

Understanding the different types of elder care available

At Bright Care, we know that getting elderly in home care in place and understanding your options can sometimes feel overwhelming. We want to make looking after your elderly parents a straightforward process and give you peace of mind. We believe staying in your own home throughout your later years is the best option and a perfect alternative to the limitations of care homes.

Care homes

There are two generic types of care homes, residential and nursing, your choice will be dictated by your geographical area and the level of care your loved one requires, depending on their physical and mental health needs.

A care home typically provides accommodation within a single personal bedroom, shared communal areas and some have outside areas for residents. There are care workers on-hand day and night to support resident's needs. Mealtimes are usually at set times and in communal areas. Some care homes offer day trips and outings and have onsite activities for residents.





Elderly care services at home

With in home care, life does not have to change to the same extent as it would living in a care home. With assistance from a Carer, your loved one can continue doing the things they enjoy in a familiar environment.

Remaining in their own home has many advantages, including maintaining dignity, control and independence. Your loved one can make their own decisions about when to get up, mealtimes and receiving visitors. Staying close to existing networks of friends and neighbours means they can continue to enjoy the company and support of their community. Carers can help with trips out, appointments and enable loved ones to continue with interests and hobbies.

At Bright Care, we offer **Hourly Daytime Care**, **Overnight Care** and **Live-In Care** tailored to the needs of each client. As experts in elderly care, we are committed to giving you the support and advice to make a well informed choice and are happy to talk to you about how we can best support your loved one.

For help or impartial advice, please call us on 0330 024 1327.