

Neighbourhood care independence

Providing support and
advice to help you
remain independent.



Cumbria County Council wants to help more people to retain their independence and control over their lives. To support this, we have launched the neighbourhood care independence programme.

The neighbourhood care independence programme builds on the activity the council already undertakes across Cumbria to support people to remain independent - such as free home safety checks, the home delivery scheme offered by the Library Service, volunteer snow champions and no-cold calling zones - by working with voluntary organisations to provide a wider range of support to people in their own homes.



What is the neighbourhood care independence programme and who is it for?

The neighbourhood care independence programme provides a range of practical help and advice for people aged over 18 who need extra support from time to time to remain independent.

Support for people who return home from a spell in hospital is a key part of the new programme.

Who delivers the support?

A Partnership of over 20 charities are working together to provide the help and support adults of all ages need to remain independent, in their own homes, and an active part of the community for as long as they want to be.

Cumbria Third Sector Consortium has been given the responsibility of leading the Partnership in Carlisle, Eden, Barrow and South Lakeland.

Cumbria County Council and the Cumbria Clinical Commissioning Group are providing funding to this scheme which also draws on the support and resources of all the organisations involved.



**Find out about
activities and support
in your neighbourhood.**

How the neighbourhood care independence programme could help you

Information and advice


- General information and advice on a wide range of issues.
- Money information and advice on entitlements, benefits, debt and purchasing care services.
- Disability information and advice.
- Access to local Information Resource Centres.
- Rural advice sessions.

Practical support at home

- Handyperson support for minor DIY tasks.
- Home safety and energy efficiency checks.
- Access to practical home support services (such as support with cleaning or shopping).

Home from hospital support


- Short-term support on discharge from hospital.
- Ensuring your home is warm on arrival.
- Support with shopping and light food preparation.
- Help to rebuild your confidence to resume daily living tasks.



**Access
information and
advice to help
you remain active,
healthy and
independent.**

Community befriending

- Linking you to Friendship Groups and other social activities.
- Support to socialise and attend activity groups.
- Support for those with hearing or visual impairments to join in local activities.



**Help is
just a phone
call away**

Equipment to aid daily living

- Trusted Assessor Advice.
- Advice on where to buy or hire equipment to aid daily living, such as wheelchairs, commodes, lid openers, toilet seats and grab rails.
- Advice and support to create dementia-friendly environments.
- Access to advice on home adaptations.
- Hearing aid maintenance and support 'drop ins'.

Other support services

- Support for carers.
- Access to peer support groups and lifestyle management programmes on long-term conditions, cancer and dementia for patients and their families and carers.
- Access to end of life care.
- Advice on access to external services to meet any other needs.



For advice call:

0844 967 1885.

How you could help the neighbourhood care independence programme

Become a volunteer

If you would like to become involved in the neighbourhood care independence programme, and are able to give up some of your time and use your skills to help people in your community, a range of volunteer opportunities and roles are available. Training and on-going support will be provided.



For more information please call:

0844 967 1885.



Further information is also available on the county council website at:

cumbria.gov.uk/communityneighbourhoodcare



**Cumbria County Council
supports the neighbourhood
care independence programme
as part of our commitment to
neighbourhood care.**



If you require this document in another format (eg CD, audio cassette, Braille or large type) or in another language, please telephone 01228 606060.

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skambinkite telefonu 01228 606060

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Se quiser aceder a esta informação na sua língua,
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