

# Complex Community Support

## Carers Support, Independent Living, Housing/Transport, Stress/Ability to Cope

This service helps people living with complex health and/or social conditions who need regular practical and emotional support to live as independently as possible.

We provide regular welfare checks via phone/home visits to monitor health and risks and a wide range of personalised interventions, including:

- Physical activities to prevent deconditioning, aid recovery or falls prevention.
- Cost of living support. Ensuring living essentials such as adequate food, drink, medication.
- Arranging transport/companionship to healthcare appointments.
- Practical support to understand/arrange formal packages of care.
- Practical support for home/garden and arranging adjustments for independent living/care.
- Companionship for loneliness, carers support and mental health.

### We can support:

- Aged 50+
- Risk monitoring & crisis avoidance
- Comorbidities/complex needs
- Pre-treatment waiting lists
- Hospital Discharge
- Reducing unnecessary demand on health/social care

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or via **Vera**, our online auto assistant.

Just click the icon on the bottom of our website and select 'Health/ Care Professional' and leave the relevant details.