

Bluebird Times



January 2024

Happy New Year...

The whole team at Bluebird Care would like to wish our customers and their families a happy and healthy new year. We hope you all had a lovely Christmas. Many thanks for all the lovely cards and gifts we received.

Live-In Care

Our Live-in Care services are going from strength to strength, more and more people are choosing Live-in Care as an alternative to residential care, allowing them to remain in their own homes with a care assistant on hand for 24/7 support. At Bluebird Care we are proud to offer our customers this choice at an affordable cost. If you feel you or your loved one may benefit from receiving Live-in Care, contact our office team for more information. We have a dedicated Live-in Care team that will be happy to discuss this with you and answer any questions you may have. Advantages of Live-In Care include:

Independence

Giving a person the option to stay at home to receive their care grants them a considerable amount of independence that you cannot find in a care home. Family pets can remain, friends and family can visit at all times without restricted hours.

Companionship

One of the main benefits of live-in care at home is having a carer live-in your house full time, creating a natural bond and sense of trust with each other. This can create wonderful friendships and help prevent loneliness which can often be a problem for elderly people living alone.

Couples can remain living together

If you or your partner need full-time care, being separated and living away from each other can be highly stressful and upsetting. By having a live-in carer, you can stay together all of the time, in the comfort of your family home.

Minimal disruption of lifestyle

If you have a routine that you like to stick to, having live-in care is the perfect solution for maintaining your lifestyle whilst having any necessary support you might need. The main aim of live-in care is to provide a stress-free environment that allows you to have minimal disturbance to your lifestyle.

Peace of mind

If your loved one cannot take care of themselves, it is easy to worry about their wellbeing and constantly worry about their health. With live-in care, you can rest easy knowing that fully trained support is available around the clock, whatever the time of day.



Falls Prevention...

Falls around the home are common in older people. In fact, around 1 in 3 adults over 65 and 50% of those over 80 will suffer at least 1 fall a year. Most falls do not result in serious injury. But there's always a risk that a fall could lead to broken bones, and it can cause the person to lose confidence, become withdrawn, and feel as if they have lost their independence. It's important to do all we can to help prevent people from falling.

Here are some tips and things to consider, to help prevent falls from occurring:

Medication

Some common medicines can make you feel faint or dizzy, it's important to let your GP know if you are experiencing any of these side effects. Your GP can carry out a medication review and may prescribe an alternative medicine.

Eyesight and hearing

Having your eyesight and hearing checked yearly is important, vision and hearing play a vital role in balance and movement. If you are overdue a sight or hearing test and would like help in arranging or attending an appointment, please contact our office team and we will happily support with this.

Stay hydrated

Dehydration (not drinking enough) can make you feel tired, dizzy, and more unsteady on your feet, which could cause a trip or fall.

Eating a healthy balanced diet

A healthy balanced diet will help to keep your bones healthy. Calcium and Vitamin D are important for strong bones. Your Care Assistant can support with preparing and cooking healthy meals.

Keep active

Regular physical activity helps to strengthen muscles and improves balance and co-ordination. If you're able to take a short walk daily or do some chair exercises if you are less mobile, this will help to keep your muscles working.

Lighting

Ensure your home is well lit, especially on the stairs. Keep the landing light on or use a motion-sensor night-light, to light the path to your bathroom.

Look after your feet

Foot problems (like foot pain) can affect balance, so talk to a GP or podiatrist about any foot issues. Ensure shoes and slippers fit well. Cut toenails regularly to keep feet feeling comfortable. Although your Care Assistant can't cut your toenails (as this requires specialist training) they can still support you with foot care, ensuring your feet are clean and well cared for. Your Care Assistant or the office team can help you in arranging and attending podiatrist and GP appointments.



Equipment

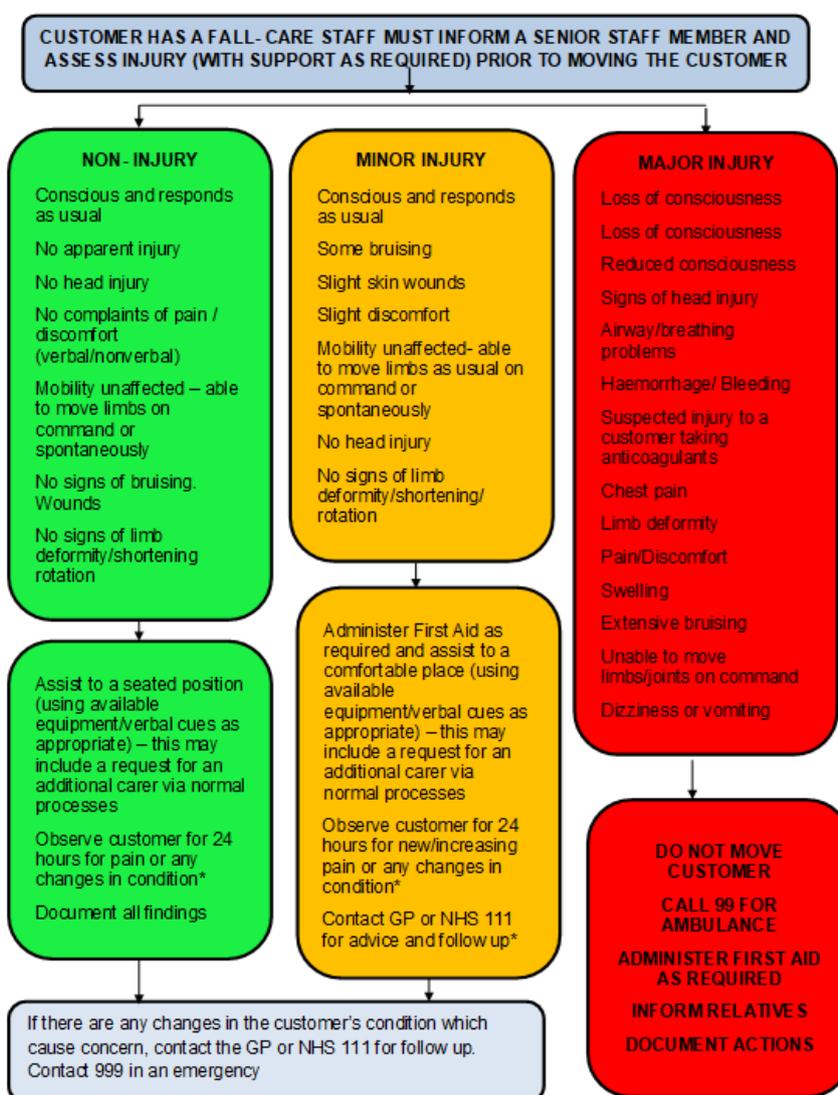
There is lots of equipment available which can be used around the home to help prevent falls, such as grabrails, perching stools, commodes, and walking frames. If you think you could benefit from some equipment talk to your Care Assistant or the office team and we can support in making the relevant referrals.

Personal alarms

Having a personal alarm can help you to summon help should you become unwell or suffer a fall. Personal alarms can be worn around the neck or the wrist. Some personal alarms can be connected to a telecare system, pressing the alarm will automatically connect you to a 24/7 call centre that will arrange help for you. For more information speak to your Care Assistant or call our office team.

Suffering a fall

If you suffer a fall whilst your Care Assistant is present or they arrive to find you on the floor, the below flow chart is used as a guide to determine appropriate action.



Puzzle Corner

9			1	5	4			
8		3						
4						9		
		1			2		7	
		8	3		5	4		
	7		8			5		
		9						2
					3			7
			2	9	1			5

Employee of the Month

Employee of the Month for December has been awarded to **Sharron Giblin**. Sharron has been with us at Bluebird Care for just over a year now, she always has a friendly smile waiting for her customers.

A big well done from all the team!



Top Tips – Tried & Tested

Bicarbonate soda can be used as a cleaning product and is great for neutralising odours. Simply sprinkle the affected area with the bicarb, leave for up to 24 hours then Hoover the dried powder up and clean as normal.



Suffering from a cough, that's keeping you awake all night? Try applying Vicks Vapour Rub to the soles of your feet before bed, this helps to stop nighttime coughing.



Useful Contacts

Bluebird Care Office

01283 487373

Bluebird Care Emergency On-Call

07377 522244 (out of office office)

Staffordshire County Council Adult Social Care Team

0300 111 8010

Derbyshire County Council Adult Care Services

01629 533190

East Staffordshire Adult Care Team

0300 303 0693



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