

A Day in the Life of an At-Home Carer:

At-home carers are the unsung heroes; providing vital care, companionship, and dignity to those who need support in the comfort of their own homes.

We spent the day with “Maria”, a senior carer at Right At Home, to give you a glimpse into the meaningful work our carers do every single day.

6:30 AM – Preparation

“Maria” starts her day by checking her rota on the care app. She reviews the needs and care plans of her clients for the day.

She packs her bag with essentials: PPE, notebook, snacks.

7:30 AM – Morning Visit

Her first stop is “Mr. Thompson”, who lives alone. “Maria” greets him and helps him out of bed, assisting with personal care: washing, dressing, and shaving. She prepares a light breakfast and ensures he takes his morning medication.

Before she leaves, they have a quick chat about his favourite football team. It's these moments, “Maria” says, that matter most. “He lights up when we talk about the matches. That 10-minute conversation might be the highlight of his day.”

9:00 AM – Dementia Care

“Maria” visits “Mrs. Smith”, who has early-stage dementia. Patience and consistency are key. “Maria” uses gentle prompts to help with breakfast, washing, and taking medication.

They take a short walk in the garden, helping stimulate memory and reduce anxiety. “Maria” also checks in with the family via the app to provide helpful notes on the visit.

1:00 PM – Lunch and Housework

“Maria” visits “Mr. and Mrs. Edwards”. While “Mr. Edwards” has reduced mobility, “Mrs.



Edwards” is his full-time carer and becomes overwhelmed. “Maria” provides support with lunch prep, cleaning, and giving “Mrs. Edwards” time to rest.

4:00 PM – Companionship and Emotional Support

In the afternoon, “Maria” returns to “Mr. Thompson’s” home for a welfare check and companionship visit. They do puzzles together and talk about old memories. Emotional well-being is just as important as physical care.

7:00 PM – Home, Reflect, Recharge

After a fulfilling day, “Maria” heads home. “No two days are the same,” she says. “But every day, I know I’ve made a real difference.”

The Heart of Home Care

“Maria’s” day reflects the dedication, compassion, and skill that every carer at Right At Home brings to their work. At-home care is about connection, dignity, and helping people live fuller, safer lives in the place they love most: home.



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