

Care at Home

'My Life My Care'

is a detailed online resource for those needing care at home, and for their families, friends and carers: [http://www.mylifemycare./](http://www.mylifemycare/) Its extensive 'Directory' section contains information on topics important to people wishing to remain in their own homes with support.

Living Made Easy

The website <http://www.livingmadeeasy.org.uk/> also has much practical information on ways to manage living independently at home.

Financial help

Up to six weeks reablement support is available without charge. Thereafter, people with savings or available capital of less than £23,250, and meeting the care-need criteria relating to physical and / or mental health, may be eligible for County Council financial support with care costs. Dorset Direct provides an assessment procedure online (www.mylifemycare.com/paying-for-care-at-home) or by phone (01305-22101).

If care needs are mostly health-related, requiring a nurse rather than a carer, NHS Continuing Healthcare may contribute to costs. NHS Continuing Healthcare refers to a package of ongoing care arranged and funded solely by the NHS where the individual has been found to have a 'primary health need'. CHC is not means-tested: eligibility depends solely on the level of assessed medical need.

Continuing Healthcare is administered centrally by the **Dorset Clinical Commissioning Group**. *Continuing Healthcare Team, Dorset Clinical Commissioning Group, Vespasian House, Barrack Road, Dorchester, DT1 1TG. 01305-361123 / continuing.care@dorsetccg.nhs.uk.*

Dorset Advocacy is free support service to help families apply for CHC funding. 0300-343-7000 or enquiries@dorsetadvocacy.co.uk.

Help in the home

The 'Help in the Home' section of the <https://www.mylifemycare.com/Finding-help> website lists 50 providers of home care all claiming to cover DT6 and DT7 postcodes, either on a regular home visit or on a live-in basis. Many of these are regional or national businesses, particularly for live-in agreements. The website <http://www.homecare.co.uk/> lists 131 for the area. The two lists have some overlap.

For home visiting, where travel distance is a limiting factor, it is possible that regional and national agencies may have locally-based carers available, but such information is hard to establish.

The following providers of home visiting care are based within West Dorset / South Somerset / Devon.

- Courtesy Care Ltd Axminster 01297-35985
- Axe Valley Home Care Ltd Seaton 0800-084-3584 [90 carers]
- Angel Carers Bridport 01398-459204
- Agincare Bridport 01308-459777 [50 carers]
- Daley Home Care Bridport 01308-898345 [28 carers]

- Altogether Care Beaminster 01308-863775 [50 carers]
- Absolute Care South West Honiton 01404-44698
- Bluebird Care Honiton 01404-814880 [33 carers]
- My Support and Care Services Honiton 01404-43920
- Robert Owen Communities Honiton 01404-891627
- RV Care Honiton 01404-47696
- Care South Home Care Crewkerne 01460-270500 [220 carers]
- Libertas Care Ltd Crewkerne 01460-78726 [33 carers]
- Somerset Care Crewkerne 01460-271529 [185 carers]
- All About Care Dorchester 01305-261177
- Apex Prime Care Dorchester 0845-603-4743 [30 carers]
- Better Care at Home Dorchester 01305-520590
- Bluebird Care - West Dorset Dorchester 01305-236655
- Encompass. Dorchester. (Specialises in clients with mental health conditions). 01305-267483
- Essential Nursing and Care Dorchester 01305-77590
- Everycare Wessex Dorchester 01395-257777
- iDirect Dorchester 01305-259075
- Nurse Plus Dorchester 01305-259328 [62 carers]
- Park House Care Dorchester 01305-889420 [40 carers]
- The Care Division Dorchester 01305-213195

Tricuro Reablement Service

A free, short-term service, under contract with **Dorset Adult Social Services**, to help over-18s return from hospital and re-settle in their own homes. Contact via Social Services Adult Access Team (01305-221016). Following assessment, service is provided by trained reablement staff and occupational therapists, with the aim of making the client independent again as soon as possible.

Occupational Therapy support

The Occupational Therapy service offers advice and help to people unable to do everyday tasks because of physical illness, long-term disability or age. The occupational therapist aims to keep people as independent as possible.

The occupational therapist will make home visits to assess needs and risks. The service can lend some equipment, such as commodes, walking frames and devices for getting in and out of the bath. This provision is normally temporary, after hospital discharge for example, but is continued as long as necessary. For longer-term supply the occupational therapist will indicate other sources.

The occupational therapist will also provide training for carers.

The occupational therapist is available at LPMC Community Services.

Alternatively, contact Dorset County Council adult social care on 01305-221061.

Careline Alarms / Telecare

Telecare equipment and services support safety and independence at home. The systems contact a help centre automatically if specific problems occur, and the help centre can arrange for someone to come to the home or can contact family, doctor or emergency services. Depending on its specification, equipment can sense falls, or risks such as smoke, gas, or running water, or can give reminders to take medication. They can also warn the client of problems by sounding an alarm, flashing lights or vibrating a box kept in a pocket or under a pillow.

Dorset County Council Adult Social Services may offer appropriate telecare free of charge to

eligible clients following assessment of need.

The social worker, occupational therapist, The Independent Living Centre (below) or the website livingmadeeasy.org.uk all have full information on the systems available.

Equipment Provision and Advice

For equipment to make life easier permanently (not loaned equipment for a temporary need).

Greenwood Independent Living Centre, Maiden Castle Road, Dorchester DT1 2ER

(033-003-0010 / milifegreenwood@millbrookhealthcare.co.uk).

Clients can try out a wide range of equipment for long-term loan and in some cases borrow to try at home – from help to put on socks/tights, and onwards.

The Disabled Living Foundation provides advice, information and training on daily living aids.

(0300-999-0004 / helpline@dlf.org.uk / <http://www.dlf.org.uk/>)

Home adaptations

Installing handrails, ramps, or a stairlift; widening doorways; altering bathroom or kitchen fittings, etc.

Dorset Accessible Homes Service provides advice and practical help on home adaptations, housing options and potential grant eligibility for those disabled or over 50.

DAHS is based at the Independent Living Centre (0333-003-0010).

To access a Disabled Facilities Grant for substantial adaptations, assessment by a Social Services occupational therapist is necessary.

For carers

A variety of advice and resources to help carers is available at:

<http://www.mylifemycare.com/Dorset-carers>.