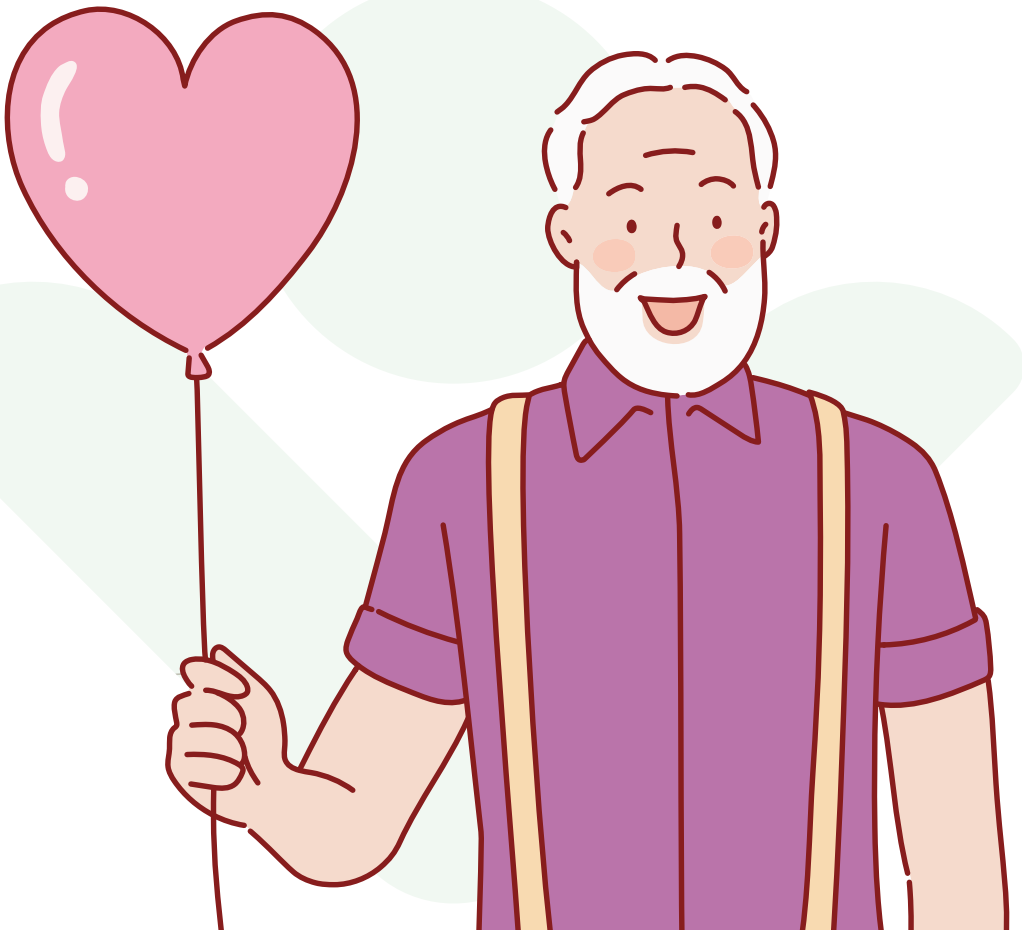
Care and support services



What care and support do we provide?

ExtraCare offers a range of care and support services, tailored to your needs at every stage of life.

- Care and support
- End of life care
- Additional services, including cleaning and shopping



Care and Support

Designed for residents who need extra help around the home.

This can start from as little as one hour per week, up to round the clock care. It can be temporary, following an illness or operation, or ongoing due to long-term health conditions. ExtraCare can support you, to maintain your independence, providing reassurance you are safe and secure:

- Showering, bathing, washing, shaving, oral hygiene and dressing
- Meal preparation and support with eating
- Toileting assistance
- Mobility support
- Administering and support to take medication
- General safety and wellbeing checks
- Waking and sleeping night support

ExtraCare staff can also assist with a broad range of health and wellbeing needs, such as Parkinson's, Alzheimer's, dementia, diabetes, falls prevention, support following bereavement, mental health awareness and many more.



End of life care

For residents who require care in their last stages of life, our highly trained staff are accredited in the Gold Standards Framework. This ensures we provide the most supportive care, enabling residents to die in the place and the manner of their choosing.

“

My dad indicated in his end of life plan that he wanted to be in his own home, this is exactly what he had which was quite an achievement. Thank you for all the care and support you gave to our family.



Additional services

ExtraCare's Additional Services are available at an added cost to all residents. Individual programmes can be tailored to your needs and can start from just 15 minutes per session.

They can be on a temporary basis, or a regular service tailored to your requirements:

- Understanding smart technology (phones, devices, assistive technology)
- Support to attend appointments
- Ordering and collecting medication
- Companionship
- Recreational support
- Washing and ironing
- Running errands
- Shopping
- Nail care
- Cleaning



You can trust ExtraCare

Regulated by the Care Quality Commission (CQC), all care and support services are led by registered managers who have been approved by the CQC to ensure the highest standards are always followed.

Relevant local authorities award contracts to ExtraCare, as recognition of our reputation and excellent service.

Regulated by



Operating for
**over
30
years**



Every week we provide
care and support to over

**1,000
residents**

across our 18 locations



Dedicated and always available

All care and support staff are employed by ExtraCare and are required to achieve a minimum level 2 qualification in health and social care, alongside our extensive internal training programme.

This means a care service is available on site 24/7 every day of the year.

Through rain or snow the commitment, compassion and dedication never wavers. The care team always go the extra mile and ExtraCare are proud of the professional, inclusive and friendly service, empowering you to live independently in the comfort of your own home.

This has led to ExtraCare being awarded a Gold accreditation in the Investors in People Award.

INVESTORS IN PEOPLE®
We invest in people Gold



How do I arrange care or understand more about it?

Please arrange a meeting with the care manager
or care supervisor at your location.

You may be eligible for funding from the local authority. For those who are not eligible, you can purchase our services on a private basis. ExtraCare's aim is to provide you with care and support when needed, based on your individual requirements.



If you would like to find out more about The ExtraCare Charitable Trust and keep up with the latest news, please get in touch.



www.extracare.org.uk



[TheExtraCareCharitableTrust](#)



[ExtraCareRetirement](#)



[ExtraCare Charitable Trust](#)