

Weekly Support Plan For Family Use



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Afternoon							
Evening							
Notes							

Think about:

- When do you notice signs that someone is struggling? For example, can they easily make breakfast, but they struggle to make sufficient meals at dinner time?
- What are their support preferences? If they are reluctant to have a Carer, would they be open to other services- or a non-uniformed carer?

Don't forget, you can email us for help, or make a referral at any time by visiting our website, or emailing hello@gentlehandshomesupport.co.uk



www.gentlehandshomesupport.co.uk



Email us:

hello@gentlehandshomesupport.co.uk



Visit our website:

www.gentlehandshomesupport.co.uk



Proud to be working with:



There are so many things I want to do



Gentle Hands
Home Support

At Gentle Hands Home Support, we'll help you continue to do the things you love – with gentle hands.

- ✓ Companionship & conversation
- ✓ Meal preparation & hydration
- ✓ Mobility support
- ✓ Medication reminders
- ✓ Shopping & errands
- ✓ Transport to appointments
- ✓ Respite & short break support
- ✓ Support with routines
- ✓ Cleaning & light gardening
- ✓ Light housekeeping
- ✓ Laundry
- ✓ Emotional wellbeing
- ✓ Family updates & reassurance
- ✓ Tailored support that's just right

Support you can trust

We take the time to listen, understand and provide support that respects your choices and supports your independence. Our friendly team offers support with **compassion, patience and dignity** – every step of the way.

Here for you, every day

Whether you need a little extra help at home or more regular support in the community, we'll provide support that's **kind, respectful and reliable**. We're here to make life a little easier – so you can focus on the things you love.

Email: hello@gentlehandshomesupport.co.uk Visit www.gentlehandshomesupport.co.uk



