

DAY & NIGHT SOLUTIONS



24 HR CARE  
TAKING CARE OF YOUR NEEDS



# ABOUT US

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We are Day & Night Solutions, and our mission is to provide 24-hour support and care. We are more than an in-home care organisation; we are a second family when your family is unable to be present.

We provide exceptional support for you, your loved one, and your entire family, from our first free in-home assessment through compassionate, caring in-home care services.

We collaborate with you to develop a personalised care plan that meets the needs of your family, taking time to understand your specific circumstances through a step by step process to provide the greatest quality of life for your loved one and peace of mind for you. To guarantee the best possible care, an experienced member of staff is involved in this process.

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# Person centred care

We believe that every situation is unique and that no single method works for everyone. Our care strategy combines services and safety solutions to ensure that you can safely remain at home.

We value the individual as an expert in their own experience at Day and Night Solutions.

Individuals and, where appropriate, their families become active participants in the design of their care and support, ensuring that it meets their needs, objectives, and outcomes.

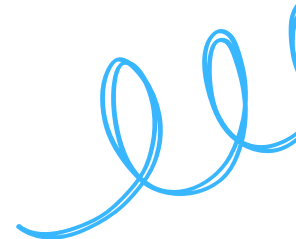
This is accomplished by doing the following:

- Consultation on Client Care
- Individualised Care Plan
- Carer Personality and Skills Matching



# Our services

## Live-in care



Live-in care allows you to remain in your home while getting care from your live-in carer around the clock. Day and Night Solutions will send a trained and vetted carer to live with you.

You will have to provide the carer with their own room. It is not typically assumed that your live-in carer will stay awake all night. If you require assistance with one or two trips to the restroom, your carer will awaken to assist you.

On our initial assessment, we will get to know you and understand your care needs in order to choose the best carer for you. We encourage you to describe the attributes you'd expect from a carer, and we will do our best to match you with a carer with such attributes. This is done to promote a mutual relationship between you and the carer.



### How we can help you?

Your live-in carer might assist you with:

- Medication collection
- Managing Your Money
- Travelling
- Collaboration with healthcare professionals
- Socialising
- Pursuing interests and hobbies
- Shopping
- Days out

# Domiciliary care

Our domiciliary care services include a range of services for you or a loved one in the comfort of your own home.

Dom care is provided to individuals who require additional assistance with housekeeping, personal care, or any other activity that allows them to maintain their quality of life and independence.

Our ongoing support is tailored to your particular needs and routines. Our care plans are completely individualised, commencing with 30 minutes of one-on-one assistance per week and progressing to multiple visits per day or overnight support.

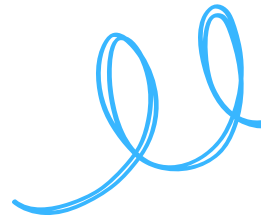
Why our domiciliary care?

Our domiciliary care services enable you or a loved one to continue living at home, where you feel most comfortable. You may need assistance with certain aspects of your daily routine while remaining in the same place. This is where we can assist you with matters such as:

- Contenance care and personal hygiene
- Administration of medication
- Home and community mobilisation
- Domestic duties and food preparation
- Clinical care, including catheter and stoma treatment in addition to PEG nutrition
- On a daily or weekly basis, companionship from a familiar face provides comfort and a sense of safety.
- Emotional support, encouragement, and reassurance.



# Respite care



Our respite care enable primary family carers to take time away from their caregiving tasks. This helps them avoid carer burnout and continue to provide quality care to their loved ones.

## Why our respite care?

Providing care for a loved one can be rewarding. However, having to do the majority of the care on your own can be physically and mentally tiresome. This is a term normally referred to as carer burnout.

Our respite care can minimise the risk of burnout and make the task of caring for a loved one more bearable. We offer you the time to relax, recharge, and focus on yourself. This is a much-needed routine that will help you be a better carer for your loved one.

## Whats included in our respite care services?

Our respite care might include a variety of caring services.

We provide a variety of specialised services, including Alzheimer's and dementia care, in addition to basic services such as companion care and personal care. If your loved one requires specialised care, trained carers with experience in these areas can arrange respite visits.

Among the most common tasks performed by our respite carers are:

Light housekeeping

Laundry

Meal planning

Reminders to take medications

Assistance with daily life tasks (such as dressing, grooming, and bathing)



# Palliative care

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Day & Night Solutions offers care and support for you or a loved one who has a terminal illness.

Even though death is part of life, that does not make it easier. The vast majority of people prefer to spend their final days at home with their loved ones and most treasured memories.

Our carers will ensure that your loved one is as comfortable as possible. We will also be there for you and your family, lending a helping hand whenever you need it.

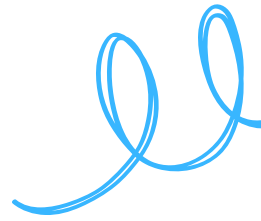
Our palliative care services offer care to alleviate pain and other symptoms when one is diagnosed with a terminal illness. This can be difficult for family carers to do, as it requires a lot of physical and emotional strength to handle the obligations. Day and Night Solutions, we are here to help.

Our compassionate carers provide you, your family, and your loved ones with the care you require throughout the latter phases of life. All carers go through a palliative care programme that empowers them with the knowledge they need to care for and support you and your loved ones



# Night care

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Care does not cease at the end of the workday. The majority of people would still need care and support after hours. This support may include assistance with toileting, medication administration, and bed mobility to keep you safe and comfortable throughout the night.

Our night care services provide peace of mind because assistance is just a phone call away. Night care can also be a form of respite for family carers who are engaged during the day but need rest to continue caring for their loved one the next day.

Night care can be provided in the following ways, depending on the care requirements and personal preferences of the individual:

**Sleeping-night care** is when a professional carer remains with you in your home and is available to assist you up to twice during the night, providing you with comfort and the assurance that someone is there if you need them. The same carer can assist you during the day with your daytime care needs.

**Waking-night care** is when a professional carer provides overnight care but remains awake throughout the night to monitor your well-being and respond appropriately to any changes in your health while also providing you with all the assistance you require.





# Complex care



We assist individuals with long-term health conditions who require care and support to manage their conditions and daily tasks in order to live independently in the comfort of their own homes.

Our complex care is nurse-led and tailored to the needs of each client. We employ carers who have obtained professional training to care for a wide range of conditions. PEG feeding, tracheostomy care, and stoma care are all part of the day and night complex care.

## How we deliver complex care

### **IN-HOME CARE**

This is complex, 24-hour care delivered in the privacy and comfort of your own home. A live-in carer supervised by a nurse will be with you 24 hours a day, seven days a week, learning all they can about you and your routines in order to offer personalised care.

### **VISITING CARE**

You may choose when and where you require our support with our complex visiting care. Complex carers may visit your house twice a week or for many hours each day to provide you with the help and advanced care you require. All routines are totally tailored to your or your loved ones' requirements.

### **RESPITE CARE**

Our complex respite care is offered to provide the primary carer with a break from caregiving duties. While you're gone, we'll make sure you have a carer who can provide the same level of advanced care that your loved one demands. Whether it's catheter care or tube feeding, we've got you covered.

# GET IN TOUCH



[contact@dnsolutions.care](mailto:contact@dnsolutions.care)



07877 381 229



101 Lockhurst Lane, Coventry, West  
Midlands, England, CV6 5SF



[www.dnsolutions.care](http://www.dnsolutions.care)