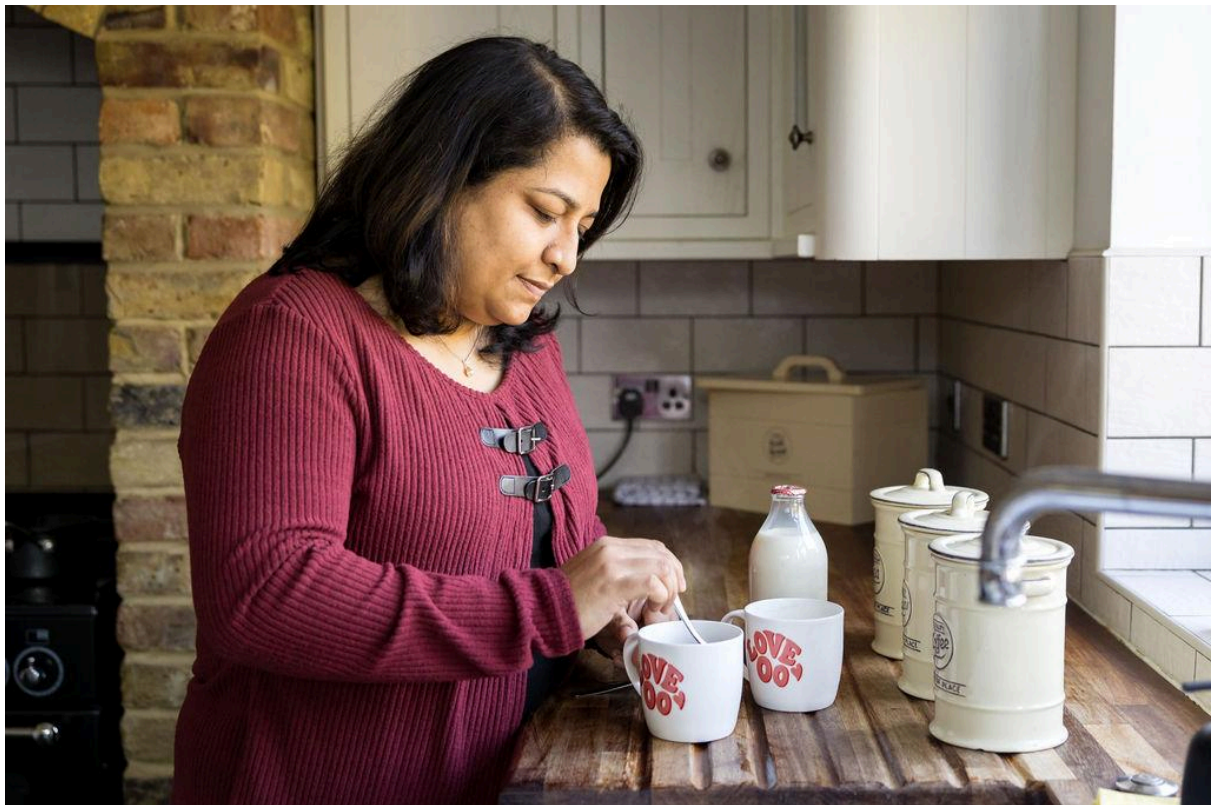


What do live in carers do? Duties, hours, and entitlements explained



If you're considering live in care for a loved one, one of the first questions you'll probably ask is: **what exactly does a live in carer do?**

Understanding the day-to-day duties, work hours, legal rights, and limitations of live in carers can help you make an informed decision and ensure your loved one receives respectful, high-quality care at home.

In this guide, we explain the role of a live in carer, how it works in practice, and how families can create the right environment for both their loved one and the Care Professional living with them.

What is a live in carer?

A live in carer (referred to as a **Care Professional** at Radfield Home Care) moves into the home of the person receiving care and provides **ongoing support with daily life**. This may include:

- [Help with personal care](#) (washing, dressing, toileting).
- [Cooking and mealtime support](#).
- [Medication reminders or administration](#).
- Mobility support, including transfers or using hoists.
- [Housekeeping tasks like laundry and cleaning](#).
- [Emotional support and companionship](#).
- Supporting outings, hobbies or appointments.

Live in carers are there not only to provide care, but also to help people feel safe, comfortable and confident in their own home - particularly helpful for those living with conditions like dementia, Parkinson's, or recovering from a stroke.

You can find more about how this fits into Radfield's full service offering on our [live in care service page](#).

Do live in carers do housework?

Yes; but within limits.

Live in carers **help with light housework** that directly benefits the person receiving care. This may include:

- Vacuuming and dusting the living area.
- Washing clothes and bedding.
- Cleaning the bathroom or kitchen.
- Washing up after meals.
- Taking out bins.

However, carers are **not cleaners or housekeepers for the entire household**. If you or your family require wider domestic help, this should be discussed and agreed in advance; ideally during a care consultation.

What are the working hours of a live in carer?

Although live in carers reside in the same home as the person they support, they are not working 24/7. Like all professionals, they are entitled to rest, privacy, and protected downtime - both during the day and overnight.

At Radfield Home Care, a typical live in care schedule includes:

- Up to **10 hours of care per day**, flexibly spread across the day depending on the individual's routine.
- At least **2 hours of protected break time** each day.

- **Overnight rest**, unless additional nighttime care has been agreed.

What about night-time support?

Understanding what support may be needed overnight is a key part of your care consultation. We'll ask questions like:

- How is the person currently sleeping?
- Do they tend to wake during the night?
- If so, how often and what kind of support do they need?

If a client is waking more than **three times per night on a regular basis**, additional overnight care will likely be necessary. In most cases, this would mean arranging a **'sleep-in' carer** - an additional care professional who sleeps at the property and is on hand to provide overnight support. This ensures that the live in Care Professional is able to get enough rest to safely and effectively carry out their responsibilities during the day.

Of course, we understand that not every night is the same. One-off disruptions or occasional poor sleep are normal, and we approach this with flexibility. But if we identify a **pattern of regular overnight needs**, we'll have honest, open conversations to explore appropriate solutions.

We'll also take into account the practical setup of your home - whether there's a suitable space to accommodate an additional carer - and work with you to find an option that's both comfortable and realistic.

During breaks or overnight periods, if additional cover is needed, we can support this through Radfield's own care team or by signposting to trusted partner providers.

Do live in carers have to have a break?

Yes, and it's vital they do.

A Care Professional's wellbeing has a direct impact on the quality and consistency of care they provide. In line with UK employment law and the [UKHCA \(United Kingdom Homecare Association\)](#), live in carers must be given protected rest periods each day.

At Radfield, we ensure:

- Daily breaks are respected.
- Care Professionals are given time off between placements.
- Regular check-ins and wellbeing support from our local office.

We also understand that every household is different, and support needs can vary. During your care consultation, we'll talk openly about what break cover might look like for your situation.

If the person receiving care is safe and comfortable being on their own for up to two hours a day, then no additional support may be needed during the Care Professional's break. However, if continuous supervision or assistance is required, we will work with you to make sure cover is in place - this could involve:

- A Radfield domiciliary carer visiting during the Care Professional's break.

- A trusted partner agency we work closely with to provide seamless support.
- A family member stepping in, if that's preferred and manageable.

Our goal is to ensure that breaks are taken at appropriate times - protecting the Care Professional's downtime while making sure your loved one's care needs continue to be met without compromise.

We also offer short-term live in care or respite services, which can help cover longer breaks between placements with minimal disruption to your routine - [learn more here](#)

What are live in carers entitled to?

If your live in carer is directly employed by Radfield, they are entitled to:

- A fair, consistent wage.
- Paid holidays and sick pay.
- Employer pension contributions.
- Ongoing professional development.
- Full oversight, supervision, and pastoral support.

At Radfield, we work with directly employed Care Professionals, self-employed carers and agency-introduced carers, depending on what's the best choice for your care needs and availability.

Regardless of employment status, all live in Care Professionals we work with are:

- Fully trained and compliant.

- Carefully matched to the person receiving care.
- Supervised and supported by our local care management team.
- Expected to follow the same high standards of professionalism and care.
- Familiar with the care plan, home environment, and preferences of the person they are supporting.
- Subject to regular spot checks and ongoing competency assessments to ensure quality and safety remain consistently high.

What's the difference in entitlements?

If your carer is self-employed or introduced via a trusted partner agency, they manage their own benefits (such as holidays and sick pay) independently. However, Radfield continues to:

- Vet all carers for training, experience, and references.
- Carry out a detailed matching and onboarding process.
- Oversee quality and safety through regular check-ins.
- Provide clear channels for feedback, support and safeguarding.

We take our responsibility seriously, no matter the employment arrangement. Every person we place in a home is expected to uphold Radfield's values, approach, and standards of compassionate, exceptional care.

You can read more about how we support all our Care Professionals through our Caring for our Carers™ commitment.

What are carers not allowed to do?

Live in carers have clear boundaries to keep both the client and the Care Professional safe. These boundaries are in place to ensure care is delivered appropriately, legally, and with the right expertise.

Live in carers are not allowed to:

- Carry out medical procedures they are not trained or authorised for.
- Manage finances or banking on behalf of the person receiving care.
- Provide childcare - this is outside the legal scope of their role.
- Perform heavy lifting, DIY, or deep cleaning.
- Work without appropriate rest and downtime.

Pet care, such as feeding or walking a dog, can be supported - but only if it has been discussed and agreed during the care planning process. This is considered part of the matching process to ensure the carer is comfortable and capable.

A full risk assessment and care plan will outline these boundaries from the start, so everyone is clear and confident about what is (and isn't) included in the carer's role.

What makes a good live in carer?

It's not just about qualifications, although those are important. The best live in carers are:

- Compassionate and calm.
- Reliable and trustworthy.

- Adaptable to routines and preferences.
- Observant and proactive.
- Good communicators.
- Respectful of personal space and boundaries.

At Radfield, we carefully match Care Professionals to our clients based not only on skill and experience, but **personality, values and interests**. Our goal is to create a warm, trusting relationship; not just a service.

What about legal protections and safeguarding?

Live in carers are protected under UK employment law, and clients benefit from:

- Regular reviews and care planning.
- 24/7 support from Radfield's local office.
- Ongoing quality assurance and compliance with the [Care Quality Commission \(CQC\)](#)

This means your loved one is never left without support - and you're never left without someone to call.

In summary: What do live in carers actually do?

Live in carers do the following:

- Support with personal care, meals, medication and companionship.
- Work structured hours with agreed rest and breaks.
- Live in your loved one's home, offering consistency and continuity.
- Are trained professionals, not housekeepers or nurses.
- Deserve fair treatment, privacy, and respect.

They help people live well in the place they love most; **their own home.**

If you'd like to explore what live in care could look like for your family, [our local care teams offer a free consultation](#) to understand your needs and talk through the best options. Get in touch with your local office today.