



**Private care at home,
centred around you.**

Support from £35.

Flexible, person-centred support to help you stay independent, comfortable and confident in the home you know.



CARE THAT FITS AROUND YOUR LIFE

Stay independent at home, with support that feels right for you

Private Care at Home gives you the freedom to choose the support you want, when you want it, in the place you feel most comfortable — your own home.

Whether you need a little extra help each week, short-term support while you recover, more regular help with everyday routines, or simply some friendly company, we'll take time to understand what matters to you.

Together, we'll create a flexible care plan around your routines, preferences and priorities. And because this is private care, you can arrange support directly with Centred — no social work assessment is needed.



Person-centred care

Built around you, rather than a standard package.



Flexible support

From occasional help to more regular care.



Across the Highlands

Local support in Inverness-shire, Easter Ross, Lochaber and Caithness.



Independence at home

Helping you keep doing the things that matter to you.



HOW WE CAN HELP

Practical support, delivered with dignity and respect



Personal care

Sometimes a little support with everyday personal routines can make life at home safer, easier and more comfortable.

Our team provides discreet, respectful support in a way that protects your dignity, choices and independence.

Support can include:

- Washing, bathing and dressing
- Toileting and personal hygiene
- Medication support
- Mobility assistance
- Help with the routines that matter to you

Home support

Keeping on top of everyday tasks can become more difficult over time. We can take care of the practical things, giving you more time and energy for the things you enjoy.

Support can include:

- Housekeeping and laundry
- Meal preparation
- Shopping and everyday errands
- Help keeping your home comfortable
- Practical support around your usual routine



COMPANIONSHIP & RESPITE CARE

Care is about more than practical support

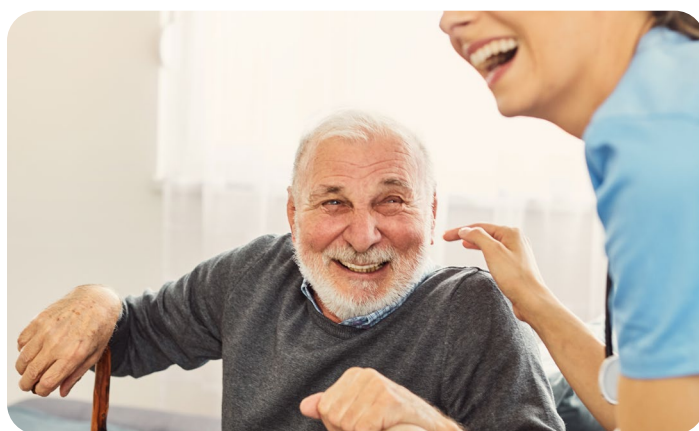
Companionship

A friendly face and meaningful conversation can make an enormous difference to the day.

Our companionship support is shaped around the things you enjoy — whether that means sharing a cup of tea, getting out into the community or simply having someone there to spend time with.

Support can include:

-  Friendly visits and conversation
-  Hobbies and activities
-  Trips out and community activities
-  Accompaniment to appointments
-  Support to stay socially connected



Looking for something else?

Our private care options aren't exhaustive.

If you're looking for a different kind of support, such as respite care, we'd be happy to talk through what you need and explore what support may be available.

Every person and family is different, so getting in touch is often the best place to start. Our team can listen to your circumstances, answer any questions you may have and discuss options that could work for you and your family.



Peace of mind for you. Familiar care and routines for the person you love.

Your care. Your way.



There is no one-size-fits-all care package.

Your support can focus on one or two specific things, or bring several services together into a plan designed around your day-to-day life.

And if your circumstances change, your care can change with you.

Your support can include



**Washing, dressing
& hygiene**



**Medication
support**



**Mobility
support**



**Shopping &
errands**



**House
keeping**



**Meal
preparation**



**Outings &
appointments**



**Companionship &
social activities**



WHY CENTRED

Local experience. Personal care. Peace of mind.

Centred has been delivering care and support across the Scottish Highlands for nearly 40 years.

Over that time, we've learned that good care is never about simply completing a list of tasks. It's about getting to know the person, understanding what matters to them and helping them live their life with as much choice and independence as possible. That person-centred approach is at the heart of our Private Care at Home service.

Why choose us?



Experienced, professionally supported staff

People you can feel confident welcoming into your home.



Care planned around you

Your routines, preferences and goals come first.



Consistency wherever possible

We understand the value of seeing familiar faces.



Flexible and responsive

Your support can adapt as your circumstances change.



Clear, transparent pricing

You'll receive a personalised quotation before care begins.



Local Highland presence

Teams supporting people across Inverness-shire, Easter Ross, Lochaber & Caithness.

Words from the people we support:

"I have been a service user for nearly 30 years and Centred has helped me very much on my road to recovery. Centred supports me with housework, checking mail, making phone calls, and being with me at appointments for guidance. Centred staff are friendly and caring, but also very helpful and organised. There are lots of ways Centred help, which if I was doing myself, I would struggle."



What does private care cost?

FROM
£35

Your cost will depend on the type and frequency of support you choose.

We'll talk everything through with you and provide a clear, personalised quotation before your care begins — so you know what to expect.

You only pay for the support you receive.

Getting started is simple



Step 1

Contact us for an informal conversation



Step 2

Receive a free home consultation



Step 3

Receive a personalised care plan and quotation



Step 4

Care begins at a time that suits you



Step 5

Regular reviews to ensure your care meets your current needs



Let's talk about care that works for you!

Whether you're planning ahead, need support now, or are exploring options for someone you care about, our local team is here to help.

Get in touch for a free, no-obligation consultation and discover how Private Care at Home could make everyday life a little easier.

Contact details

Call: [01463 236 507](tel:01463236507)

Email: hello@centred.scot

Visit: centred.scot/centred-private-care/

Private Care at Home available across:

Inverness-shire • Easter Ross • Lochaber • Caithness

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