**Getting help at home**

If you would like to stay living in your home but are struggling to manage because of health conditions or disability, you may be able to get help at home. This could be:

* care workers coming to your house to help you to get up, dressed, prepare meals and take medication, and/or
* aids and adaptations being provided to help you to manage at home.

If you need help at home you can either, arrange (and pay) for this yourself or ask Wigan Council for a care assessment.

**Care assessments**

A care assessment is carried out by a social care professional to identify the help that you need and the best way to provide it. The assessment should consider how you manage your daily routines, the support you have already and what you want and need. You cannot be charged for having a care assessment.

If you are assessed as needing care services, the council will carry out a financial assessment to work out whether you have to pay anything for the services you receive.

* If you have savings of more than £23,250 you would have to pay for care services yourself; if you have savings of less than this, the amount of help you get depends on your income, savings and how much you spend on disability-related needs.

If you need aids and adaptations, some equipment is provided without charge. If you need larger adaptations, for example a stairlift or wet room, you may be eligible for a Disabled Facilities Grant for help with the costs.

You can request a care assessment for yourself or for someone you think may need care online at <https://www.wigan.gov.uk/adultprofessionalreferrals/> or by telephone on **01942 828777.**

**How do I arrange care myself?**

You can arrange care directly with care agencies; you may want to do this if you have savings above the threshold (above).

The Care Quality Commission inspect all registered care services and have a directory of services; you can search for services at <https://www.cqc.org.uk/what-we-do/services-we-regulate/find-services-offering-care-home>

**Hearing and vision support**

Wigan Council have a specialist hearing and vision support team that can help you to manage any difficulties you might have due to your hearing or sight loss. The services they offer include:

* Advice and information about services, concessions and benefits available
* Mobility training and getting around outdoors or on public transport
* Low vision clinic to assess the best magnifying aids
* Advice about audio translation, talking books, accessible computer software
* Lip-reading classes, hard of hearing clubs, deaf clubs and tinnitus support groups
* Sight loss support groups

Anyone who feels that they are struggling with their eyesight or hearing can request an assessment by contacting the team on **01942 828787.**

**Falls pendants/alarms**

Falls pendants allow you to maintain your independence at home by giving you a pendant you wear around your neck or wrist that you can press at any time to call for help. The falls alarm system usually needs to be fitted to a telephone landline.

Many companies provide falls pendants and support services including those listed below; charges vary so it is advisable to contact a few companies to ask for more details of their service and costs.

Eldercare: 0345 603 4576 or [www.eldercare.co.uk](http://www.eldercare.co.uk)

Careline: 0800 101 3333 or [www.careline.co.uk](http://www.careline.co.uk)

Age UK: 0800 011 3846 or [www.ageuk.org.uk/products/mobility-and-independence-at-home/personal-alarms/](http://www.ageuk.org.uk/products/mobility-and-independence-at-home/personal-alarms/)

**Community Link Workers and the Community Book**

Wigan Council’s Community Book is an online directory of services, groups and activities in the borough.

Community Link Workers help people to access community-based support, activities and volunteering opportunities to improve their confidence and independence.

You can search for groups and activities in Wigan on the Community Book website: <https://www.communitybook.org/>

Your GP can refer you to a community link worker; the worker would then contact you to arrange to meet you at a convenient location.