



## Active Living Service

**Age UK Plymouth's Active Living Service can help to enhance and enrich the lives of older people. It does this by offering a high quality and flexible service that is tailored to suit a person's individual needs and aspirations.**

We are piloting this enhanced service in Plympton from January – March 2021 enabling you to receive this support in the comfort of your own home or if you prefer, you can attend our group sessions at the Rees Wellbeing Centre, Mudge Way PL7 2PS from 10am - 12 on a Friday.

Our service includes help at home with domestic tasks, shopping, gardening, social activities, companionship and help with paperwork.

We pride ourselves in supporting older people and their families to alleviate stress, anxiety and loneliness. By using a wealth of knowledge and a comprehensive training programme, our staff can deliver a safe and caring service - with an emphasis on promoting independence, social engagement, good health and wellbeing.

We are here to listen to your needs, provide solutions and work together with you to support your future.

- **Home Support** - We can be your helping hands at home, this service includes; domestic cleaning, laundry, ironing, changing bedding, light de-cluttering, basic meal preparation, sitting service, escorted visits.
- **Gardening** - Get your garden chores completed by our fantastic team, this service includes; mowing, trimming, pruning, potting, clearance of weeds & brambles and general maintenance.
- **Active Living Hubs** - We provide the opportunity to be part of a “shielding space” which gives people the opportunity to come together socially. Activities vary and are shaped around individual needs and current Covid-19 guidelines.
- **Companionship** - Everyone needs human connection, our Active Living Support Service can offer support that has huge benefits to the mental, physical health and wellbeing of a person. We can provide a fun, supportive environment where people can take part in a range of activities, including; word games, singing groups, quizzes, creative & musical activities, gentle exercise and much more.
- **Home Admin** - We offer a number of options which can alleviate anxiety, such as; calendar and address book completion, card writing, gift wrapping & posting of gifts, appointment making, assisting to set-up direct debits, call assistance to organisations and utility providers.
- **Getting Online** - Accessing the internet may seem daunting but once you’ve got the hang of it, it’s a great source of information, can help you save money and it is a brilliant tool for keeping in touch with friends and family.
- **CST (Cognitive Stimulation Therapy)** - You can take part in meaningful and stimulating activities, proven to help maintain memory and mental functioning.

### What is the cost?

This is a chargeable service at £17 per session. A session is either 1 hour in your home or 2 hours in an Active Living Hub with refreshments.  
Not sure if you can afford it, why not let our Information and Advice team undertake a financial review to make sure you’re getting everything you’re entitled to?

### Other Services available

**Adult Day Care** - **Dementia Day Care** - **Information & Advice**

To find out more or to book a session contact

**Age UK Plymouth**  
**(01752) 256020**

**Email: [homecare@ageukplymouth.org.uk](mailto:homecare@ageukplymouth.org.uk)**  
**[www.ageukplymouth.org.uk](http://www.ageukplymouth.org.uk)**

Information and prices are accurate at the time of publication, December 2020.