



Befriending
My Homecare
There's no place like home



My Homecare Supports Adults with Learning Disabilities, Autism and Loneliness

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 believe 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 with you your requirements and together, we can devise your person centred plan.

When you arrange to meet our manager she can answer all of your questions and help with any concerns you may have. My Homecare Supports Adults with Learning Disabilities and Autism.



Our Team, Befrienders and Experience

Our manager has a background in working with adults with learning disabilities for over 10 years and is trained to a high standard in all aspects of care.

My Homecare have developed a generic training programme suitable to provide foundation to our befrienders who may befriend across diverse client groups.

My Homecare provide workshops and training courses for our befrienders and in doing so increase the delegates' understanding and awareness of learning disabilities and the impact this diagnosis could have on an individual.

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 of our befrienders and staff members references and history are checked, they are also fully insured to be working in your home and trained to a high standard.

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 local opportunities, thus increasing their opportunities from other friendships.

Successful Befriending

relationships could improve the following areas:

- Social Isolation
- Confidence
- The development and improvement of social skills



I think that the service is definitely worth it, I always feel respected and that I am worth something and I have a say in my care as well.

Many of our service users felt isolated and/or lonely, engaged less with their local community and had less opportunity 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

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 to any social isolation they feel.

Service users have stated that this relationship helped them believe that other people are interested in what they have to say and improved their skills in building relationships.



Cost of Service

We offer a competitive, professional and affordable service, of which a member of our team can tailor your service to suit your budget.

There are a number of ways you can pay for your service, a member of our team will be happy to discuss this with you.

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

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

What's Next?

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 to the Pub



Go to Discos



Go for Meals



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