



## Help at home

### What is it?

If the person you care for has a long-term condition, especially one that makes it difficult for them to move around, they may be entitled to receive help at home.

This can be equipment to help them get around, care workers, or personal alarm systems for peace of mind if they live alone.

### Get the right equipment

Wheelchairs, walking sticks and breathing apparatus are available through the NHS or social services. These can help someone live more independently in their home.

### Getting support

Social services will usually carry out a community care assessment of an ill, elderly or disabled person's needs. If someone is assessed as needing services, they may be able to get support such as help with laundry and meals. As a carer, you can be entitled to an assessment of your own needs.

### Telecare and telehealth services

Social services may be able to provide personal alarms (telecare) and health-monitoring devices (telehealth). These are also available to buy privately.

### Disabled Facilities Grant

If the home of a disabled person needs changes to help their daily life, the housing department of the local authority may be able to offer a Disabled Facilities Grant.

You can apply if you care for someone with a disability who is living with you in your own home. You will need to contact your local authority housing department and ask for an application form.

### Who can help?

Contact your local social services department to discuss the help or services that may be available to you and the person you care for.

Your GP or practice nurse should be able to tell you about help that can be provided through the NHS.

The Disabled Living Foundation ([www.dlf.org.uk](http://www.dlf.org.uk)) can give free, impartial advice about equipment and technology to help the person you care for live more independently.

Your local carers centre may have information about other sources of help in your area, as well as support for you in your caring role.

For more information on local organisations that help carers and the people they care for, or to get contact details for your local authority, call our free, confidential helpline on 0808 802 02 02 or visit [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect).

Carers Direct is a free national service. We offer information, advice and support for people who care for someone else.

Our comprehensive website has over 1,000 articles, 12 videos and a host of web tools to help you make decisions about your caring role. If you prefer to talk to someone about what options are available to you, our helpline advisors are on hand seven days a week, and in confidence, to do just that.

**Call free on 0808 802 02 02\***  
or go to [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

**Carers Direct**

\*All calls from UK landlines and mobile phones are free. Lines are open 8am to 9pm, Monday to Friday, and 11am to 4pm on weekends and bank holidays. Textphone users should call 18001 0808 802 02 02. To use our call back service, in English and other languages, please go to [www.carersdirectenquiry.nhs.uk/callback/carers.aspx](http://www.carersdirectenquiry.nhs.uk/callback/carers.aspx)