



How to Prepare for Overnight Care

A step-by-step guide to help you
get ready for overnight care with
Curam.

1. Talk to Your Loved One About Overnight Care

Introducing overnight care can feel like a big step. Reassure your loved one that this support is designed to help them feel safe and comfortable through the night, without compromising their independence.

With Curam, you stay in control:

- **You choose your carer.**
- **Care is arranged around your schedule.**
- **The platform provides transparency, safety, and flexibility.**



2. Choose Between Sleeping Night Care and Waking Night Care

Curam offers two types of overnight care depending on your needs:

Sleeping Night Care

Sleeping night care is ideal if your loved one mainly needs reassurance and occasional help overnight.

- The Care Professional has a bed to sleep in but is available if needed.
- Usually a 10-hour shift.
- Costs £110–£140 per night, plus Curam's 12% fee.
- Best for clients who rarely wake but want peace of mind.

Waking Night Care

Waking night care is designed for people who need regular or continuous assistance throughout the night.

- The Care Professional stays awake and alert all night.
- Costs £20–£30 per hour (plus Curam's 12% fee).
- Suitable for help with medication, mobility, personal care, or frequent needs.



Here's a quick guide comparing Sleeping vs Waking Night Care in the UK

Feature	Sleeping Night Care	Waking Night Care
Carer's Role	Care Professional sleeps but is on-call for occasional help.	Care Professional stays awake all night to monitor and assist.
Typical Hours	10 pm – 8 am	10 pm – 8 am (flexible if needed)
Wake-Ups	1–2 times per night (brief interventions)	Unlimited support—ideal for regular care needs.
Examples of Use	Occasional toileting, reassurance, medication reminders.	Turning every 2–4 hours, dementia wandering, oxygen care.
Level of care needs required	Not suitable for frequent care needs	Safer for complex needs
Best For	Clients who mostly sleep through the night	Clients needing frequent or continuous overnight care

Rule of Thumb

- If your loved one only wakes once or twice, sleeping night care is cost-effective.
- If they need attention every 2–4 hours (e.g. turning, toileting, dementia care), then waking night care is safer and fairer to the Care Professional.

4. Create a Night Time Care Plan

A clear plan helps your Care Professional provide personalised support quickly. Include details like:

- **Bedtime and wake-up times**
- **Medication schedules**
- **Toileting or mobility needs overnight**
- **Emergency contacts**
- **Sleeping arrangements for the Care Professional**

5. Prepare Your Home for Overnight Care

For Sleeping Night Care

- Provide a private, comfortable bedroom for your Care Professional.
- Keep key items (medication, mobility aids) accessible.
- Make sure your home is warm and well-lit at night.

For Waking Night Care

- Provide a comfortable chair or area for the Care Professional to stay awake.
- Make essential areas (bathroom, bedroom, kitchen) easy to access.

Tip: We recommend arranging an Occupational Therapist (OT) assessment to identify helpful equipment such as grab rails, hospital beds, or motion sensors.



6. Set Expectations and Boundaries

Clear communication prevents misunderstandings. Discuss:

- How and when the carer should respond during the night
- Emergency procedures
- Household
- Care handover requirements

7. Build a Strong Relationship with Your Curam Care Professional

Trust and communication are key. Share:

- Your loved one's health needs and preferences
- Night-time habits or personality details
- Communication style

You can adjust care arrangements at any time through the Curam platform.



8. Stay Involved and Informed

Even with overnight care in place, staying connected matters. Use the Curam app to:

- Message your Care Professional directly
- View care notes and updates
- Leave reviews or feedback

Why Choose Curam for Overnight Care?

Curam makes it easy to arrange care directly, securely, and flexibly. With over 10,000 vetted, self-employed Care Professionals, we can help you find the right support —whether you need occasional reassurance or full waking night care.

You choose the Care Professional.

You agree the terms.

We provide the platform, insurance, and peace of mind.



Get in touch.

We're here for all your questions.

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