

# Helping you to stay independent

Nottinghamshire County Council aims to help you live as safely and independently as possible. We do this by offering a range of care and support services.

## Examples of social care and support include:

- Specialist equipment and adaptations to your home
- Meals at home

- Short term support to help you with the skills and confidence to live independently (known as reablement)
- Money to help you meet your assessed long term care and support needs
- Extra care services – this is similar to sheltered housing but with a care team on site for 24 hours a day
- Handy Persons Adaptations Scheme – help from a Trading Standards approved trader with small jobs around the home for a small fee e.g. putting up shelves or fitting grab rails
- Information on other local services and organisations who can give you support.



## Who can get social care and support?

We offer social care to adults living in Nottinghamshire. This includes:

- older people who need assistance with day to day living
- people who are disabled or have a health problem that affects their daily living
- people who care for others receiving social care support.

The level of support we offer depends on your assessed needs.

## How do I get social care and support from Nottinghamshire County Council?

Contact us and tell us about your situation. Trained staff will discuss the support we may be able to offer you.

- Telephone: 0300 500 80 80
- In person: at one of our Customer Service Points. For details of where they are visit: [www.nottinghamshire.gov.uk/](http://www.nottinghamshire.gov.uk/) contact or telephone: 0300 500 80 80
- Email: [enquiries@nottscc.gov.uk](mailto:enquiries@nottscc.gov.uk)
- Post: Customer Service Centre, PO Box 9320, Nottingham. NG15 5BL

If you are in hospital talk to our hospital social work team.

**Please note:** if you are contacting us by email or post make sure to include the full name, address and telephone number of the person needing support.

Other people can also contact us on your behalf (such as your family, friends, GP or independent advocate).

If someone else is contacting us on your behalf they should:

- have your permission to do so
- be able to tell us some basic information such as your name, address and date of birth.

## Will I have to pay?

This depends on the support you need. Most people have to pay something but the amount depends on your personal situation. We will talk to you about this when we know more about the support you need.

# Living at home safely for longer

Nottinghamshire County Council  
aims to help you live as safely and  
independently as possible.



If you require this information in an alternative language, large font, braille, audio tape or text only version, please call 0300 500 80 80.