## Why Home Care?

We all want to be surrounded by the things we love. Our friends. Our families. Our pets. Our garden.

Care that brings joy

Home Care makes this possible. It means your loved one can get the support they need, in the place they love. A place that's safe and familiar, and that's actually proven to help people feel physically and psychologically stronger for longer.

At Bluebird Care, we know that staying healthy is key to keeping independent at home. We also understand how crucial early detection is for overall wellbeing. That's why we offer personalised health and wellbeing checks, designed to bring peace of mind to both you and your loved ones.

If you would like us to help your loved one live a healthier, more fulfilling life at home please call us on

01823 331194

Or email us at

taunton@ bluebirdcare.co.uk



**bluebird** care<sup>®</sup>

Health & wellbeing checks

Taunton & Mid Devon

Sedgemoor & West Somerset



bluebirdcare.co.uk/taunton





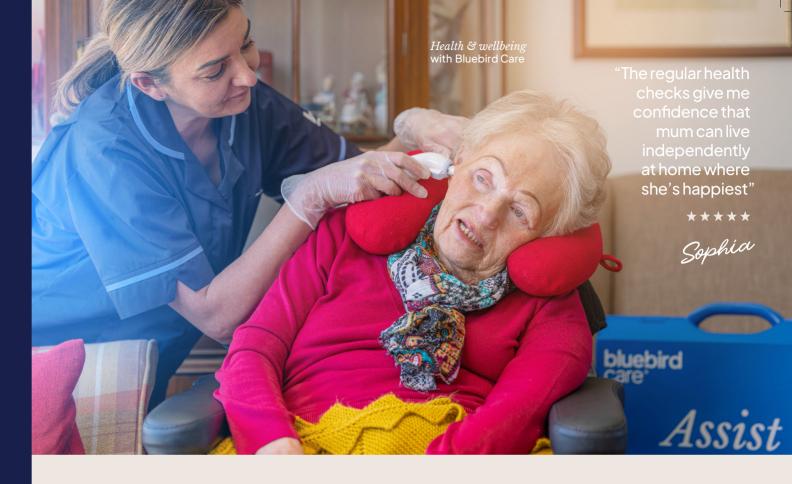
## Health & wellbeing

Our professionally trained carers can provide health and wellbeing checks, ensuring your loved one has everything they need to stay well, while keeping you informed of any important changes.

Whether you live nearby or far away, our health and wellbeing checks provide reassurance that your loved one's health is being professionally monitored, reducing the need for unnecessary GP visits and providing peace of mind for all.



We want your loved one to feel as comfortable as possible. So as their needs evolve, our services do too.



## What is a wellbeing check?

When our Care Experts make their usual visit, they'll bring along a wellbeing kit to check that your loved one's vital signs are stable. We use a nationally recognised and NHS used scoring system, giving confidence in our findings to your local healthcare professionals.

Health and wellbeing checks are usually carried out at assessments and care reviews, and if needs require, we will recommend a more regular frequency of these checks.

## Our health and wellbeing checks include:

- > Blood pressure and pulse
- > Temperature
- > Breathing and oxygen levels
- > Alertness
- > General wellbeing