



Loneliness and Companionship

In Newcastle, South Tyneside, Darlington and York



Proud to be an outstanding
care provider in Newcastle and South
Tyneside



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Introduction to Companionship Care



Companionship Care in is a form of Home Care which offers a care assistant to become a trusted companion who can keep you or your loved one socially engaged in their own home, as well as in the community by accompanying on days out or visits to social events.

At Bluebird Care our companionship carers provide the companionship care needed for you or a loved one, they become a trusted companion who can keep you or your loved one from suffering the effects of loneliness.

If you are suffering with loneliness, companionship care may be the support you need to help you through. Loneliness is hard and you shouldn't suffer alone, within this booklet you will learn about the benefits of companionship care and how it will tackle your loneliness.

What is Loneliness

Loneliness is a vicious circle and over time it can lead to becoming disconnected from society and the community. Once someone starts to feel lonely it can be incredibly difficult to make the necessary changes to prevent how they feel. This is why it is so important to intervene before loneliness kicks in.

Loneliness is the feeling we have when our need for social contact and maintaining relationships isn't met. It can affect you in many ways, but distancing yourself from anyone and anything is typically how it is. At the time you may be content with being isolated, but as time goes on you will be slowly affected negatively, which you will see on the next page. The main cause usually is social isolation, this can be living alone, moving to a new place, lack of close relationships like family or friends or a decline in social activities. It is extremely overlooked and can be a burden to many lives.

There is no immediate cure for loneliness, but there are ways that you can cure it yourself. It may be hard at first, this can be practicing self-care, eating healthy food, exercising, joining a group or social club to boost interactivity and a proper sleep schedule. However, Bluebird Care offer companionship care, which will be a first step to curing loneliness, our carers will go above and beyond to getting your life back to normal.



Types of Loneliness

Emotional loneliness –

'the absence of meaningful relationships'



Social loneliness –

a 'perceived deficit in the quality of social connections'



Existential loneliness –

a 'feeling of fundamental separateness from others and the wider world'



Effects of Loneliness

There are many effects of loneliness and day by day it can deteriorate your mental and physical health. Its important to be aware of the effects of loneliness so you can identify if your loved ones are showing signs, or if you are yourself.



Poor sleep



More likely to smoke



Poor heart health



More likely to be depressed



Your memory and focus feel dim



Less likely to exercise



Facts and Statistics

**1 in 3
older
people are
lonely**

Being lonely means that you are **29%** more likely to have a heart attack

Myth Busters

- Being alone and feeling lonely are the same thing
- Loneliness is just sadness
- Loneliness is something you learn to live with
- The reason your lonely is because you dont exercise

Loneliness can increase the risk of early mortality by

26%

“Loneliness reduces quality of life”



Benefits of Companionship Care

Bluebird Care
Newcastle and
South Tyneside
can also help our
customers

**re-engage with
their community**
and encourage
them to go out
and about.

General companionship and
conversation



Cooking and sharing meals



Joining in with your favourite
hobbies



Driving you where you would
like to go



Help with your weekly shopping



The kind of support you need

It is not always about the complex care or the personal care of an individual, it can simply be about having a companion, a friend or someone to talk to.

Bluebird Care carers can assist with hobbies and interests, attending events and shows, concierge services and running errands or just popping round for a cup of tea and a good chat.

Companionship care is not just for the elderly, it is for anyone who may be struggling with loneliness, need a companion or just needs extra help bring back quality of life. At Bluebird Care we make sure that your loved ones are left feeling comfortable and motivated, this doesn't mean basic services, this means providing person centred care and listening to their needs.

Its your care and you can have it your way.

Our companionship care packages are completely tailored around the individual, we never offer a one size fits all model.



What we can offer



It can be the little things which go a long way in making a **substantial difference** to **mental health** and **wellbeing**

Companionship care is a necessary step to prevent those who don't have others from becoming lonely or for those who have regrettably reached the loneliness stage and want to reverse the effects. Our companionship carers visit our customers home as often or as little as wanted and carry out a wide range of activities.

- 1 We can help with general domestic tasks such as cleaning, washing and more.
- 2 Changing bed linen, as well as laundering and ironing clothes.
- 3 Help with simple administration such as paying bills.
- 4 Attending activities such as day care centres and community centres and more.
- 5 Arranging trips out to the theatre, local parks or for a coffee.

This is a basis of what we offer, our care plans are personalised to your needs

Respite care

Caring for an elderly, ill, or disabled family member is not an easy job and at times is extremely demanding. No one is equipped to do it alone and there should be support in place to relieve the carer when needed. Finding respite care services can provide the necessary break you need.

Respite care means the primary carer taking a break from caring. While this is happening the person you care for is looked after by someone else. Allowing you to take the necessary break and time out to look after yourself, recharge the batteries and take a bit of time to do some of the things you love.

“ There are an estimated **13.6 million unpaid carers in the UK today. Most of these unpaid carers, 9.1 million, were already caring before the coronavirus outbreak. A staggering 4.5 million people have started providing unpaid care since the outbreak. This represents nearly a 50%25 increase in the number of unpaid carers since the crisis began.** ”

Care Workers Research, 2020

Benefits of Respite care

01 Reduced levels of stress for both you and your loved one, help to maintain a healthy relationship

02 Relieved frustrations and possible feelings of resentment.

03 More time for you to interact with family and friends or the wider community.

04 Provides you with the opportunity to work, study, have a day off or even go on holiday.

05 Your loved one could benefit from interacting with other carers and a possible change to their routine.

01

02

03

04

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Family help and how to navigate

Putting your loved ones into care isn't easy, but we want to make that transition positive for you. Your loved ones need dedicated care, so your family can have peace of mind and the time spent with your loved ones is fulfilled.

Family bonds are important when your loved ones are in need of care, they need your support, positivity and patience. Although our carers play a vital role in ensuring your loved ones are receiving the help needed, family is needed to keep your loved ones smiling.

The emotional connections formed within families not only enhance the physical well-being of the care recipient, but also facilitate effective communication among carers, medical professionals, and support networks, ultimately leading to comprehensive and premium care.



Benefits of supporting your loved ones around their regular care:

- It gives them a sense of normality in their lives.
- It is a safe space for them.
 - They appreciate the extra help.
 - Family bonds are always the healthiest support.
 - They trust you the most.

Take care of your family when they are in care, they need your support more than ever, even if it is a small catch up to see how they are.



What to do next?



1. Find your local office

Bluebird Care delivers care from locally based offices, find yours to start your care journey today.



2. Get in touch with us

Fill in our call back form or give us a call to find out how we can help you.



3. Assessment

We'll come out to you to find out what you or your loved one needs to help stay independent at home.



4. Care team chosen & care starts

You'll be cared for by our specially trained team to support you to remain at home for as long as possible.





Safe


Peace of mind

Make it Outstanding

Leading (the way)

Please don't hesitate to contact us to speak to someone in our care team.

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Inspected and rated

Outstanding ★



We're extremely proud to have been rated as overall Outstanding by our regulators CQC. This is the highest grade that can be achieved and is a testament to the whole team for their commitment and dedication to living our values ever single day.