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A guide to supporting someone through Companionship Support

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1. When extra support might be useful

Sometimes the need for a little extra support happens gradually. You may notice that someone who has always managed well is finding everyday life more difficult, spending more time at home, losing confidence going out, or becoming less connected to the people and activities they enjoy.

This can happen for many reasons. A change in health, mobility, confidence, circumstances or routine can make everyday life feel different. It may follow an illness, a new diagnosis or a change in someone's circumstances, or there may be no particular event at all.

Someone may benefit from companionship if they:

- Are spending more time alone or becoming socially isolated
- Have lost confidence going out independently
- Are finding shopping, appointments or everyday errands more difficult
- Have experienced a change in their health, mobility or circumstances
- Would benefit from encouragement to get back to hobbies or activities
- Would like some company and someone to talk to regularly
- Have family who live further away or cannot be there as often as they would like.

2.What Companionship can look like

Companionship is different for everyone. It is about spending meaningful time together, offering encouragement and practical support, while helping the person remain involved in their own life and community.

For some people, it might be a friendly visit at home and a cup of tea. For others, it could mean getting out for a walk, going shopping, attending an appointment or enjoying a favourite activity.

Companionship support might include:

- A regular visit and a friendly chat
- Going for a walk or getting out into the community
- Shopping or running everyday errands together
- Accompanying someone to appointments
- Visiting a café, garden centre, seaside or local attraction
- Supporting hobbies and interests
- Helping someone get back to activities they have stopped doing
- Light household tasks or organising things around the home
- Helping with paperwork or everyday administration
- Providing company while a family carer has some time for themselves
- Simply being there when someone would otherwise be on their own

The key is that the support is shaped around the individual, their interests, abilities, routines and what they would like to do. It isn't about taking over. It's about doing things together, encouraging independence and helping someone continue to enjoy everyday life.

3.Supporting Independence

Independence doesn't always mean doing everything alone. Sometimes having the right person alongside you can make it possible to keep doing the things you enjoy and remain involved in everyday life.

Companionship support is about supporting rather than taking over. The aim is to work alongside someone, offering encouragement and practical help where it is needed, while allowing them to remain in control of own choices and routines.

This might mean:

- Encouraging someone to continue doing things for themselves
- Supporting them to get out and about in their local community
- Helping them maintain hobbies and interests
- Doing everyday tasks together rather than doing everything for them
- Building confidence after a period of illness or reduced mobility
- Supporting someone to try something they have become hesitant about
- Helping maintain regular routines and social connections
- Listening to what the person wants and respecting their choices
- Adapting support as their needs and confidence change

Sometimes, a little support can make a big difference to someone's confidence, helping them feel able to keep doing things for themselves rather than gradually becoming more isolated or dependent on others.

4. Why Companionship can make a difference

Having someone to spend time with can make a meaningful difference to someone's everyday life. Regular companionship can provide connection, encouragement and a sense of purpose, particularly when life has changed or someone is spending more time alone. For family carers, companionship can also provide valuable breathing space. Supporting a loved one can be rewarding, but it can also become physically and emotionally demanding, particularly when one person is carrying much of the responsibility.

It isn't simply about having company. It's about helping someone stay connected to the world around them and continue doing the things that bring enjoyment and meaning to their life.

Companionship may help someone to:

- Give family carers some much-needed time for themselves
- Reduce some of the pressure of being the main person providing support
- Help family carers maintain their own work, relationships and wellbeing
- Feel less lonely and isolated
- Maintain confidence and self-esteem
- Stay connected with their local community
- Keep active and engaged with everyday life
- Continue hobbies and interests
- Have something positive to look forward to
- Feel listened to and valued
- Maintain routines and social connections
- Feel more confident getting out and about
- Give family members reassurance that someone is spending meaningful time with their loved one

5. When families or professionals feel like someone could benefit companionship support

Knowing that someone you care about could benefit from a little extra support can sometimes be difficult to recognise and even harder to know what to do about it.

They may not need personal care or medical support. They may simply need someone alongside them: someone to talk to, go out with, help with everyday tasks, encourage them to do the things they enjoy, or provide a familiar face and a reason to get out of the house.

At Llawen, we believe that support should add to someone's life, not take away their independence. Our companionship support is tailored around the individual, their interests, routines, abilities and what matters to them. Whether that's a regular visit at home, a trip into the community, help with an appointment, a walk, shopping, a hobby or simply a cup of tea and a good chat, the focus is always on meaningful connection.

For families, it can also mean reassurance. You don't have to be the only person making sure someone is connected, supported and getting out into the world.

For professionals, Llawen can provide a flexible, non-medical layer of support alongside the person's existing network of family and services. A little support can make a big difference.

If you think someone you know could benefit from companionship, we'd be happy to have a conversation and explore what support might work for them.

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Llawen.co.uk