

What could LIFeStyle mean to you?

- Life Choices
- Independence
- Freedom
- Empowerment
- Safety
- Travel
- Your say
- Laughter
- Enthusiasm for life

General enquiries

If you would like any further information for either yourself or a family member, or to access LIFeStyle, contact our LIFeStyle Co-ordinator who will be delighted to answer any questions either by telephone, email or a home visit.

Age UK Sunderland

t 0191 514 1131 or 0191 514 8338

f 0191 567 0378

e enquiries@ageuksunderland.org.uk

www.ageuksunderland.org.uk

LIFeStyle®

.....
An exciting new service that
helps you enjoy life to the full
.....



LIFeStyle is a new innovative service offered by Age UK Sunderland to people of all ages. We believe that every person deserves to live their life to the full. People sometimes need help and assistance to remain independent and ensure a good quality of life – with choice and control. Our LIFeStyle service can now help you to achieve this.

We have over 60 years of experience in providing quality support to older people in Sunderland. Now we want to offer you more...

What is LIFeStyle?

LIFeStyle is whatever you want it to be, for example:

- Would you like help to go shopping?
- Do you need someone to accompany you to the cinema or to other social events?
- Do you enjoy the simpler things in life – going out for a leisurely walk?
- Do you need a little help with light housework?
- Do you need assistance with cooking?
- Perhaps you just need a little general help and assistance to make life easier and more enjoyable.

Tell us what style of life you want and we will provide you LIFeStyle. It is your life, your choice. We will provide a quality service to enable you to live your life to the full.

What can you expect from LIFeStyle?

- An initial visit from our LIFeStyle Co-ordinator to discuss and agree your needs and the level of help and support that you require. This will be conducted in a very sensitive and informal manner and you will be invited to ask questions and be given all the information you need.
- The LIFeStyle Co-ordinator will inform you of our pricing schedule, plus our contract terms and conditions.
- LIFeStyle will provide appropriately trained and supportive staff to deliver a quality, flexible service either in your own home or in other environments to enable you to have a better quality of life and maintain your independence.

- Staff will undertake reasonable tasks of various natures (other than personal care needs), as identified by you.
- We will endeavour to supply the preferred member of staff, even at short notice whenever possible.
- Regular reviews will be conducted to ensure that LIFeStyle is meeting your needs and to ensure that you are happy with the service.

Contact us today on 0191 514 1131 and let us help you achieve your LIFeStyle.