

# Helping you get back your independence

## Short term home care services



# What is Short Term Home Care?



Sometimes you might need help or support in your life.



You might have had a fall or an illness which led to a stay in hospital.



It is important that you get back to your own home quickly and can do the things that make you happy.



We can help you do these things by giving you some support.

This is called Short Term Care.

# How it works



We will come to see you and spend some time with you to decide if you need our help or not.



If you need more help than short term care can offer then sometimes we have a place that you can stay while we decide. This is called **Residential Care**.



Short term care is free but there are limited spaces available.

If it is decided that you need more help than the short term care service can give, you may need to pay for this.

# What we can do



We can help with:

- personal care
- daily living tasks



When you start to feel better and you can do things by yourself there won't be as much need for help.



When you are feeling better or if it is time for the short term care to finish we will look again at your care to see if you need any more help or not.

# Find Out More



You can find out more about short term care services by speaking to your Adult Care worker



Or you can ring Call Derbyshire on **01629 533190**



Or email **[contactcentre@derbyshire.gov.uk](mailto:contactcentre@derbyshire.gov.uk)**



Or visit our website **[www.derbyshire.gov.uk/regainindependence](http://www.derbyshire.gov.uk/regainindependence)**

# More Info



We have other leaflets you can read on our website that offer services you might need



You can find our other easy read leaflets and factsheets by visiting our website at [www.derbyshire.gov.uk/easyread](http://www.derbyshire.gov.uk/easyread)



We also have a YouTube channel with helpful videos with some in British Sign Language [www.youtube.com/user/Derbyshirecc](http://www.youtube.com/user/Derbyshirecc)

All our info should be



- Free
- Accurate
- Clear
- Trustworthy

Please let us know if you think we could make our info better.