

What type of care do I need?

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Becoming older and less able to look after yourself is not something you should be embarrassed about. It is part of life that most people will go through. However, as you get older, it is important that you talk to your loved ones and / or friends about how you are feeling and coping with everyday life.

If you feel that you are not coping as well as you want to, if you are not able to look after yourself, if you feel vulnerable or even if you just feel that you are not getting as much out of your life as you should, you may want to think about getting extra support.

The support you need or want could range from just joining a regular social group so that you don't feel so isolated, right through to moving into a good quality care home or nursing home. The level of support and care will really depend on you and your own personal needs at the time.

The table on page three of this fact sheet has some information that should help you find the right care for you.

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Assessment

If you are not sure what care you need and certainly if you are going to be asking your local authority to help with the costs (see fact sheet **How do I pay for care?**), you will need to have an **Assessment** by a trained worker or social worker. It is your right to ask your local social services department for an assessment. During the assessment, the worker will find out from you what you can and can't do, what you are coping with and areas of your life where you might need extra help or support. They will want to help you to remain as independent as possible, whilst ensuring that you are safe and secure.

You will be asked about your wellbeing, how it is affected by not being able to do certain things and what is important to you. The assessment can be over the phone or in person. If you are not able to do certain things that could affect your wellbeing, such as washing, dressing, cooking or taking your medication, then you might be eligible for care and a **Care Plan** may be drawn up for you and a **Personal Budget** may be allocated to help pay for your care.

Whatever your level of need, your assessor will be able to put you in touch with the right organisation to support your wellbeing and help you remain independent for longer.

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How are you feeling?

I can still do almost everything by myself and still be safe. I just need some support every now and then.

There are things I just can't do anymore and there are occasions when I feel lonely or worried about my own safety.

I am OK when I am at home but I often need help, support and company, particularly during the day and with meals etc.

I am not ready to leave my own home but I need regular support or care to help me stay as independent as possible.

I just can't cope at home anymore. My loved ones are worried about me. I think it is time to move to somewhere safe where I have help.

What support might I need?

Ask your friends to visit and keep in touch by phone or email and visit regularly. Know your neighbours and keep your phone charged.

Ask your friends and family to agree more regular help or get care and help from a care agency.

You might be able to get some regular respite care or day care from a local voluntary organisation or care home

It is probably time to consider having home care. This can be for as little as 30 mins per week or a carer that lives with you 24/7.

There are different types of live-in care including assisted / supported housing, care homes and specialist care homes.

More information.

www.homecare.co.uk
www.caremark.co.uk/norwich - 01603 433855
Age UK (Norwich) - 01603 496333

www.carehome.co.uk
www.inorfolk.co.uk - search 'Day Care'
www.broadlandview.co.uk

www.homecare.co.uk
www.caremark.co.uk/norwich - 01603 433855
Caremark Norwich - 01603 433855

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