

## Other Services:

*Age UK York provides a range of services for older people.*

*Our services include:*

- Befriending
- Care at Home (CQC Regulated Personal Care)\*
- Dementia Day Clubs\* | Dementia Support and Advice
- Home Help/Cleaning Service\*
- Information and Advice
- Keep your Pet
- Money and Benefits Advice
- Power of Attorney \*

To find out more about other services, please contact our First Call team on:

**Telephone: 01904 634061**

**Email: [firstcall@ageukyork.org.uk](mailto:firstcall@ageukyork.org.uk)  
Mon – Fri 9.30am - 3pm**

\*Chargeable service.

Service funded by Humber and North Yorkshire Integrated Care Board (ICB)



## Contact Us:

Referrals can be made by:

**Telephone:**

**Hospital Team: 01904 726191**

**Main Office: 01904 627995**

**Email Independent Living Service:**

**[ils@ageukyork.org.uk](mailto:ils@ageukyork.org.uk)**

**Email Age UK York:**

**[ageukyork@ageukyork.org.uk](mailto:ageukyork@ageukyork.org.uk)**

**Or you can visit our website:**

**[www.ageukyork.org.uk](http://www.ageukyork.org.uk)**

**Age UK York St Edmund's House  
Margaret Street York YO10 4UX**

Registered Charity No: 1118346  
Registered Company No: 6006449

Age UK York is a non-profit making organisation



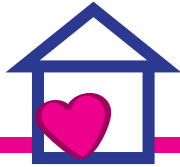
## Independent Living Service

**Supporting older people back home after a hospital stay.**

**Providing support which helps to prevent re-admission to hospital.**

**Helping older people to maintain their independence and make social connections.\*\***





# Independent Living Service

## Service available to:

Referrals received from health professionals to Age UK York for people aged 60+, living within the York boundary, recognised as being frail; who have either:

### Attended A&E

Received a day procedure or recently been an in-patient at York hospital,

or

To prevent hospitalisation due to a decline in frailty.

*\*\*Family/carers and self-referrals can be made directly into this service. An assessment will be completed to confirm this is the most appropriate service.*

*We provide an agreed duration of supported visits to help you rebuild your confidence and independence and ease your return home.*



The service is unable to provide support with personal care and long-term complex care needs

## Service Offer:

**Support to improve your independence which may include:**

Escorting home from hospital and settling back at home.

Help to access groups or activities.

Support with outdoor mobility.

Companionship.

Prescription collection.

Light house tasks.

Essential shopping

Liaising with health and social care professionals

Support following illness or other life events that affected your confidence and ability to participate in enjoyable activities.

We provide an agreed duration of supported visits to help you rebuild your confidence and independence and ease your return home.

The service is available  
Monday – Friday (excl bank holidays)  
9am – 5pm.

**Local.**

**Independent.**

**Here for You.**