



CARE AT HOME IN PORTSMOUTH

The right support can help life feel like yours again

Personal care, carer respite and life-skills support from a local team
that listens first.

Free, no-obligation needs assessment • 023 9269 4551

WHEN CARE IS NEEDED, YOU DO NOT HAVE TO WORK IT OUT ALONE

Tell us what is happening. We will help you understand the options.

Care is often arranged at a stressful time: after a hospital stay or when a health condition changes. You do not need to know the correct terminology before calling us. Start by telling us what daily life looks like and what feels most urgent.

Three services, shaped around the individual

1 Care at home

Personal care and one-to-one support for adults living with long-term health conditions, complex needs or dementia.

2 Take a Break

Companionship and sitting support so an unpaid family caregiver can rest, attend appointments or simply have time back.

3 Life-skills support

Practical support for adults with a mild learning disability or autism to build confidence and greater independence.

Support can begin with a conversation

We offer a free, no-obligation needs assessment to discuss individual needs and the support available. If we can help, we agree the care plan, timings and costs with you before anything starts.

“A friend recommended Aster Care to me when I was becoming anxious about care after I was discharged from hospital. Senior managers visited me at home, were very thorough and understanding, and showed great flexibility.”

P T • Service user

Serving Portsmouth and surrounding areas.



SERVICE ONE

Personal care and support at home

For adults living with a long-term health condition, complex care needs or dementia, familiar surroundings can offer comfort, continuity and choice. We provide dependable one-to-one care in blocks of time, ranging from a minimum of three hours to daytime, overnight or 24-hour support where assessed as appropriate.

Support may include

- Personal care, medication support and everyday routines
- Night care, safety supervision and support after hospital discharge
- Agreed delegated clinical tasks delivered by appropriately trained staff
- Community access, appointments and maintaining meaningful routines
- Short-term, ongoing, respite, palliative or end-of-life support

A proven strength in dementia care at home

Our Care at Home and Take a Break services can support both people living with dementia and their carers. We have experience working alongside community mental health professionals before and after discharge, helping adults with complex dementia return home and remain there safely for as long as possible. Support is person-centred, sensitive to changes in memory and behaviour, and built around the person rather than a rigid routine.

“After months in hospital, I was advised to find a nursing home for my husband. Aster Care supported me through meetings and helped me achieve my goal of bringing him home.”

Sue L • Wife of service user



SERVICE TWO

Take a Break companionship and carer respite

Looking after someone you love can be rewarding, but it can also be exhausting. Our Take a Break service gives unpaid family caregivers dependable time away from caring, knowing their loved one is safe and supported by someone familiar to them.

Use the service in the way that helps you most

- Attend an appointment, return to work or complete essential errands
- Catch up on sleep, spend time with family or simply take a proper break
- Arrange a regular visit or one-off support when plans change
- Give your loved one company through conversation, hobbies or activities
- Provide chaperone support and help to access the local community

The service can provide gentle reassurance for someone who prefers less interaction, or active companionship for someone who enjoys talking, games, hobbies, walks and trips out. We carefully consider personality, interests and support needs when introducing staff. Visits are arranged in minimum three-hour blocks.

“The carers helped me keep my wife at home and enabled me to catch up on much-needed rest and sleep. Although they were there to care for my wife, they supported me too.”

Keith G • Husband of service user



SERVICE THREE

Life-skills support for greater independence

We support adults with a mild learning disability or autism to develop practical skills, make choices and work towards goals that matter to them. Support can take place in the family home, the person's own home or out in the community. Support is available in minimum three-hour blocks.

Practical goals may include

Building confidence with personal care and morning routines

Shopping, budgeting, bills, meal planning and cooking

Using public transport and travelling safely

Attending college, work, leisure activities and appointments

Managing household tasks, building and maintaining relationships and supporting personal wellbeing

The right help, not help that takes over

We use a person-centred approach that promotes choice and positive risk-taking. Staff complete a thorough induction and a learning disability and autism training pathway, alongside additional person-specific training before providing support. The aim is to build skills and confidence at the person's pace, using encouragement and the right level of support rather than doing everything for them.



WHY FAMILIES CHOOSE ASTER CARE

Local, regulated and responsive

Aster Care is an independently owned Portsmouth care provider, established in 2007. Our support is planned around the individual, with careful staff introductions, person-specific training and regular reviews as needs change.

CQC rated GOOD

Regulated by the Care Quality Commission.

PAMMS rated GOOD

Quality assessed and monitored annually by Portsmouth City Council.

Carefully matched staff

Skills, personality and consistency all matter.

Clear plans and reviews

Support adapts as needs, risks and goals change.

What happens when you contact us

- 1 Tell us what is happening** — No jargon is required. We will listen and ask the right questions.
- 2 Meet us for a free assessment** — We explore needs, routines, preferences, risks and priorities.
- 3 Review a clear proposal** — You receive the suggested support, timings and costs before deciding.
- 4 Begin with familiar faces** — Staff are introduced and trained for the individual arrangement.

Start with a conversation

023 9269 4551 • info@astercareltd.com

Online enquiry: astercareltd.com/contact-us/

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