



## **Providing Personal Care in your own home**

My Care at Home is a small family run business covering Suffolk and based in Stowmarket. Our commitment is to provide 'high quality care', which we deliver through our greatest asset, our staff and the training that they receive. We only employ people who love to care.

We provide the following Services:

Personal Care and companionship  
Respite Care  
Dementia Care  
Help around the house.

Your care package could be a one off arrangement, ad-hoc or on a regular basis.

If you receive care through Social Services, you can request for a personal budget so you can chose your own care provision. Please call us for more information.

**Request a Brochure or book an appointment on 01449 763086**

Find us on Facebook or visit our website [www.mycare-at-home.co.uk](http://www.mycare-at-home.co.uk)

**We are also recruiting NOW** - We need exceptional people who love to care.

**117 Ipswich Street, Stowmarket, Suffolk IP14 1BB**