LIVE-IN CARE · PORTSMOUTH, HAMPSHIRE

Live-in care in Portsmouth

Day and Nightcare arranges fully managed live-in care across Portsmouth after a free assessment (01865 715780); this guide shows how to ask Portsmouth City Council for an assessment, where the A&E and urgent treatment centres are, what free help follows a hospital stay or fall, and local help with carers, dementia, company 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 Portsmouth, 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 Portsmouth

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 Portsmouth

Day and Nightcare provides fully managed live-in care across Portsmouth, 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 Portsmouth City 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 Portsmouth

Portsmouth City Council runs adult social care and collects council tax. For older people and adults with physical disabilities, call the Adult Social Care Helpdesk on **023 9268 0810** (Monday to Thursday 8.30am to 5pm, Friday 8.30am to 4.30pm), or use the online self-assessment referral form. The needs assessment is free, and anyone can ask for one.

The council says people with savings or assets over £23,250 usually pay privately; otherwise a financial assessment works out what, if anything, they contribute. NHS care at home, such as from a community or district nurse, is free whatever your savings, and intermediate care at home may also be free. See council funding for care.

Unpaid carers looking after someone in PO1 to PO6 can ask Portsmouth Carers Service for a carer's assessment by phone (023 9285 1864), contact form or online self-assessment.

For council tax, the council does not count some people, including qualifying carers and severely mentally impaired people, so the bill can fall by 25% or 50%. Its band reduction for disabilities charges the band below where a disabled person needs specific features or adaptations; anyone in the household can apply. See council tax discounts for care.

Urgent care and leaving hospital in Portsmouth

- **A&E:** Queen Alexandra Hospital, Southwick Hill Road, Cosham, open 24 hours (switchboard 023 9228 6000).

- **Urgent treatment centres:** St Mary's Health Campus, Milton, 8am to 8pm, with a GP on site; and Gosport War Memorial Hospital, 8am to 10pm. Most visits need no appointment; NHS 111 can book an arrival time. They are not A&Es.

Portsmouth Hospitals asks families to tell ward staff on admission which services, such as carers, need rearranging before discharge, to arrange transport home and to ask for a copy of the discharge letter. Its Patient Advice and Liaison Service is on 023 9228 6309 (weekdays, 9am to 4pm).

NHS rehabilitation beds in the city include Spinnaker Ward at St Mary's Health Campus, 16 beds mainly for people aged 65 and over with complex physical disability (0300 123 3930), and Summerlee at Harry Sotnick House, Fratton, with 20 beds (0300 123 6638).

The Rowans Hospice's Emergency End of Life Response Team can rapidly assess someone in their final days at Queen Alexandra Hospital so they can go to their preferred place, with Hospice at Home support afterwards.

For NHS Continuing Healthcare, NHS Hampshire and Isle of Wight's All Age Continuing Care team for patients of Portsmouth GPs is on 0300 123 4448, option 3.

Local help in Portsmouth

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

- **Memory worries.** After a dementia diagnosis, Solent Mind's Remind service, for people living in PO1 to PO6, can arrange a home assessment visit to agree a support plan, which may include cognitive stimulation therapy, activity groups and practical help at home, with advice for carers; referral is by form (023 9421 7404). The council's Royal Albert Day Centre in Nutfield Place offers activities for people aged 65 and over with a dementia diagnosis, Monday to Friday, 8am to 4pm, with transport for those assessed as having high needs (023 9285 1419). See live-in dementia care.
- **Company.** The council's Community Connectors give adults about six to eight sessions of support to get out and join local activities (023 9284 1762).
- **Older people's charity.** Age UK Portsmouth, 16-18 Kingston Road, gives free information (023 9286 2121; Monday to Thursday 8.45am to 4.15pm, Friday to 3.45pm) and weekly foot care (£27). Its Help Around The Home service cleans, shops and gets the home ready after a hospital stay, for £28.75 an hour after an assessor visits (023 9229 1999).

- **Hospice care.** The Rowans Hospice gives free care, with Hospice at Home 24 hours a day on referral by a health or social care professional. Its Palliative Care Support Hub takes calls from patients and carers on 023 9225 0001, option 1 (weekdays, 9am to 5pm).
- **Your voice and local groups.** Healthwatch Portsmouth is on 023 9354 1510, and the HIVE Portsmouth directory lists local groups and organisations.

What may change soon

Council reorganisation for Hampshire, Portsmouth, Southampton and the Isle of Wight is undecided: the Government withdrew its earlier decision in September 2026 and expects an outcome by early 2027. Until then, Portsmouth City Council stays responsible.

USEFUL LOCAL CONTACTS

Useful contacts in Portsmouth

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

Council and care assessments

Adult social care in Portsmouth is arranged by Portsmouth City 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.

- **Portsmouth City Council:** ask for a care needs assessment (telephone 023 9268 0810); 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 Portsmouth it is arranged by NHS Hampshire and Isle of Wight Integrated Care Board (Continuing Healthcare information). See our NHS Continuing Healthcare guide.

Hospitals near Portsmouth

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.

- Queen Alexandra Hospital: A&E (emergency department) open 24 hours; Portsmouth Hospitals' main site, Southwick Hill Road, Cosham; switchboard 023 9228 6000. (leaving hospital information)
- Urgent Treatment Centre, St Mary's Community Health Campus: Milton Road, Milton; 8am to 8pm, with a GP on site; most visits need no appointment, and NHS 111 can book an arrival time. Not an A&E.
- St Mary's Community Health Campus: Spinnaker Ward: 16-bed specialist rehabilitation ward, mainly for people aged 65 and over with complex physical disability; 0300 123 3930.
- Harry Sotnick House: Summerlee: 20 rehabilitation beds on Nelson Ward, Fratton; 0300 123 6638.

Local support and charities

- Portsmouth Carers Service: Carers' support (023 9285 1864)
- Remind (Solent Mind): Dementia support (023 9421 7404)
- Royal Albert Day Centre: Day opportunities (023 9285 1419)
- Age UK Portsmouth: Age UK (023 9286 2121)
- Community Connectors (Portsmouth City Council): Befriending (023 9284 1762)
- Rowans Hospice: Hospice (023 9225 0001)
- Healthwatch Portsmouth: Healthwatch: your independent voice on health and care (023 9354 1510)
- HIVE Portsmouth directory: Local services directory

Council tax

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

Villages around Portsmouth

Southsea · Fratton · Cosham · Drayton · Farlington · Hilsea · Copnor · Milton · Eastney · Baffins · Paulsgrove

YOUR QUESTIONS

Questions about live-in care in Portsmouth

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

Portsmouth City Council runs adult social care in the city, separately from Hampshire County Council. For older people and adults with physical disabilities, call the Adult Social Care Helpdesk on 023 9268 0810 (Monday to Thursday 8.30am to 5pm, Friday 8.30am to 4.30pm), or complete the council's online self-assessment referral form and a member of the team will get in touch.

Is help after a hospital stay or a fall free in Portsmouth?

For a time, yes. Portsmouth City Council says rehabilitation and reablement can be provided free for up to six weeks; after that there may be a charge. Its Community Rehab Service, run jointly by the council and the NHS, gives short-term help to relearn everyday skills at home; a health or care professional must make the referral. If someone cannot manage at home straight away, the council may offer a stay in a step-down unit after hospital, or a step-up unit to avoid an admission. Longer-term needs are then assessed.

What urgent care is there in Portsmouth apart from A&E?

Portsmouth Hospitals lists an urgent treatment centre at St Mary's Health Campus in Milton, open 8am to 8pm with a GP on site, and another at Gosport War Memorial Hospital, open 8am to 10pm. They treat urgent illnesses and injuries that are not life-threatening; most visits need no appointment, and NHS 111 can book an arrival time. The A&E, open 24 hours, is at Queen Alexandra Hospital in Cosham.

How much does live-in care cost in Portsmouth?

Live-in care with Day and Nightcare costs from £1,550 a week in Portsmouth, 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 Portsmouth?

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 Portsmouth is arranged by Portsmouth City 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 Queen Alexandra Hospital?

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

- Portsmouth City Council: First contact with adult social care
- Portsmouth City Council: Do I need to pay for care?
- Portsmouth City Council: Support after a fall or medical crisis
- Portsmouth Carers Service: Contact
- Portsmouth Carers Service: Carers' assessments
- Portsmouth City Council: Council tax disregard discount
- Portsmouth City Council: Council tax band reduction for disabilities
- NHS website: Queen Alexandra Hospital, accident and emergency services
- Portsmouth Hospitals: Know where to go for urgent medical help
- Portsmouth Hospitals: Returning home after a hospital stay
- Portsmouth Hospitals: Contact us
- Hampshire and Isle of Wight Healthcare: St Mary's Community Health Campus
- Hampshire and Isle of Wight Healthcare: Harry Sotnick House

- The Rowans Hospice: Hospice at Home
- The Rowans Hospice: Palliative Care Support Hub
- The Rowans Hospice
- NHS Hampshire and Isle of Wight: All Age Continuing Care contact details
- Solent Mind: Remind
- Portsmouth City Council: Royal Albert Day Centre
- Portsmouth City Council: Community Connectors
- Healthwatch Portsmouth: Contact us
- Age UK Portsmouth: Contact us
- Age UK Portsmouth: Our services
- Age UK Portsmouth: Help Around The Home
- Age UK Portsmouth: Footcare Services
- GOV.UK: Local Government Reorganisation moves forward in five counties (29 October 2026)
- NHS website: Getting a care needs assessment

Price
From £1,550 a week

Covers
Portsmouth and nearby villages

CQC rating
Good

Assessment
Free, with no obligation

Live-in care elsewhere in Hampshire

All of Hampshire | Winchester | Basingstoke | Andover | Alton | Petersfield | Tadley | Fleet | Lymington | Romsey | Fordingbridge | Eastleigh | Totton | Hythe | Fareham | Gosport | Havant | Bordon | Southampton

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

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The latest version of this page: **www.dayandnightcare.co.uk/live-in-care/hampshire/portsmouth/**

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Information, not advice: please check anything important with the organisation named.