

# Need a bit of help at home?

What is available in Derbyshire

**Easy Read**



As people get older they might need help to live at home.

This leaflet gives information about services in Derbyshire to help you.

• There are services that can help you with:



• making meals



• shopping and cleaning



• washing and getting dressed



• looking after someone else

Services in this leaflet marked:



are free of charge



means you may need to pay for all or part of the cost

# F Assessing your needs

**Adult care assessment** – If you think you need social care support you can have an assessment. The assessment will look at

- what you need help with
- the things that are most important to you
- who you want to help you
- whether you are eligible for support.



Eligibility means rules about who gets help from Adult Care.



**Welfare benefits assessment** – the Welfare Rights Service can:

- check you are getting all the benefits you should be
- give you help and advice about benefits
- help if you have been told you can't get a benefit.

You can telephone the welfare benefits team on 01629 531535. They are open from 11am to 4:30pm Monday to Friday.

**Carers assessments** - If you care for someone at least 14 hours per week you can have a carer's assessment. This will:

- give you information about support groups
- give you information about training
- look at your needs
- give practical help
- give you information about getting a break from your caring role



To get a carers assessment you can phone Derbyshire Carers on 01773 833833.



## Do you need a bit of help with jobs around the house or making meals?



You can pay someone to do your cleaning or wash your clothes.

You can find companies who do cleaning and washing by:

- Looking on the Trusted Trader website at [www.derbyshire.gov.uk/tt](http://www.derbyshire.gov.uk/tt)
- Asking the brokerage service to help you find one. You can ring them on 01629 537763.



:The Community Voluntary Service near where you live might be able to help you with shopping or getting to the shops.

**Amber Valley CVS** Tel: 01773 512 076

**Derbyshire Dales CVS** Tel: 01629 812 154

**Chesterfield Links CVS** Tel: 01246 274844

**High Peak CVS** Tel: 01663 735 350

**Erewash CVS** Tel: 01159 466 740

**South Derbyshire CVS** Tel: 01283 550 163

**Glossop and District Volunteer Bureau** Tel: 01457 865 722

**Buxton Volunteer Centre** Tel: 01298 23970



There are companies who sell ready made meals. They will deliver them to your house for you to heat up later. The brokerage service can help you find a company. Ring them on 01629 537763.

# F

## Handy Van Service



The Derbyshire Handy Van Service can help you with small jobs in your house if:

- you are over 60
- your support worker has asked them to visit you.

The Handy Van can help with:



Fire safety checks



Keeping your house warm and saving money on gas and electric



Jobs in your house, like changing light bulbs, hanging curtains and checking stair rails.

You can use this service twice a year. To contact the Handy Van service ring 0203 535 4999.



## Small aids and equipment

There are small pieces of equipment that you can buy that can help you live safely in your home. These can include:



- tablet dispensers



- extended grabbers



- adapted cutlery

The Disability Living Foundation can help you find out what equipment you might need. You can ring them on 0300 999 0004. Or you can fill in a form on their website to see what equipment could help you at: [www.asksara.dlf.org.uk](http://www.asksara.dlf.org.uk)

Other places that might be able to help with equipment are:



Age UK on tel: 0800 169 6565



British  
RedCross

The British Red Cross on tel: 0344 871 11 11

You can also talk to your doctor if you need any equipment because of a physical disability or health condition. Doctors can assess you for things like walking sticks, wheelchairs and walking frames.



## Telecare or Community Alarms



The lifeline unit is connected to sensors. The sensors are put around your home or can be worn round your neck as a pendant.

These sensors can tell if you have a fall, or if there is any smoke in your house. The lifeline unit would then send a message to a person in a response centre.



The person at the response centre will then check that you are ok or if you need help.

For more information ring Call Derbyshire on 01629 533190.

This is called a telecare system.



### Derbyshire Falls Alert Service



Our falls alert service can help with providing telecare systems and making sure your home is safe.

For more information ring Call Derbyshire on 01629 533190.

## Strictly no falling



Strictly no falling classes are exercise classes to help stop you falling. They help make your balance better and make you stronger.

If you live in Erewash, Derbyshire Dales and South Derbyshire contact - 07837 277252

If you live in High Peak, Chesterfield, Bolsover, Amber Valley and North East Derbyshire - 01246 515657 or 07814 301139.



## Have you got skills you can share or swap?



We have a new scheme called Time Swap. Anyone can join and you can get time credits by helping someone else.

You can then trade in the time credits to get some help for yourself.

For more information you can call the service on 01629 532409 or visit

[www.derbyshire.gov.uk/timeswap](http://www.derbyshire.gov.uk/timeswap)





## Do you want a bit more company?



**Befriending** - If you are lonely and don't see your family or have friends you might be able to use a befriending service. You can find out more about this on our website at:

[www.derbyshire.gov.uk/befriending](http://www.derbyshire.gov.uk/befriending)



**Derbyshire Directory** - We have a list of groups you could join on our website. There are sports groups, hobby groups and friendship groups You can find out more about this at:

[www.derbyshire.gov.uk/derbyshiredirectory](http://www.derbyshire.gov.uk/derbyshiredirectory)



**Volunteering** - If you would like to be a volunteer, your local Community Voluntary Service (CVS) might be able to help you.

Amber Valley CVS Tel: 01773 512 076

Derbyshire Dales CVS Tel: 01629 812 154

Chesterfield Links CVS Tel: 01246 274844

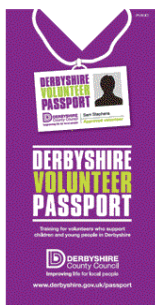
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**Volunteer passport** – Helps you get the skills you need for volunteering. See the Derbyshire County Council website at [www.derbyshire.gov.uk/passport](http://www.derbyshire.gov.uk/passport) or call 01629 539499.



**50+ Forums** - These are groups for people who are over 50 years old. At the group they talk about things going on in their area and meet new people

You can find out more about 50+ Forums by ringing 01629 532466.



**Age UK Derby and Derbyshire** - offer services where older people can meet other people. They also provide an information and advice hotline to older people and their carers - Tel: 01773 768240.



**Do you like to read and can't get to the library?**



You can have books, audio books or CD's brought to your home by the Home Library Service. You can also access eBooks, eAudio Books and online Magazines on the Library Service website:

[www.derbyshire.gov.uk/leisure/libraries](http://www.derbyshire.gov.uk/leisure/libraries)



## General advice and information and signposting

There are Health and Wellbeing Zones at:

- libraries
- some doctors some
- some council buildings
- some community centres



The zones have books, leaflets, and other information you can use to get advice about staying healthy and well.

Some zones have iPads with websites like NHS Choices, Citizens Advice and district and borough councils. You can find your nearest zone on our website at

[www.derbyshire.gov.uk/healthzone](http://www.derbyshire.gov.uk/healthzone)



## First Contact Signposting Scheme



Fill in the simple First Contact form to get information and support from different organisation in your area. You can fill in the form online at

[www.derbyshire.gov.uk/firstcontact](http://www.derbyshire.gov.uk/firstcontact) or ask for a copy of the First Contact leaflet which has a paper form in it.

The Adult Care Information Promise, a **FACT** you can rely on. **We promise to provide you with:**



**Free** information  
**Accurate** information  
**Clear** information  
**Trustworthy** information

If you think we have broken our **FACT** promise, please let us know so we can make improvements.