

# Factsheet 1 — Getting the help you need

If you feel that you can no longer cope on your own and need help with day to day tasks in your home there are services to help you.

Most of us want to live in our own homes for as long as possible, but many people need an extra bit of help to live independently. This may be as a result of illness, a disability or just getting older.

You may need help with personal care, such as getting in and out of bed, washing and bathing, preparing meals, shopping or cleaning.

East Riding of Yorkshire Council together with the Clinical Commissioning Group, the NHS and voluntary organisations, work together to make sure that you have access to the services that you need to live as independently as possible. We also ensure that advice and support to carers and relatives of people receiving, or in need of services is available.



## What kind of support is available?

There's a wide range of help available and you may be entitled to services to meet your needs, although many of these are means tested. You may be eligible for home carers to help you. The kinds of services available to help you stay in your own home include:

- Information about support and services in your area.
- Assessing for care homes & short breaks
- Agreeing a care & support plan with you which gives you choice and control to live independently.
- Advice on welfare benefits and help with managing money.
- Equipment, adaptations and advice to help you move around your home safely, prepare meals and keep clean.

### For further information:



**Telephone** (01482) 393939



**Email** [customer.services@eastriding.gov.uk](mailto:customer.services@eastriding.gov.uk)



**By post** East Riding of Yorkshire Council, County Hall, Beverley, HU17 9BA



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