



MyLife
MyCare



**Empowering your
Choice in Care - with
introductions to carers
you can trust!**

Care support in the comfort of your home



Welcome

At MyLife MyCare, we believe finding the right support should feel simple, personal and full of kindness.

We're here to help you stay in control, offering a flexible way to connect you directly with trusted carers through our easy to use platform. Whether you need a little extra help now and then or you're the start of something more regular, we're here to make the journey feel reassuring and positive.

For us, meaningful care always begins with a personal connection. Everyone deserves the freedom to choose who supports them, how and when. That's why we don't assign carers. We introduce you to them, so real relationships can grow. We don't set schedules. You do, in a way that works for your life and your needs.

From the very first step we're here to help you stay in control, with care shaped around what truly matters to you.

Why people choose care at home?



Living in a familiar environment



Continuity of care



Retaining control, maintain routines and independence



Keep your pets close



One-on-one care and attention



Housework , laundry and meal support



Extremely cost-effective



Maintain choice



Stay connected with friends and family



Remain with your spouse or partner



Flexible scheduling



Tailored support

MyLife MyCare began with a simple belief: getting help at home should feel easy, personal and empowering.

Unlike a care home, live-in care helps people stay happier, healthier and more independent in the comfort of their own home. We saw that many older adults don't need full-time managed care; they just want a little support, on their terms.

We believe aging is about choice, not losing control. With live-in care, your loved one can enjoy their home, garden, pets and daily routines with a carer who fits into their life.

We're here to help you get started!

How does it work?



one

Understanding your care needs

We start by speaking with you, or your family to get to know your care needs and preferences so we can begin the search for your new carer!

Matching process

Once we have suitable matches, we send you some carer profiles to view. Then you decide on who you would like to meet via an introductory call.

two

three

Hired!

Once you're happy with your match, we share your new carer details so you can directly communicate and start arranging care!

Care begins

We agree on a start date and your new carer will arrive! Even after you're matched with a carer, you'll still have full access to our platform to arrange cover or extra support anytime.

four

Whether you're arranging support for yourself or a loved one, we connect you with trusted, experienced carers who match your needs and preferences.

What to expect from a Live-in carer



A live-in carer from **MyLife MyCare** offers round the clock support in the comfort of your own home, helping you or your loved one stay independent, safe and treated with dignity.

Because our carers are self-employed, they work directly with you to provide care that fits your needs and lifestyle.

Here's how a live-in carer can help:

Personal care - help with washing, dressing, grooming or using the bathroom

Mobility - support to help you move safely at home or out and about

Household tasks - cooking, cleaning, laundry and shopping

Night-time - reassurance with someone nearby for peace of mind

Companionship - someone to chat with, share meals, enjoy hobbies or go on outings

Travel support - as some carers are happy to join you on holidays or family visits

Medication support - gentle reminders with daily medication

With MyLife MyCare, you stay in control. You and your carer work together to find what feels best, whether it's daily routines, meals, or planning some well-deserved time off.

Our live-in Carers



Carers work hard to help you stay happy at home, and they deserve to be fairly paid. All of our carers share our passion for delivering outstanding, person-centred care to those who need a little extra support. Here is what is required for self-employed carers join the MyLife MyCare network.



Hold an enhanced DBS



ID will be verified



Two UK references obtained and verified



Recruitment video call



Hold public liability insurance

Only once we are satisfied that they have met our criteria, will they be registered with us.

Considerations for live-in carers



Carers space: A private bedroom to call their own. Somewhere to keep their belongings, sit and rest, and have access to a bathroom.



Carers breaks: This is decided between yourself and the carer. If they are working long hours we suggest a 2-3 hour break daily.



Insurance: Inform your home insurance provider you have a live-in carer living with you & notify your car insurer if your carer will be using your vehicle.



Make a list of **emergency contacts**.



Available **WiFi**.

"At the heart of MyLife MyCare is a belief in **dignity, choice, trust, and connection**. That's how care should feel, and that's the kind of experience we're here to deliver"



Who we support

We provide care for all conditions and situations including:



Alzheimer's



Dementia



Stroke



Parkinson's disease



Brain injury



Palliative care



Companionship



Medication management



Cancer care



End of life care



Hospital discharge



Respite care



Waking night care

Different types of care



Introductory Care

We **connect** you with trusted carers who support you your way, helping you or your loved one **stay safe, comfortable, and independent at home.**

We **match** you with carers based on what you need and prefer.

All our carers are fully checked, insured, and experienced.

You're in control - choose your schedule, carer, and care plan.

Managed care means carers are employed by the provider and everything is arranged for you. If we believe managed care is right for you, we will discuss this with you. Whilst managed care is right for some people our approach gives you **more choice, control, and value.** You pick the carer who feels right, build a direct relationship, and agree on hours, duties, and pay. This way, care fits your life, not the other way around.

We carefully match you with experienced carers who share our values of respect, warmth, and dignity. While carers work independently, we're always here behind the scenes to support and make sure everything runs smoothly.

With MyLife MyCare, you get personal one-to-one care, the freedom to tailor it to your needs, and ongoing support from a team you can trust.

Managed Live-in care



A carer lives with you in your home, providing support throughout the day and being nearby overnight. Carers typically work in shifts (e.g., two weeks on, two weeks off), giving you continuity and peace of mind.



Care is managed directly by the company - this means the company is responsible for following its own policies and procedures in delivering care.



Carers are directly employed - the company hires its own carers, managing their pay, benefits, holidays, and pensions.



Regulated by the Care Quality Commission - all services are monitored and inspected to ensure high standards of care.

Hourly Care

Support for a few hours a day, a few times a week — tailored to your routine, this could be 30 minutes or 1 - 2 hour visits. Typical duties include:



Personal care



Meal preparation



Medication reminders



Shopping and errands



Light cleaning

Respite Care

Temporary care that gives family carers a break or covers short-term needs (e.g., post-hospital discharge, holidays, or recovery). Usually available for a few days or a few weeks.



Offered as live-in or hourly care



Tailored to keep your routine consistent

If you're looking for a managed care service, just have a chat with our team. As part of the Senior Home Care Group, we can offer this through our wider support network

Where do we work?



At MyLife MyCare, the carers we introduce are self-employed. This means they have the freedom to work across the UK.

So whether you need support at home or a trusted companion for your holidays, we're here to help you find the perfect match.

Our network includes carers who love the peace of rural villages and others who enjoy the lively buzz of towns and cities. When carers join us, we take time to get to know them, including where they prefer to work. This helps us make thoughtful introductions that fit your lifestyle and location perfectly.



Our mission & values



Our Mission

Our goal is to offer a simple and flexible way for individuals to find the right support when they need it, in a way that fits their lifestyle. MyLife MyCare connects you directly with trusted carers through a digital-first platform that puts you in control. We don't replace traditional care - we expand your choices and act as your personal care matchmaker.

Our values



CHOICE



Everyone deserves the freedom to choose who supports them, how, and when. We don't assign carers - we introduce them. Our platform is built to give you control not only over your care tasks but also over the pace and style of your care.



CONNECTION



Real support comes from real relationships. Our job is to connect people, not manage them. Behind every request for help is a person, and behind every carer is a story. We bring those stories together with care and kindness.



DIGNITY



We serve people, not patients. That means we always remember that independence is key to well-being. You shouldn't have to struggle to find the support you deserve.



TRUST



Trust isn't something we take for granted - it's something we build together. We help you feel confident in your choices by sharing who carers really are and keeping every profile and conversation honest and clear.

FAQ'S



Here are some frequently asked questions.



Are your carers DBS checked? Yes, all our carers are required to have a current DBS on the Update Service, valid insurance, and two UK references.



Do you offer live-in care? Yes, we match clients with full-time live-in carers for 24-hour support at home.



What if I want to change my carer? Once you are subscribed you have full access to our carer platform to manage your ongoing carer and any carer changeover requirement.



How much does a carer cost? Carers set their own rates, to meet minimum wage, this starts from £100 per day, and can differ on the level of experience the carer has.



What does my payment cover? Your monthly subscription covers everything from admin, access to template contracts, matching you with a carer and replacement carers if required.



What happened when I need another carer? You will not be without a carer, you'll still have full access to our platform to arrange cover or extra support anytime.



Do I provide food for a live-in carer? Yes, meals need to be provided for a live-in carer or a weekly food allowance should be paid to the carer. This can be managed between you and your carer. (We would recommend £40 for weekly food allowances).



Do Bank Holiday rates differ? This will be something you and your carer can agree on. It is a common practice across the care industry that the rate is doubled on Bank Holidays.



Are there extra fees for live-in carers who drives? Having a carer who drives and has their own car is your choice. We will provide these details on the carer profiles we share with you. (We would recommend reimbursing them at 45p per mile).



What will my carer need from me? They should have their own bedroom, access to a clean toilet, somewhere they can keep their belongings and access to WiFi.



Which areas do you cover live-in care? We provide live-in care nationwide.



What if my care need change? We are here to help you.

For more answers to your questions please contact us on
020 4578 5569

Our team is available to help

info@mylifemycare.co.uk

020 4578 5569



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