

## OUR SERVICES

At A Glance

We're an **independent charity in Sutton** dedicated to helping older people in our community to **live well in later life**. We provide vital information, expert advice and practical support to enable informed decisions on finances, health and care. From helping people prepare for later life to supporting those living it, we're here to ensure that later life in Sutton is lived well.



Our friendly **Community Support Team** provides free, confidential information, advice and guidance - accredited through the Advice Quality Standard.

### HOW WE CAN HELP

Accredited information and advice

- ✓ Income and Benefits
- ✓ Living safely at Home
- ✓ Social Care
- ✓ Transport
- ✓ Local services in Sutton

Information & signposting to specialist services

- ✓ Housing Options
- ✓ Your Health
- ✓ Legal Matters



Our **Prevention and Wellbeing Service** helps people live later life to the fullest by taking a proactive approach to staying connected, healthy, safe and supported within our local community.

### OUR SERVICE AREAS

- ♥ Safe at Home
- ♥ Active Lives
- ♥ Community Connectors

- ♥ Digital Champions
- ♥ Mental Health Support

# OUR SERVICES

At A Glance



We're here for you every step of the way. If you're concerned about symptoms, newly diagnosed, undergoing assessment or supporting a loved one, our **Dementia Hub Service** is here to support you throughout your dementia journey.

## OUR SUPPORT

- Understanding Dementia
- Information and Advice
- Connecting You to Local Support
- Support for Family & Friends
- Wellbeing Programme for All



Whether it's cleaning, shopping or simply a friendly chat, our **Help At Home** service is here to make daily life easier, with the added reassurance of DBS-checked and trained staff and a customer support team who are just a phone call away.

## HOW WE CAN HELP

Our tailored service can include:

- Housekeeping
- Cleaning
- Laundry and Ironing
- Grocery Shopping
- Appointment Accompaniment
- Light Meal Preparation
- Friendly Companionship
- Sit-in Support Service

A PAID FOR SERVICE

## GET IN TOUCH

Contact us today to see how we can help. We'd love to hear from you!

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