WAKING NIGHTS · SLEEP-INS · 24-HOUR CARE

Night care and 24-hour care at home

Support through the night that matches what is really needed, for the person receiving care and for anyone who helps care for them.



IN BRIEF

Day and Nightcare offers several kinds of night support. A live-in carer, available anywhere in England, lives in your home, rests at night and helps now and then. When someone needs a carer awake through the night, we arrange 24-hour care with a day carer and a waking night carer working in shifts, also anywhere in England. Across Oxfordshire, waking nights (a carer awake all night) and sleep-ins (a carer asleep nearby who helps when needed) can also be booked on their own. The initial assessment is free.

Which night support, and where

The main question is who needs to be awake at night. These arrangements answer it differently:

Arrangement and where	At night	Suits
Live-in carer Anywhere in England	The carer sleeps in their own room and gets up to help now and then	People who need help occasionally at night
24-hour care in shifts Anywhere in England	A day carer and a waking night carer take turns, so a carer is awake at all times	People who need help regularly through the night as well as the day
Waking night Oxfordshire	A carer stays awake all night	People who need help several times a night, or a rest for family carers
Sleep-in night Oxfordshire	A carer sleeps in a spare room and gets up if you need them	People who feel safer with someone in the house but rarely need help

If you are not sure which fits, that is what the free assessment is for. We look at how nights really go and recommend the arrangement that keeps the person safe and lets everyone rest.

A live-in carer at night

A live-in carer lives in your home and is there through the day. At night they rest in their own room and can help now and then, for example with a trip to the toilet. One carer cannot stay awake all night and still give good care the next day, so if help is needed most nights, we would suggest 24-hour care in shifts instead. How live-in care works explains the carer's breaks and nights in more detail.

24-hour care with carers in shifts

When someone needs help through the night as well as the day, a day carer and a waking night carer work in shifts, so there is always a carer awake and working. Each carer works their own shift and rests between shifts, and they pass on what has happened when one hands over to the other. We can arrange 24-hour care in shifts anywhere in England.

Waking nights in Oxfordshire

A waking night carer stays awake through the night in your home. They check on you quietly, help you to the toilet, reposition you to protect pressure areas and support night-time medication as set out in your care plan. Waking nights suit people who need help several times a night, are unsettled at night, or are nearing the end of life.

Sleep-in nights in Oxfordshire

A sleep-in carer stays overnight and sleeps in a spare room, ready to help if you call. It suits people who feel safer with someone in the house, but who only need help now and then. If the carer is being woken often, a waking night is usually the better choice.

A rest for family carers

Caring through the night is exhausting. Some people arrange a few nights a week so that the partner, relative or friend who cares during the day can sleep properly. It can be for a short while, for example after a hospital stay, or ongoing.

What affects the price

The price depends on the arrangement, how many nights or days are needed, and how much help is needed through the night. Waking nights and sleep-ins are priced per night. After a free assessment, your written quote sets out the arrangement and its cost before care begins. See costs and funding.

- ✓ Trained carers with an enhanced DBS check
- ✓ Care recorded in our care app as it is given; our care team reviews records and alerts during office hours, and the on-call manager deals with urgent alerts outside office hours
- ✓ A manager on call outside office hours

To talk about night care, please call 01865 715780.

Questions people ask

What is a waking night?

A waking night is when a carer stays awake through the night in your home. They check on you quietly, help you to the toilet, reposition you to protect your skin, support you with any night-time medication, and are awake and on hand whenever you need them during the night.

What is a sleep-in night?

A sleep-in is when a carer stays overnight and sleeps in a spare room, ready to help if you need them. It suits people who feel safer with someone in the house at night but only need help now and then.

What is 24-hour care at home?

24-hour care means someone is with you around the clock, but who is awake at night differs. A live-in carer lives with you and is there day and night, but rests at night and can help only now and then. When help is needed regularly through the night, we arrange a day carer and a waking night carer working in shifts, so a carer is awake at all times. We can arrange either anywhere in England.

Where do you provide night care?

Waking nights and sleep-ins, booked as night services on their own, are available across Oxfordshire. Anywhere in England, we can provide a live-in carer, who rests at night and helps now and then, or 24-hour care with a day carer and a waking night carer working in shifts, so a carer is always awake. If you are not sure which you need, the free assessment will help you decide. See night care.

Can night care give a family carer a rest?

Yes. Many families arrange night care so the person who cares during the day can sleep properly. It can be a few nights a week, for a set period, or ongoing, whatever helps most.

Live-in carer

Anywhere in England; rests at night and helps now and then

24-hour care in shifts

Anywhere in England; a carer is awake at all times

Waking nights and sleep-ins

Across Oxfordshire

Assessment

Free, with no obligation

Talk to our care team: 01865 715780
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Information, not advice: please check anything important with the organisation named.