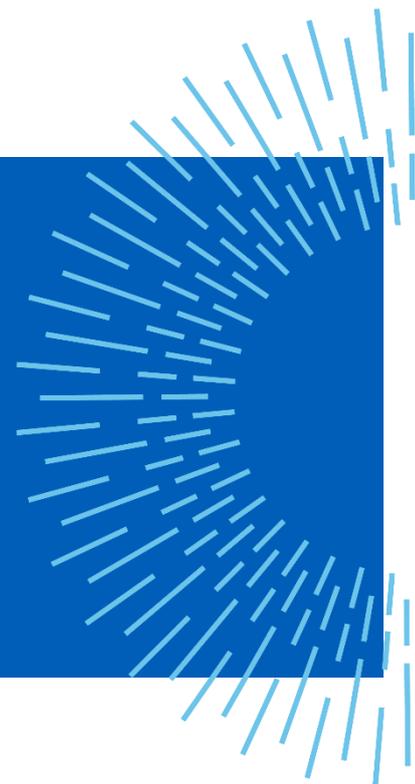




Moorfields
Eye Hospital
NHS Foundation Trust



Care and support





What is care and support?

'Care and support' is the term used to describe the help some adults need in order that they can live in the best way they can, despite any illness or disability they might have. Although by no means an exhaustive list, it can include help with things like:

- Getting out of bed.
- Washing and dressing.
- Getting to work.
- Cooking or eating meals.
- Seeing friends or being given a lift to a social event.
- Emotional support at a time of difficulty or stress.
- Caring for families.
- Being part of the community.

The definition of care and support also includes the help given by family and friends, as well as any help provided by your local authority or other support organisations.

The Care Act

The Care Act aims to improve people's independence and wellbeing. It makes clear that local authorities must provide or arrange services that help prevent people developing further needs or slow down a deteriorating condition or situation.

www.gov.uk/government/publications/care-act-2014-part-1-factsheets/care-act-factsheets

What can I do if I need some help and advice?

Your personal wellbeing, and that of those who care for you, are at the heart of what the Care Act is about.

Local authorities (Adult Social Care) should provide comprehensive information and advice about care and support services in their local area. This is to help people understand how services work locally, the care and funding options available, and how people can access care and support services.

Anyone can make a referral to Adult Social Care for an assessment of their own or someone else's needs. The assessment will identify if the individual is eligible for services to support them.

Find your local authority (adult social care) via this link:

<https://www.gov.uk/find-local-council>



How we can help you

Share your concerns about care and support needs and seek advice from your doctor, nurse or any health or social care professional.

Further information

Carersuk

<https://www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/care-act-faq>

Age UK

<https://www.ageuk.org.uk/information-advice/care/the-care-act/>