LIVE-IN CARE · EXMOUTH, DEVON

Live-in care in Exmouth

Fully managed live-in care in Exmouth and the villages around it, arranged by our care team after a free assessment, with who to call at Devon County Council, the minor injuries unit at Exmouth Hospital and the nearest A&E, and local help with carers, memory, transport and hospice care.

From £1,550 a week

Free initial assessment · A written quote before care begins



IN BRIEF

Day and Nightcare provides fully managed live-in care in Exmouth, from £1,550 a week. A dedicated live-in carer lives in your home, supporting you through the day and close by at night, and our CQC-registered care team plans, supervises and reviews the care. The initial assessment is free.

OUR CARE, WHERE YOU LIVE

Our live-in care in Exmouth

Live-in care means one-to-one support in your own home: personal care, medication support, meals, help around the house, getting out and about, and someone close by at night. Whether it suits the person, and whether one carer can support a couple, is worked out at the free assessment. Read more in live-in care explained and how it works day to day.

Dementia care | Care after hospital | End-of-life care | Care for couples | Respite care

Costs and funding

How we arrange live-in care in Exmouth

Day and Nightcare provides fully managed live-in care in Exmouth and the villages around it, from £1,550 a week. One main carer lives in the home; a relief carer covers their holidays and time off, and a manager is on call. Care starts with a free assessment, a written quote and a written care plan.

Care can be paid for privately, by Devon County Council (including direct payments) or by NHS Continuing Healthcare. We have provided Discharge to Assess (D2A) care since 2014. If someone is in hospital, tell us the expected discharge date (see care after hospital). Our care team is on 01865 715780.

Arranging care and funding in Exmouth

Adult social care in Exmouth is run by **Devon County Council**. Call Adult Social Care on **0345 155 1007** (Monday to Thursday 9am to 5pm, Friday 9am to 4pm) and choose the Care Direct Plus Eastern team, or start with the county's online self-help tool. The needs assessment is free, and anyone can ask for one. If your relative already has a named worker, call 01392 383000.

With more than £23,250 in savings your relative would usually pay the full cost, but their home is not counted when care is at home; charging questions go to Client Financial Services on 01392 384391 (weekdays 9am to 1pm). See council funding for care.

After a hospital stay or illness, the county's free Social Care Reablement Service typically lasts one to four weeks (see reablement).

Unpaid carers can book a carer's assessment through the Caring in Devon Helpline on 03456 434 435 (Monday to Friday, 8am to 5pm), by phone or in person.

East Devon District Council collects council tax. Reductions worth asking about:

- someone who is **severely mentally impaired**, with a medical certificate signed by their doctor and a qualifying benefit such as Attendance Allowance, is not counted; if everyone in the home qualifies, it may be exempt
- the carers' discount, 25% off, when a live-in carer (not a partner) gives at least 35 hours of care a week
- an adapted home can be charged one band lower

None is applied automatically. See council tax discounts for care.

Urgent care and leaving hospital in Exmouth

- **Minor injuries:** Exmouth Hospital, Claremont Grove (switchboard 01395 279684), has a Minor Injuries Unit open 8am to 8pm every day, including bank holidays (closed Christmas Day), mainly for ages 2 and over. Walk in; last book-in is half an hour before closing. X-ray runs on weekdays. It is not an A&E.
- **A&E:** the nearest Emergency Department is at the Royal Devon and Exeter Hospital (Wonford) in Exeter.

Royal Devon starts planning for home straight away and tries to have people home, or in the discharge lounge, before lunchtime. The lounge, near the main entrance, is open 7.30am to 8pm on weekdays and 10am to 6pm at weekends and bank holidays, and its team contacts family and arranges transport.

Exmouth Hospital can be part of recovery: Doris Heard Ward has 16 medical inpatient beds (01395 282010). Back home, Devon's Rapid Support Service, launched in July 2025, provides short-term reablement after hospital discharge.

If health needs are the main issue, ask about NHS Continuing Healthcare. NHS Devon's East and North Devon team covers Exmouth: 01392 675 414 or d-icb.chc@nhs.net. Families cannot apply directly, so ask a district nurse or social worker to consider the checklist.

Local help in Exmouth

Carers' services, dementia support, transport, befriending and other local help, with phone numbers.

- **Carers.** The Caring in Devon Helpline (03456 434 435) gives advice and books carer's assessments.
- **Memory worries.** The GP refers to the dementia assessment clinic at Wonford House, Exeter (01392 674 067); allow up to three hours and bring a relative or close friend. In town, the Exmouth Courtney Memory Cafe meets on the last Thursday of the month, 2pm to 4pm, at the Imperial Hotel, and the Crossroads Memory Cafe on Mondays, 10am to noon, at All Saints' Church Hall. See dementia care at home.
- **Older people.** Age UK Devon (0333 241 2340) gives free advice on social care and benefits on weekdays, 9am to 3pm, and runs a paid home support service in East Devon, with waiting lists in some areas.

- **Getting about.** Exmouth and District Community Transport's Ring and Ride (01395 266662, weekdays 10am to 1.30pm) collects from home for shopping trips.
- **Hospice care.** Hospiscare's specialist nursing team is based at High View Gardens in Exmouth, which also hosts support groups for patients, carers and bereaved people (01392 688000, 8am to 5pm every day). See end-of-life care at home.
- **Your voice.** Healthwatch in Devon, Plymouth and Torbay: freephone 0800 520 0640 (Monday to Thursday, 10am to 4pm).

What may change soon

On 29 October 2026 the Government withdrew its earlier decision on reorganising councils in Devon, Plymouth and Torbay and will decide again by early 2027. Until then, Devon County Council arranges adult social care and East Devon District Council collects council tax.

USEFUL LOCAL CONTACTS

Useful contacts in Exmouth

The council, NHS teams, hospitals and local services you are most likely to need in Exmouth, with links to their official pages. Open any heading for the details.

Council and care assessments

Adult social care in Exmouth is arranged by Devon County Council. Anyone who appears to need care can ask for a free care needs assessment, whatever their savings. If the council funds care, you can usually take it as a direct payment and use it for live-in care from us.

- **Devon County Council:** ask for a care needs assessment (telephone 0345 155 1007); carer's assessment.

NHS Continuing Healthcare

When someone's main need is a health need, the NHS pays for all of their care through NHS Continuing Healthcare, and it is not means-tested. For Exmouth it is arranged by NHS Devon (NHS Devon Integrated Care Board) (Continuing Healthcare information). See our NHS Continuing Healthcare guide.

Hospitals near Exmouth

If someone is in hospital, tell us the expected discharge date as early as you can, and we will work with you and the discharge team on when live-in care can start.

- Royal Devon and Exeter Hospital (Wonford): Nearest Emergency Department (A&E), Barrack Road, Exeter; switchboard 01392 411611 (24 hours); discharge lounge 7.30am to 8pm weekdays, 10am to 6pm weekends and bank holidays (leaving hospital information)
- Exmouth Hospital: Claremont Grove EX8 2JN; Doris Heard Ward, 16 medical inpatient beds (01395 282010); Minor Injuries Unit, walk in, 8am to 8pm every day except Christmas Day, last book-in 7.30pm, mainly ages 2 and over, X-ray weekdays 9.15am to 4.30pm; not an A&E; switchboard 01395 279684

Local support and charities

- Caring in Devon Helpline: Carers' support (03456 434 435)
- Devon Dementia Assessment Service, Wonford House (Devon Partnership NHS Trust): Dementia support (01392 674 067)
- Age UK Devon: Age UK (0333 241 2340)
- Exmouth and District Community Transport (Ring and Ride): Community transport (01395 266662)
- Hospiscare, High View Gardens: Hospice (01392 688000)
- Healthwatch in Devon, Plymouth and Torbay: Healthwatch: your independent voice on health and care (0800 520 0640)
- Exmouth memory cafes (Devon Memory Cafe Consortium): Dementia support

---

Council tax

Council tax in Exmouth, including discounts for people with a severe mental impairment, for disabled people and for some carers, is handled by East Devon District Council. See council tax discounts for care.

Villages around Exmouth

Lympstone · Exton · Woodbury · Woodbury Salterton · Budleigh Salterton · East Budleigh · Otterton · Colaton Raleigh · Newton Poppleford

---

YOUR QUESTIONS

Questions about live-in care in Exmouth

Who do I call in Exmouth to ask for a care assessment?

Call Devon County Council's Adult Social Care on 0345 155 1007 (Monday to Thursday 9am to 5pm, Friday 9am to 4pm) and choose the Care Direct Plus Eastern team, which covers Exmouth. East Devon District Council collects council tax but does not arrange care. You can also start with the county's online self-help tool, which may lead to an online self-assessment, and the council will help if you need it. For an emergency out of hours, call 0345 600 0388 and choose option 1.

Can I go to Exmouth Hospital with a minor injury?

Yes. The Minor Injuries Unit at Exmouth Hospital on Claremont Grove is open every day from 8am to 8pm, including bank holidays (closed on Christmas Day), mainly for people aged 2 and over; you do not need to book. The last patient is booked in half an hour before closing. X-ray runs on weekdays, 9.15am to 4.30pm. The switchboard is 01395 279684. It is not an A&E: the nearest Emergency Department is at the Royal Devon and Exeter Hospital at Wonford. In a life-threatening emergency, call 999.

Is there transport in Exmouth for people who cannot manage the bus?

Yes. Exmouth and District Community Transport runs a Ring and Ride minibus with a passenger lift, collecting people from home for weekly shopping trips in Exmouth and monthly trips further afield, with drivers helping with shopping. It serves Exmouth, Lympstone, Exton, Woodbury, Budleigh Salterton and nearby parishes. Call the office on 01395 266662, Monday to Friday, 10am to 1.30pm, for the current timetable.

Where can we find dementia support in Exmouth?

Start with the GP, who can refer to the Devon Dementia Assessment Service clinic at Wonford House, Exeter (01392 674 067). In town, the Courtney Memory Cafe meets on the last Thursday of the month and the Crossroads Memory Cafe on Monday mornings. Age UK Exeter's dementia map lists Dementia UK Admiral Nurses, specialist dementia nurses who work with families, covering Exmouth, Woodbury and Budleigh Salterton. Dementia UK's free Admiral Nurse Dementia Helpline is on 0800 888 6678 (weekdays 9am to 9pm; weekends and bank holidays 9am to 5pm, closed Christmas Day).

How much does live-in care cost in Exmouth?

Live-in care with Day and Nightcare costs from £1,550 a week in Exmouth, the same as everywhere in England, for one person with a carer who rests at night. That includes our care team's management (the assessment, care plan, reviews, supervision and the on-call manager) and the carer's food; break cover and the carer's travel are extra. For a couple it is from £1,800 a week, where one carer can safely meet both partners' needs. You receive a written quote after a free assessment.

Can the council help pay for live-in care in Exmouth?

Yes, if the person's care needs meet the national eligibility criteria and their savings are below £23,250 (2026/27). Adult social care in Exmouth is arranged by Devon County Council. Ask for a care needs assessment; if you are eligible, council funding can usually be taken as a direct payment and used for live-in care from us.

Can live-in care start when someone leaves Royal Devon and Exeter Hospital (Wonford)?

It can. Tell us the expected discharge date as early as you can, and we will work with you and the ward's discharge team on when live-in care can start. We can often start within 24 to 48 hours of the assessment, depending on carer availability, and we confirm the start date once a carer is arranged. We have provided Discharge to Assess (D2A) care since 2014.

Sources and further information

- Devon County Council: Contacting Devon Adult Social Care
- Devon County Council: Care and support needs assessments
- Devon County Council: Social Care Reablement Service
- Devon County Council: FAQs, paying for community care
- Devon County Council: Carer's assessments
- Devon County Council: New report highlights Devon's strengths in adult social care
- East Devon District Council: Discounts for people who aren't counted (disregarded)
- East Devon District Council: Discount for adapted property for disabled people
- Royal Devon: Exmouth Hospital
- Royal Devon: Minor injuries units and walk-in centre
- Royal Devon: Royal Devon and Exeter Hospital (Wonford)
- Royal Devon: Discharge hub and discharge lounge
- Royal Devon: Getting you home

- NHS Devon: Contact the Continuing Healthcare teams (adults)
- NHS Devon: How to apply for CHC funding
- Devon Partnership NHS Trust: Devon Dementia Assessment Service
- Age UK Exeter: Dementia map, Exmouth
- Dementia UK: Admiral Nurse Dementia Helpline
- Devon Memory Cafe Consortium: Exmouth Courtney Memory Cafe
- Devon Memory Cafe Consortium: Exmouth Crossroads Memory Cafe
- Exmouth and District Community Transport
- Travel Devon: Exmouth and District Ring and Ride
- Hospiscare: Locations
- Hospiscare: Contact us
- Charity Commission: Age UK Devon
- Charity Commission: Age UK Devon, contact information
- Healthwatch in Devon, Plymouth and Torbay: Devon
- GOV.UK: Local Government Reorganisation moves forward in five counties (29 October 2026)
- NHS website: Getting a care needs assessment
- Age UK Devon: Information and Advice
- Age UK Devon: Enabling and Home Support

Price
From £1,550 a week

Covers
Exmouth and nearby villages

CQC rating
Good

Assessment
Free, with no obligation

Live-in care elsewhere in Devon

All of Devon | Plymouth | Exeter | Torquay | Paignton | Barnstaple | Newton Abbot | Tiverton | Brixham | Teignmouth | Dawlish | Sidmouth

Honiton | Bideford | Ilfracombe | Okehampton | Tavistock | Totnes | Kingsbridge | Ivybridge

Talk to our care team: 01865 715780
enquiries@dayandnightcare.co.uk · Out of hours: 07775 686272
Day and Nightcare Live In Limited, 9 Hollow Way, Cowley, Oxford OX4 2NA
CQC overall rating: Good (report published 20 April 2018)

The latest version of this page: **www.dayandnightcare.co.uk/live-in-care/devon/exmouth/**
Local information checked 31 October 2026. This PDF was made on 1 November 2026.
Information, not advice: please check anything important with the organisation named.