



YOUR Independent Living SUPPORT

Practical Support. Everyday Independence.

Meet the Founder

Hello, I'm Courtney

Founder of Your Independent Living Support

I started this business because I truly believe that everyone deserves to live independently, with dignity, choice and the right support in place.

My passion is helping people feel confident, valued and empowered in their everyday lives. I bring compassion, reliability and a strong work ethic to everything I do. It's more than a service – it's about building real relationships and making a positive difference.

My promise to you

I will always treat you with kindness, respect and understanding, and I will do everything I can to support you to live life your way, on your terms.



Local, personal and compassionate support you can rely on.



Working Together for You

My business partner & Co-Founder is a Registered Social Worker.

Her knowledge and experience are vast, and together we are committed to providing the highest standard of community care & support.

- ♥ Extensive knowledge of care & support systems
- ♥ Professional social work expertise
- ♥ Experience across a wide range of needs
- ♥ A shared passion for making a real difference
- ♥ A team approach with a personal touch

♥ EXPERIENCED. SKILLED. KNOWLEDGEABLE. ♥



PHARMACEUTICAL SECTOR EXPERIENCE

As a Pharmacy Technician, I gained extensive knowledge and experience in managing, dispensing and administering medications safely and accurately.

- ♥ In-depth understanding of medicines and interactions
- ♥ Supporting medication routines and compliance
- ♥ Confident, accurate and detail-oriented
- ♥ Up-to-date knowledge of safety and best practice



DOMESTIC CLEANING EXPERIENCE

I also worked as a domestic cleaner for a while, meaning I am very good at practical tasks such as organising and cleaning even the most overwhelming homes.

- ♥ Thorough, reliable and efficient
- ♥ Great eye for detail and organisation
- ♥ Create calm, clean and comfortable living spaces
- ♥ Respectful, discreet and non-judgemental



COMMUNITY CARE & SUPPORT EXPERTISE

Years of experience supporting people with different needs to live independently and maintain their wellbeing.

- ♥ Compassionate, patient and understanding
- ♥ Support tailored around you
- ♥ Promoting independence and choice
- ♥ Building trust and strong relationships

♥ MY VALUES ♥



COMPASSION

I care deeply and treat everyone with kindness, empathy and patience.



RESPECT

I respect your choices, your home and your independence. You are always at the centre.



RELIABILITY

You can count on me to be dependable, punctual and consistent. I do what I say I will do.



INTEGRITY

I work with honesty, openness and strong ethical values. You can trust me completely.



EMPOWERMENT

I support and encourage you to feel confident, independent and in control of your life.



COMMUNITY

I believe in connection, belonging and supporting local people to live well in their community.



CONSISTENCY YOU CAN RELY ON

I work independently in this role, so you will see familiar faces and build a trusted relationship. You can rely on me to deliver consistent, high quality support that's tailored to you.

*One-to-one support.
Built on trust. Focused on you.*



AFFORDABLE & FAIR PRICING

My services are very affordable in comparison to other private companies and council packages of care – without compromising on quality.

♥ **HOME SUPPORT & COMPANIONSHIP**
£25 PER HOUR

♥ **COMMUNITY OUTINGS, SHOPPING, ERRANDS & APPOINTMENT SUPPORT**
£30 PER HOUR

Up to 10 miles mileage included per visit.
Additional miles charged at £0.50 per mile.



WHY CHOOSE ME?

- ♥ Experienced, skilled and knowledgeable
- ♥ Wide background in care, medication management, cleaning & organisation
- ♥ Support that is person-centred, dignified and empowering
- ♥ A genuine passion for helping people live their best life
- ♥ Local, personal and always here when you need me

Let's work together

to support your independence,
your way, every day.



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www.yourindependentlivingsupport.co.uk



Serving local communities

Practical support.
Everyday independence.



I provide non-regulated practical/community support and do not provide personal care or regulated care activities.

Here to help you live independently
and confidently, every day.