



Your trusted team for quality home support

Flexible Reliable Caring Positive  
Professional Trusted Personal Honest  
Quality Trained Listening Support

## Personal Care

For older people, performing those everyday tasks we all take for granted can become more difficult and this applies equally to activities surrounding personal care. Bathing, washing or dressing are beyond many older people, and this can be a very sensitive issue for those whose wish is to be as independent as possible and to remain living at home.

Our support workers are aware of the sensitivities and are fully trained to ensure our clients' dignity is maintained at all times, helping them to carry out personal care and hygiene tasks while at the same time maintaining as much independence as possible.

One client we support in this area is Mavis, who we visit three times a day. Several years ago, Mavis had a brain tumour and surgery has left her with a weakness down one side of her body. Her husband, until recently a great support, now has his own health problems and so DoCare has taken over some of the care tasks that he previously carried out for Mavis.

During our morning visits, we help Mavis out of bed and to the bathroom, where we support her with her personal care and help her to prepare for the day ahead. All the time we chat to Mavis, about how she is and what's been happening, putting her at ease.

It is very important to Mavis that she picks her own clothes, she takes great pride in her appearance and we help her to dress, ready for the day ahead, something she values a great deal. Whilst doing this we have fantastic chats about fashion through the years, often laughing about outfits from the past. We then help Mavis to get her breakfast and have her medication before we assist her to settle down for her day with her husband. We return at lunchtime to prepare and serve lunch to Mavis; these visits ensure she is able to enjoy a hot, nutritious meal which is important to her wellbeing. When we return for our final visit in the evening we hear all about Mavis's day whilst we help her wash and to go to the bathroom, before assisting her into her nightclothes, and into bed.

Mavis said: "I look forward to my visits from DoCare, all the staff are lovely and so helpful. If they weren't around to help me get up, I'd be stuck in bed all day."

### DoCare Ltd

Griffin Mill, London Road, Thrupp, Stroud, Gloucestershire GL5 2AZ  
Tel: 0333 700 0333 Email: [info@docare.co.uk](mailto:info@docare.co.uk) [www.docare.co.uk](http://www.docare.co.uk)

0333 700 0333 [www.docare.co.uk](http://www.docare.co.uk)