



# Plan with Care

Ensuring the best possible care and wellbeing

We provide ongoing expertise and support for older people so they can thrive and have the best possible quality of life. Everything from care at home to sourcing their favourite drink.

At Plan with Care, we work alongside the family, friends and solicitors of older people to support them in a tailored and creative way. With our help, their wellbeing is improved in addition to their care needs being met.

**We are a quality of life company and wellbeing is at the heart of what we do.** We see care as a part of, not the point of, our service. We look holistically at what brings people pleasure, their relationships, and the things that are meaningful to them. Then we provide a plan and make it happen.

**We are here for you as much as you need us, for as long as you need us.**

Everyone we support has a dedicated Care and Wellbeing Consultant who spends time getting to know them in detail. They are the main point of contact. They put together a plan and lead the team of people who deliver it.

**Old age should be a time of joy, relationships and contribution.**

**With our help, it can be.**



We want people to be getting the best care and support they can, connected to their passions and pleasures, so they can live their lives to the full.

That's why we've set up

Plan with Care – to provide the expertise and support to help people thrive.

**Chris Gage, Co-Founder**



**We ensure the right expertise is in place, provide care and support to enhance quality of life, and exceed expectations for what life can be like.**

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## We're with you all the way

Whether you're looking for support because you're in crisis, or you feel that your family member is not living as well as they could, we can help. We'll ensure they have the right care, either in a care home or at home. And we'll look at ways we can enhance their wellbeing and exceed what you thought possible in terms of quality of life.

## How we work with you

Your Care and Wellbeing Consultant takes care of things for you. They put together a plan and manage the team of people who provide support.

Each plan is unique to the individual - it depends what they need to have the best possible care and wellbeing.



## Care at home

We provide our own professional carers (we call them Care and Wellbeing Assistants) and we are CQC registered. They help with personal care, household tasks and wellbeing support, and can either live in or visit during the day.

## Wellbeing and companionship

Many of the people we support benefit from having a professional Wellbeing Companion who shares similar interests. They provide companionship and bring joy and positivity.



## We provide

- Expert emotional and practical support
- Fully managed care at home if needed – live in or day time only
- Ongoing wellbeing support, including Wellbeing Companions
- Support in a crisis
- The best possible end of life
- Liaison with medical and care professionals
- Dementia expertise and access to practical support
- Mental capacity assessments and certificates
- A dedicated Care and Wellbeing Consultant who knows the ins and outs of the situation, and is there for the long term



For the first time in a long time, I'm feeling comfortable with life, thanks to you.

**Elsie, supported at home**



## Care homes

We support people who live in care homes, as well as people who remain at home.

If someone lives in a care home we can work closely with the home so they can work towards the plan's recommendations. We can provide additional services and most importantly the reassurance that their quality of life is as good as it can be.

## Your options

### FREE initial telephone consultation



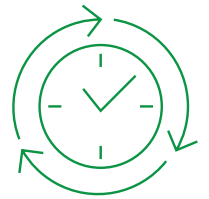
- We can discuss your situation and the support needed
- Call us on 01303 764576

### Care and wellbeing at home

- We provide and organise care and wellbeing support
- Your Consultant visits to review care and wellbeing at least every 3 months
- Keep in touch with your Consultant and Care and Wellbeing Assistants via text chat
- The initial visit (2 to 3 hours), a detailed plan to maximise wellbeing, a care assessment, and the recruitment of your Care and Wellbeing Assistant costs £895
- Wellbeing support is included (no additional monthly cost)

#### 1. Live in

- 70 hours of care from one Care and Wellbeing Assistant every week (provided by 2 Assistants on rotation)
- Estimated cost: £1350 to £1750 per week



#### 2. Day time

- Between 4 and 8 hours a day, 5 to 7 days a week
- Estimated cost: £640 to £1000 per week



### Wellbeing support (£100 per month)

- You have a dedicated Care and Wellbeing Consultant
- They call every month, and visit every 6 months
- They also update your Wellbeing plan every 6 months
- Your Consultant, and their team, are available at any time
- The initial visit (2 to 3 hours) and detailed plan to maximise wellbeing costs £600

#### Wellbeing Companion

- Usually visits twice a week for 2 hours
- Estimated cost: £40 to £80 per week

#### Pay as you go

- Just pay £120 per hour for support from us when needed
- This includes support in a crisis

**You can contact us outside normal working hours. We're available 8am until 8pm, and at weekends by appointment. All costs include VAT.**



I was desperate about my mother who had just been moved to a new care home and was extremely unsettled and unhappy and complaining about everything. I can only say that Plan with Care provided the most incredible support: a strong shoulder to lean on; sympathy and empathy; practical and sound advice; a thorough knowledge and experience of the whole care home world as well as other forms of care; efficient and clear working processes; and good value fees. We could not have got through the last nine months without them and they have now set us up so that our mother is in a manageable situation as well as being a happier person.

**Vicky Jardine Paterson, Daughter**



Too often, family members are left scrambling through the maze of health and social care. I'm there to help ease that stress, with practical and emotional support as and when needed. Family members can then relax back into their role of "daughter", "husband" and so on, knowing that their dedicated consultant is there coordinating, implementing and managing all the interventions that we've chosen together, including the best quality care at home if that is what's needed, to make things as stimulating, comfortable and joyful as can be.

**Alise Kirtley, Lead Care & Wellbeing Consultant**

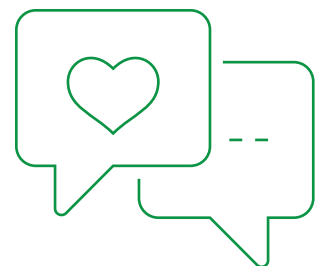


## Want a free, no obligation chat?

We offer a complimentary initial chat so you can find out more about how we could help support you and your family member.

- Call us for a FREE consultation on **01303 764576**
- Email **[info@planwithcare.co.uk](mailto:info@planwithcare.co.uk)**
- Visit **[www.planwithcare.co.uk](http://www.planwithcare.co.uk)** for more information

We are CQC registered and we operate in the South East of England (Kent, Sussex, Greater London and parts of Surrey).



Regulated by

