

Live in care for couples: A guide to shared support



As our parents and grandparents grow older, many of us find ourselves exploring care options that support both their wellbeing and their wish to stay together at home. For older couples, live in care offers a dignified and personalised alternative to residential care. It allows partners to remain side by side in familiar surroundings while receiving professional support tailored to their unique needs.

Unlike many care home arrangements where couples may be separated and charged individual fees, live in care offers a shared solution, often at a lower combined cost, while allowing both partners to remain together in their own home.

At Radfield Home Care, we understand that growing older as a couple comes with its own set of considerations. From managing different care needs to preserving cherished routines, our live in Care Professionals deliver compassionate support while promoting independence and [companionship](#).

We've been providing expert private care across the UK for over 40 years. Our aim is simple: to help people age well and remain connected to the things that matter most. In this guide, we explore how live in care for couples works, what the benefits are, and how to plan for shared support at home.

How joint live in care works

Live in care for couples means one or more professional carers live in the family home to provide round-the-clock assistance. This approach ensures continuity, familiarity, and the ability to meet both partners' needs without separation.

At Radfield, we start by getting to know each couple; their routines, personalities, preferences and medical needs. Based on this, we build a personalised care plan that works for both individuals, with space for flexibility as things change.

A joint care plan may include:

- Support with personal care (e.g., washing, dressing, toileting).
- Help with mobility and transferring.
- Medication reminders or administration.
- Meal planning and preparation.
- Household tasks and laundry.
- Companionship and emotional support.
- Support for hobbies, appointments, or outings.

Sometimes, one partner may need more intensive care than the other. In these situations, the Care Professional is trained to support both individuals in a way that respects each person's independence while ensuring safety and wellbeing.

Financial efficiencies of couple care at home

Choosing live in care for couples is often significantly more cost-effective than two individual placements in a residential care home. While the cost of care at home depends on individual needs and circumstances, a joint care arrangement with Radfield typically means:

- One overall cost for a live in Care Professional, rather than two separate fees.
- Shared support services such as housekeeping and meal prep.
- Reduced need for additional domiciliary visits.

It can also help prevent one partner from needing to move into residential care earlier than necessary, simply because their spouse requires higher support. In this way, live in care not only supports emotional wellbeing and continuity, but can also offer greater long-term financial value.

We always provide transparent pricing and guidance during the consultation process, so families can make informed decisions with confidence.

Real stories: Keeping couples together

One of the most powerful aspects of live in care for couples is the ability to avoid separation during a vulnerable time. We've supported many families across the UK who tell us that remaining at home together has made all the difference. Live in care evolves alongside changing health conditions - particularly when both individuals in a couple need different kinds of support, for example one may be living with complex health conditions such as dementia or are receiving palliative care.

Radfield Home Care supports a couple who have been together over 60 years. The husband lives with chronic back pain and reduced mobility. He requires strong pain relief and struggles to stand for long periods, making it difficult for him to manage daily tasks. His wife had always looked after the household, but after experiencing a stroke, her own mobility became limited. She was no longer able to manage stairs, prepare meals for them and transitioned to living downstairs after returning from hospital.

While they both remained emotionally strong and deeply connected, they needed practical help to continue living safely and comfortably at home. A live in Care Professional was introduced to support them both - preparing meals, supporting

personal care, and helping with mobility exercises and household tasks.

With ongoing care, they've been able to stay together in the home they love, maintaining their independence, routines, and daily connection. Their home has been gently adapted to meet their current needs, and both have regained confidence knowing support is always nearby.

"Now we sit side by side in our chairs, reading, chatting, and sharing stories with our Care Professional. We eat when we're ready, not to someone else's schedule. After hospital, I had to plan my life around short visits - even going to the toilet felt like it needed to be timed. Now, our care works around us, not the other way round. It's made all the difference for both of us."

This real-life example shows how live in care can bridge the gap between independence and professional care, while protecting the emotional bond couples have built over a lifetime.

Designing joint care plans at home

When planning care for both parents or an elderly couple, it's essential that each individual's needs are respected. At Radfield, we work closely with families to develop joint care plans that take into account:

- Physical health and medical conditions.
- Cognitive changes or memory support needs.
- Personal preferences and daily routines.
- Communication styles and emotional wellbeing.
- Accessibility and layout of the home.

We also coordinate with healthcare professionals, occupational therapists and social workers where needed, to ensure a joined-up and responsive care experience.

Our aim is always to provide support that feels natural, not intrusive. That means planning care in a way that blends into daily life while enhancing the quality of time a couple can spend together.

Promoting independence and companionship

Live in care is not about taking over someone's life. It's about supporting people to continue living the life they choose, with the safety and reassurance of a professional nearby. For couples, this means:

- Sharing meals at their own kitchen table.
- Sleeping in their own bed.
- Watching favourite programmes together.
- Having private time as a couple.

Our Care Professionals understand how important it is to preserve these moments. While one partner may require more direct care, the other may simply benefit from light support or companionship. Whatever the situation, our team ensures each person is treated with dignity, kindness and patience.

We also build in time for social activities, family visits, and outings, supporting people to stay connected to their wider community. Our care is truly personalised, and no two plans look the same.

Avoiding care home separation; The benefits of live in care vs care homes for couples

One of the most distressing aspects of ageing for couples can be the idea of being separated by differing care needs. Live in care offers a compassionate and realistic alternative that allows couples to remain together, even when one or both partners need support.

By investing in home care services for elderly couples, families can often avoid the emotional and financial disruption of moving loved ones into separate care facilities. The reality of entering residential care can involve selling the family home to fund placement - a decision that brings immense upheaval, both practically and emotionally.

It's not uncommon for one person in the couple to have minimal care needs, and for a care home move to be driven by the desire to remain with their partner. While deeply understandable, this can be upsetting for the individual and the wider family, especially if the move isn't strictly necessary for both.

Live in care keeps couples together in their own home, surrounded by the memories, possessions, and routines that matter to them. With the right support, many couples find they can stay safely at home far longer than they ever thought possible - maintaining independence, preserving routines, and continuing their life together in familiar surroundings.

Why choose Radfield Home Care for couples?

At Radfield Home Care, we believe that growing older shouldn't mean growing apart. We understand how important it is for couples to stay together, at home, surrounded by familiar routines and shared memories. That's why we offer personalised live in care that supports both individuals while respecting their bond.

From your first enquiry, we'll guide you every step of the way with:

- A thorough consultation and assessment of care needs.
- Clear, transparent pricing and personalised care plans.
- A dedicated local care management team for ongoing support.
- Fully trained and compassionate Care Professionals.
- A care matching process that considers personality and preferences.

Whether you're exploring options together or supporting your parents in staying at home, we're here to help you find a compassionate, dignified solution that works for both of you.

To arrange a free consultation, [contact your local Radfield Home Care office today.](#)