



ACH

HEALTHCARE

Dedicated providers of care

ACH

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achhealthcare.co.uk



Delivering a comprehensive range of Care and Support Staff

ACH Healthcare is a well-established care provider serving Essex, Hertfordshire, Cambridgeshire and North and East London area; we are on hand to provide staff seven days a week with a rapid response time.

We provide professional Healthcare Assistants, Support Workers, Registered Nurses and Auxillary staff including housekeepers and kitchen assistants to various healthcare settings.

Our team of staff are professional, compassionate, and dedicated to serving the care industry.

- **Domiciliary Care-** When you or your loved one need a little extra help with personal care, light house-keeping, and meal preparation; ACH domiciliary care staff are here to help. We offer three-tier care packages which lets you choose what type of care suits your budget and needs. Our staff are trained to care for people with Dementia, Alzheimer's, learning disabilities, physical disabilities as well as those with complex care needs.
- **Overnight Care-** Sometimes despite your best efforts you need assistance with overnight care, ACH staff are here to take the weight off your shoulders with both waking nights and sleeping nights whichever you prefer, we can assist in providing you or your loved ones with the support you need overnight.
- **Live-In Care-** If you or your loved one has mobility issues or a long-term illness, Live-In care may be the most economical solution without being displaced from your own home. The rising cost of Care Homes means that sometimes having a Carer who lives with you is a very practical option.
- **In-home Respite Care-** If you are someone's primary carer and you need a break or need to go on holiday, our carers will look after your loved one in their home, while you are away. Our 6-hr sit-ins are perfect if you need a day or evening out and we can also provide a more comprehensive plan if you need to go on holiday.
- **End-of-Life Care-** At end-of-life, our focus is to ensure that our client's physical comfort, mental, emotional and spiritual needs are being met as well as ensuring that practical tasks are being completed in line with their wishes and those of their family. Our Carer's are kind, caring and compassionate at a time when you need it most.

Call us on **01279 909157** or e-mail **info@achhealthcare.co.uk** to speak to us about costs and how our services can support you or your loved ones.



CPI Safety Intervention Training

'CPI Training formerly known as Management of Actual or Potential Aggression (MAPA) is a form of self-defence training.

If you have ever been in a position where you have had to deal with your loved one's erratic, defensive, aggressive, or violent behaviour because of their frustrations with their illness or simply that they are not aware of their behaviour as in Dementia and Alzheimers, you understand that it is important to be able to support them in the right way.

You don't always know how you will respond to any given behaviour, but your reaction will most likely influence the outcome. Our CPI training enables you to gain a deeper understanding of why your approach is important and help you feel more empowered to manage conflict erratic, aggressive or violent behaviours from your loved ones.

We offer individual and group training – Contact us to find out more.



- **Assisted Living-** ACH has developed its own Assisted Living facilities which have been set-up to provide extra-care and accommodation for young people and vulnerable adults. Living in one of our Homes will allow you to retain your independence while our staff are on hand to assist with tasks such as washing, dressing, going to the toilet or taking medication as well as meal preparation. In addition, your key worker is available to provide you with social support.



ACH Healthcare's Client Commitment



Respect

We involve you and your family in all decisions regarding your care and treat you with utmost respect.



We Deliver

Our carers will stay with you for the full duration of your time slot and always arrive at the agreed time.



Compliant

We have a 'Good' rating and are CQC compliant, meaning that our service is safe, effective, caring and responsive.



We Listen

We understand the importance of the client-carer relationship and will listen carefully to understand your needs and wants.



Our Team

The team will go the extra mile to make a real difference adding value to every day.



Flexible

Flexible in our approach so we can adapt quickly and seamlessly as the client's needs change.

Contact Us

 01279 909157 / 01279 248705

 info@achhealthcare.co.uk

 www.achhealthcare.co.uk