



# Befriending by *My Homecare*

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[www.myhomecare.co.uk](http://www.myhomecare.co.uk)







## **What do My Homecare provide for our service users**

My Homecare supports adults with learning disabilities and autism.

Everyone is different therefore our approach centres on the person themselves, to support them in realising their dreams and ambitions. Our service is individual and personal to you and your needs.

We are available 365 days a year, up to 24 hours a day.

We provide care when you most need it and for the length of visit you need.

My Homecare believes that, with the right kind of support, our service users can experience a positive and rewarding life.

Whilst some people need support with most or all everyday tasks throughout their lives, many people with learning disabilities are able to live quite independently with minimal support using an enabling or coaching approach.

My Homecare believe that positive change can occur through a person centred relationship built with the service user and their befriender.

Before the start of your service our manager will discuss your requirements with you and together, we will devise your person centred plan. When you arrange to meet our manager they will answer all your questions and help with any concerns you may have.



## Our Team, Befrienders and Experience

Our carers have experience in working with adults with learning disabilities and are trained to a high standard in all aspects of care.

My Homecare provide workshops and training courses for our befrienders in order to increase their understanding and awareness of learning disabilities and the impact they have on an individuals daily life.

As a minimum our befrienders and support team are trained in Health and Safety, Basic Food Hygiene, First Aid, Moving and Handling and Safeguarding.

Our befrienders are chosen following a rigorous recruitment process. All our befrienders have their work references and history fully checked and are fully insured to be working in your home. Trained to a high standard, your carer will be consistent and will soon get used to your likes and dislikes.

# Why Choose Our Befriending Service

A befriender can boost someone's self-esteem to the extent that they can often go on to be much more involved in the local community thus increasing their opportunities to form other friendships

We can help our clients to develop their self-esteem, communication skills and social networks.



Since I've had my befriender I have been able to go to Computer classes and the job centre. I now have a job as a Volunteer at a garden centre.

## Successful befriending relationships could improve:

- Social networking
- Confidence
- Engagement with the local community

It has been proven that a person centred relationship can promote personal growth and empower an individual to make positive changes in their lives.

People who use our service feel a positive difference to their levels of self-esteem and confidence, alongside a reduction in social isolation

Our clients feel that their relationships with our bendifenders have helped them believe that other people are interested in what they have to say and has improved their skills in building relationships.

# Cost of Service

We know that value for money and transparent pricing are very important to our customers.

We offer a competitive, professional and affordable service. Your care package can be adjusted in accordance with any change in your needs.

Our manager will assess your individual wishes and will be able to give you the complete breakdown of the cost of your service.

There are a number of ways you can pay for your service. We will be happy to discuss this with you further.

# You're in control at all times

If you are not completely satisfied with our service we encourage you to inform us through our quality assurance programme.

If you want to stop our service you can do so at any time. All we ask is that you give us four weeks' notice.

We don't charge you anything for ending a contract with My Homecare.



# The Next Step

Ready for a person centred plan to suit you?  
Want to access facilities in the community?

- Go swimming
- Visit the cinema
- Go shopping
- Sign up to courses
- Go for meals
- Discos
- Pub

**Phone us and have a  
chat about what sort  
of support  
you might need on  
03300 415 485**



## Contact Details

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