

Age UK Plymouth offers a pathway of support for the over 50's by providing a wide range of services including information & advice, day care & dementia services, social and creative activities, lunch clubs, chiropody, hairdressing and holistic therapies.

Our Active Ageing Centres offer a warm and friendly welcome where people can meet for coffee, snacks or lunch, enjoy good company and take part in a range of social and well being activities.

Our Day Centre and Dementia Centre provide person centred activities and support for those who need a little extra help.

We provide support for older carers and carers of older people and hold an informal carers support group on the last Thursday of each month where carers can meet to socialise with other people in the same situation, gain information from the care team or simply come in for a cup of tea and a chat.

### What We offer

- Free Information & Advice
- Benefits Checks
- Day Care
- Dementia Care Services
- Social & Creative Activities
- Exercise & Keep Fit
- Free Computer Training
- Carers Support
- Volunteering Opportunities
- Home Care Services
- Lunches & Coffee Shop
- Hairdressing
- Chiropody
- Holistic Therapy

### Age UK Plymouth

Astor Drive  
Mount Gould  
Plymouth  
Devon  
PL4 9RD

**e** [enquiries@ageukplymouth.org.uk](mailto:enquiries@ageukplymouth.org.uk)

**t** 01752 256020

**www.ageukplymouth.org.uk**

## Home & Community Support Service



---

## ***Age UK Plymouth offers a wide range of services and activities which are available to anyone Over 50 and carers of older people.***

**Our Home and Community Support Service has been operating for 75 years and provides a high quality flexible service to people aged 50 or over, living in and around the City of Plymouth.**

Our flexible approach means a package of support can be provided to meet your changing needs giving you choices to enable you to live independently in your home for longer. Our staff understand how some daily routines can become difficult or restrictive as you get older and our service can help you with everyday tasks that can become difficult to do without assistance.

Our staff are fully referenced and comprehensively trained in best practice. Everyone is checked by the Disclosure and Barring Service and all staff undertake a full induction and mandatory safeguarding training.

### **We can help with things like:**

Domestic tasks such as polishing, dusting, vacuuming, washing floors, washing dishes, changing bed linen, laundry, ironing and essential grocery shopping. A one off "Spring Clean" service is also available.

We can provide a basic gardening service and help with small jobs around the house such as curtain hanging, changing light bulbs etc and we can also help with reading and correspondence.

Our Community Support Service helps people to access opportunities in their local community with one to one support.

We can support you with attending appointments at GP's, Dentist, Hairdressers etc and assist with local shopping trips and we can also provide a Sitting Service which offers carers the opportunity to take a break from their caring role.

If you are interested in finding out more about our Home and Community Support Service, a member of the team will make an appointment to visit you at home and discuss your requirements.

We will do a full assessment of your individual needs and agree with you a full and flexible schedule of support.

You will be introduced to your Home Care Assistant by one of our friendly team leaders so you will always know who will be coming into your home.

You do not need to be referred by a professional person into this service as clients pay privately.

Our service currently operates from Mondays to Fridays.

### **What people say about our service:**

"The assistance I am given by my Home Care Assistant is of the highest standard and the work carries out is excellent. He is willing to undertake any task I have requested and I very much value his friendly approach and companionship".

**Mr W Wilcox-Plymouth**

"For the last ten years I have been very fortunate to enjoy a much enhanced quality of life thanks to the regular help provided for me by the dedicated Home Care Team from Age UK Plymouth. My weekly shopping and house cleaning are expertly dealt with by staff who are at all times patient, helpful, supportive and considerate - nothing is too much trouble. Appointments are punctually kept and from my own experience I can confidently say that Age UK Plymouth successfully achieves it's aim of making a significant difference to the lives of older people".

**Mr B - Plymouth**