Care and Support Options



There are many different types of support to help you stay independent.



How much you pay towards this will be worked out using things like your income and savings.



You can find more information on the **Staffordshire Connects** or **Support Staffordshire** websites.



You can also call Staffordshire Cares: 0300 111 8010

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Types of care and support

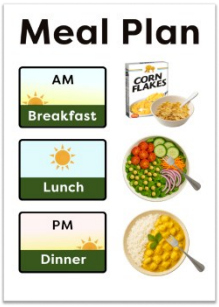


Day Opportunities are activities in your community including things like:

- walking groups
- arts and crafts
- shopping trips



Day Care is for people who need more support, like those with learning disabilities. It usually takes place in community centres or residential homes.



Home Care is support given to you at your home to help with daily living.
It includes help with:

- getting in and out of bed
- getting dressed
- preparing meals

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Personal Assistants give you help in your home and in your community.



Reablement Support helps you to get back on your feet after being ill or in hospital.

It could include help with:

- Getting dressed
- Preparing meals
- Equipment to help you



This is free for up to six weeks. If you still need help after this, there are fees.



Shared Lives is where you live with a carer and their family in **their** home.

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Extra Care can also be called assisted living or sheltered housing.

You live in your own home, usually a flat with its own front door, where help is nearby all the time if you need it.

There may be social activities that you can join in with if you want to.



Care Homes are a place where you could live if you needed extra help with personal care and everyday tasks.



Nursing homes are for people who need complex medical support. There are nurses available all the time.



Respite and short breaks provide short-term support for you so that your carer can have a break.

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