

CareWithJohn

Information Guide

Practical support for better everyday living.

CareWithJohn provides one-to-one, practical and person-centred support to help adults stay connected, confident and as independent as possible at home and in their community.

Support	Companionship • Practical support • Community support • Home help
Private support	£30/hour
Home Help	£25/hour
Monthly Support Packages	4 hours £120 • 8 hours £240 • 12 hours £360 • 16 hours £480
Areas	Clackmannanshire, Stirling, Falkirk, Perth and surrounding areas

What CareWithJohn can help with

- **Companionship** — time together, conversation, shared activities and support for people who may be feeling isolated.
- **Practical support** — help with everyday routines and tasks that have become more difficult.
- **Community support** — support to get out, attend activities, appointments or simply reconnect with the local community.
- **Home Help** — practical help around the home, including regular cleaning and agreed household tasks.
- **Respite support** — planned support that can give family members or unpaid carers some time for themselves.
- **Person-centred support** — support shaped around the individual, their routine, preferences and goals.

Who we support

CareWithJohn has experience supporting adults and older people, including people with learning disabilities, autism, dementia and more complex support needs.

The aim is not to take over someone's life. It is to provide the right amount of practical and social support to help everyday life feel more manageable.

Home Help

Home Help is designed for people who would benefit from some practical help around the house. It can be booked as a standalone service or form part of a wider support arrangement where appropriate.

Regular Home Help	£25/hour
Deep Clean	from £100
Oven / fridge / microwave	£20
Heavy scrub	£35
Windows	£15
Kitchen cupboards	£15
Wardrobes	£20

Monthly Support Packages

Monthly Support Packages provide a set number of support hours each month. Those hours can be arranged around the person's routine and used for companionship, practical support, community support or home help.

Getting Started	4 hours	£120/month
Regular Support	8 hours	£240/month
Regular Plus	12 hours	£360/month
Extended Support	16 hours	£480/month

Need something different? We can discuss a monthly arrangement around the support you actually need.

How support starts

1. Have a chat

Tell John what is becoming difficult, what you would like help with, or what you are hoping to make easier.

2. Work out what would help

We can talk through the person's routine, preferences, support needs and the type of help that would be useful.

3. Agree the support

If CareWithJohn is the right fit, we agree the days, times and type of support before anything starts.

No pressure. No obligation. Just a conversation about what would help.

About CareWithJohn

CareWithJohn is a local, self-employed care and support service built around practical, human support. John has more than 10 years' experience across residential, home and community settings.

Support is designed to complement a person's existing life — helping them stay connected, maintain routines, get things done and feel more confident in everyday situations.

Get in touch

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carewithjohn.com

Serving Clackmannanshire, Stirling, Falkirk, Perth and surrounding areas.

Find CareWithJohn on Facebook

You can also find CareWithJohn on Facebook and send a message there.

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