

ADULT SOCIAL CARE

How do I get support to help me?



If you struggle to carry out everyday tasks, you can get support to help you do things easily and safely which may help you to live independently.

You will need to contact the City Council, and ask for a **Social Care Assessment**. A social care assessment is a simple discussion to find out how much care and support you may need and what choices are available to you.



Telephone **01733 747474** and **press 1** for Adult Social Care to ask for a **Social Care Assessment**

How do I pay for support?



The Council can help to pay for some of your care and support, depending on how much money you have. A **Personal Budget** or **Direct Payment** may help you to pay for the support that you need.

Your **Personal Budget** can be paid straight to you or you can choose that the Council manages this money for you to buy the services and support that you want.

Direct Payments – A Direct Payment is an amount of money paid to you to arrange and purchase your care and support yourself.



Peterborough Council for Voluntary Service (PCVS) provide support and advice free of charge to people who want to receive a Direct Payment, including help with

- Recruitment
- Payroll services
- Financial returns
- Making arrangements to cover any emergencies



They can be contacted on **01733 342683** or by email **direct.payments@pcvs.co.uk**

Who do I talk to about my benefits?



If you have had an assessment and been told by the Social Worker that you are eligible for support then a City Council Financial Advisor will contact you to talk about the benefits you can claim.

Or you can contact



Disability Peterborough (DIAL) on 01733265551



Citizens Advice Bureau on 01733 558383



For new benefit claims

Contact **Department of Work and Pensions on 0800 055 6688**

Advocacy Support

Advocacy means getting support from another person to help you express your views and wishes, and to help make sure your voice is heard. Someone who helps you in this way is called your advocate.

If a person with a learning disability needs support with any of these things they could get advocacy to support them.



Contact **Peterborough Council for Voluntary Services on 01733 342683**



If a carer needs support with any of these things they could advocacy to support them.

Contact the Carers Trust Peterborough on **01733 645234**

Email carers@carerstrustpeterborough.org

Website www.carerstrustpeterborough.org

What other support is available?



Supported Employment

The Council's Employment Development and Supported Employment Team provides flexible programmes to support people who want to work but are facing barriers to employment due to a disability.

They work closely with employers to secure jobs, work experience and voluntary placements in local businesses. These include retail, production, and office work, cleaning services and catering.

There are also work opportunities in our mini-enterprises providing services to businesses in catering, ground maintenance and car washing.



For more information about Supported Employment contact **01733 747474** and **press 1** for Adult Social Care.



Housing

If you need to live somewhere else that will better meet your disabilities and needs or you need to be moved to another housing association rented property, contact the For more information about the **Housing Needs Service** contact **01733 747474** and **press 1** for Adult Social Care.

Adaptations

Changes to your home or pieces of equipment may support you to be more independent.

If you need big changes, then an Occupational Therapist will need to visit your home to advise you what changes need to be made. They will also tell you if you can get help with some or all of the costs using a 'Disabled Facilities Grant'.



If it is agreed that you need adaptations to your home a referral will be made to the **Care and Repair Home Improvement Agency** (part of Housing Services). They can be contacted on **01733 863895**.



Reablement

Reablement means giving people over the age of 18 years the opportunity, encouragement and confidence to relearn or regain some of the skills they may have lost because of illness, disability, or an accident.

This service is free for 6 weeks. If long term home care service is needed then support can be purchased using a Direct Payment.

The aim of the reablement service is for you to manage these tasks on your own whenever possible, rather than other people doing them for you.

A reablement therapist will visit you soon after reablement starts and talk about how we can support you to remain independent.



To apply for the **reablement service**, contact **01733 747474** and **press 1** for Adult Social Care.

Shared Lives

The Shared Lives Scheme offers family homes for short breaks, long-term care and day care in the community for people with a learning or physical disability and older people.



Shared Lives aims to meet people's individual needs by matching them with a family who can give the care and support they need.

For more information contact **The Shared Lives Scheme**,
Email: sharedlivesscheme@peterborough.gov.uk

Dementia

Peterborough's Dementia Resource Centre offers people a one-stop shop for dementia care and support. The Alzheimer's Society runs the centre for the Council. There is also the NHS Memory Clinic where people are referred for a dementia test.

The Centre offers walking groups, gardening clubs and arts and crafts groups. There are also groups just for black and minority ethnic communities and people under 65 years with dementia.

For more information contact the **Alzheimer's Society on 01733 893853**

