

OPTIONS

Ashfield, Mansfield & Newark

A guide to care and independent living

Spring 2017

FREE
guide

*Leaving
hospital*

What's next?

NHS

*continuing
healthcare*

Who's eligible?

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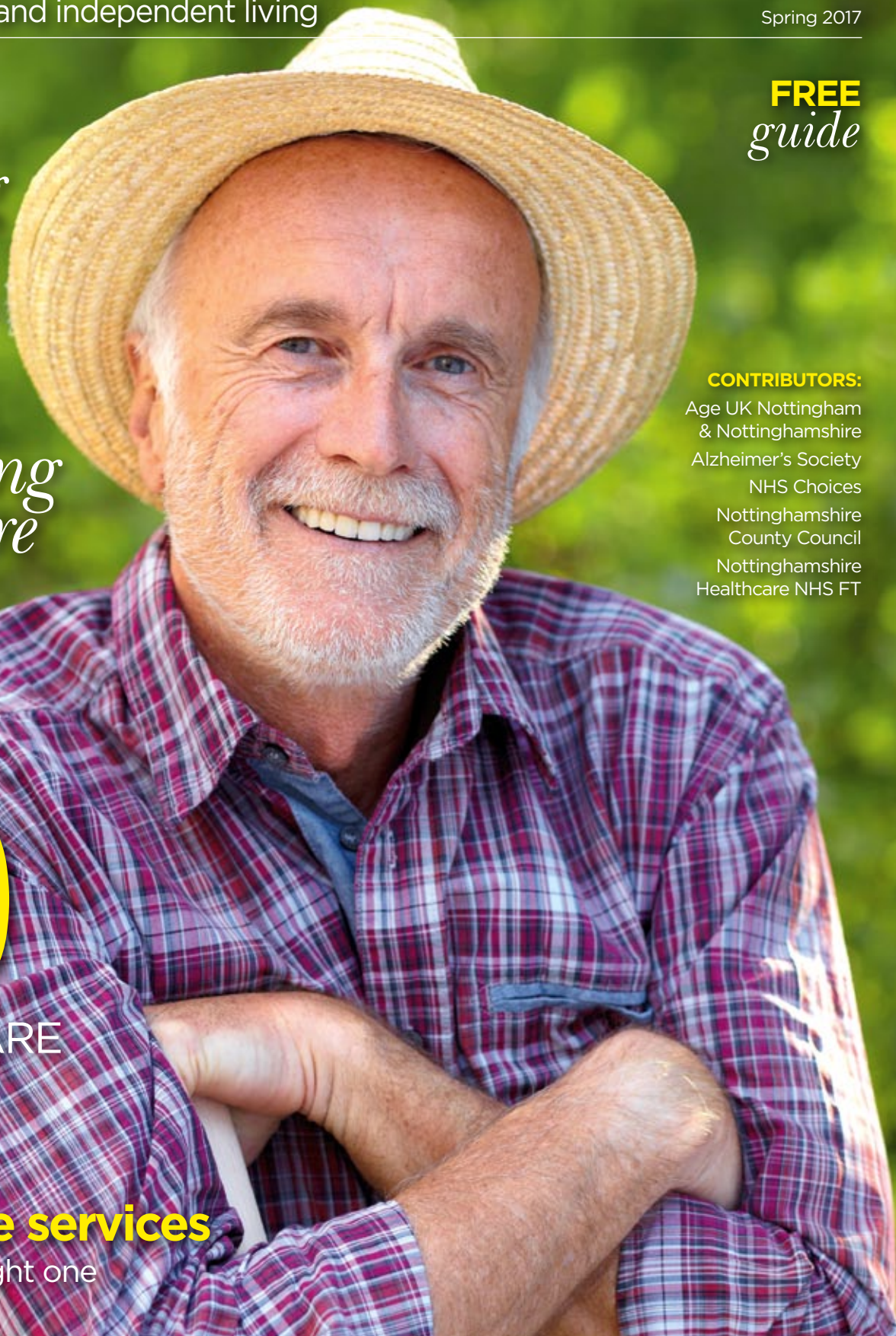
Healthcare NHS FT

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SOCIAL CARE
tips

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WORKING IN PARTNERSHIP



Where can you get support?

As you get older, or if you have had an illness or operation, you may find that you are struggling with some of the daily tasks you used to do easily – like dressing, washing or getting out and about. This section gives you an idea of the range of support that is available in Nottinghamshire to help you stay living independently at home.

Nottinghamshire Help Yourself

The first place to look is **www.nottshelpyourself.org.uk** which brings together a range of care and support providers with information about activities, events and groups all in one place. We have also made some short films that explain how to contact us and where to access information and advice: **www.nottinghamshire.gov.uk/adultsocialcare** If you don't have a computer, you can visit your local library where staff can help you find the information you need. Or you can phone Nottinghamshire County Council on **0300 500 80 80** where our advisors can guide you through the options.

There are local services which aim to help keep you independent, which anyone can access at any time, without the need for any type of assessment. These services are detailed next.



Connect service

If you have lost a loved one or your health is deteriorating, you may find that you are struggling with daily life or feeling lonely. The Connect service can help you by finding information about local services, activities and opportunities. If needed, Connect staff can work with you around money issues, housing problems, health management and other things. This short-term support will be tailored to your needs and will focus on achieving what you want in a way that suits you.

If you, or someone you know, might benefit from the advice and support of Connect, phone Age UK on **01623 488217**.

Handy Person's Adaptations Service

The Handy Persons Adaptation Service provides the help and support you may need to keep safe and secure in your home with low-cost but high-quality essential adaptations and small practical jobs.

The service is available to Nottinghamshire residents aged 60 or over or who have a disability. The work is carried out by professional traders who have been approved by 'Checkatrade' in partnership with our Trading Standards Service.

The traders will carry out small jobs or minor adaptations to your home to reduce the risk of a fall or help you remain living independently. Jobs range from fitting grab rails or half steps, to changing light bulbs and putting up shelves. Often very small jobs such as fixing loose carpets can prevent a fall and avoid a lot of unnecessary distress.

There is a nominal £15 fee for some works and you can have up to four hours of handyperson work. For more information about the service or to access the scheme, please contact us on: **0300 500 80 80** or email: **enquiries@nottsc.gov.uk**

Short term support in your own home (known as reablement)

If you are struggling with everyday tasks at home (e.g. getting dressed or washed) or if you have had an accident or illness, Nottinghamshire County

Council's reablement team may be able to help you to regain skills and confidence so you can live as independently as possible.

Reablement is a period of free short-term support and our team of staff can help you by:

- suggesting different ways of doing things
- offering small items of equipment to make tasks easier
- telling you about other kinds of help you could get and different ways you can pay for it.

For more information visit: **www.nottinghamshire.gov.uk/adultsocialcare** or phone: **0300 500 80 80**.

Meals at home service

County Enterprise Foods is an award-winning service run by Nottinghamshire County Council. It delivers delicious, great value, hot and frozen meals to homes across Nottinghamshire. The helpful and friendly delivery team go the extra mile for customers, for example, plating your meal or bringing in the post. They provide free 'safe and well' checks when they visit and will call someone if you need help.

The service also offers "home from hospital" hampers. When you return from a stay in hospital, the last thing you need to worry about is shopping. Simply choose from the list of competitively priced, useful food items (e.g. tea, milk, butter) and they will be delivered to your home, along with your meal. Delivery is free.

For more information please contact the team on: **01623 490015**, visit: **www.countyenterprisefoods.co.uk** or email: **county.enterprisefoods@nottscc.gov.uk**

Self-Care Hub (mid Nottinghamshire)

This service is run by Self Help UK and is available to anyone who has a long-term health condition who would like to have more understanding of their condition and help to manage it themselves. Their friendly team of advisors can give people information about services that can help them to self-care and help people to make their own self-care action plan.

The information provided is varied and covers all areas of people's lives including socialisation, money issues, transport and improved management of long term health conditions. If you want support about self-care, or want information for someone you care for, call **0300 303 2600**.

Care and Comfort Support Service

Care and Comfort can provide a range of services for the over 50s to support people at home, including housework, shopping, light meal preparation, general errands and essential transportation to medical appointments. This help is currently available at £14.50 /hour

They also run the Orchid Friendship Group (Mondays and Thursdays), chair based exercise classes and activity groups.

A Hospital Discharge Scheme can also provide up to six visits to help following a return home from a hospital stay.

For more information on any of these services, visit **www.careandcomfort.org.uk** or contact **01623 884 149 / info@careandcomfort.org.uk**

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Care and support assessment

First, look at the information on pages 4 to 5 (where can I get support). There are a number of services available to help you which are listed on www.nottshelpyourself.org.uk We have also given details of some services you can get without having any type of assessment.

If, after exploring these options, you feel you may need more support, then you might need to have a Care and Support Assessment. This will allow you to explain the things you are finding hard to achieve and we will discuss with you how we might be able to help you. The aim of the assessment will always be to help you regain or maintain a level of independence. We will carry out the assessment in the most proportionate way depending on your needs, this could be over the telephone or at one of our clinics. If other methods are not suitable, we will arrange to complete your assessment in your own home.

We follow the Care and Support (Eligibility Criteria) Regulations 2014, issued under the Care Act 2014, when deciding who is eligible to receive community care support funded by the Council. The regulations are there to ensure that all councils make decisions about who gets help in a similar way.

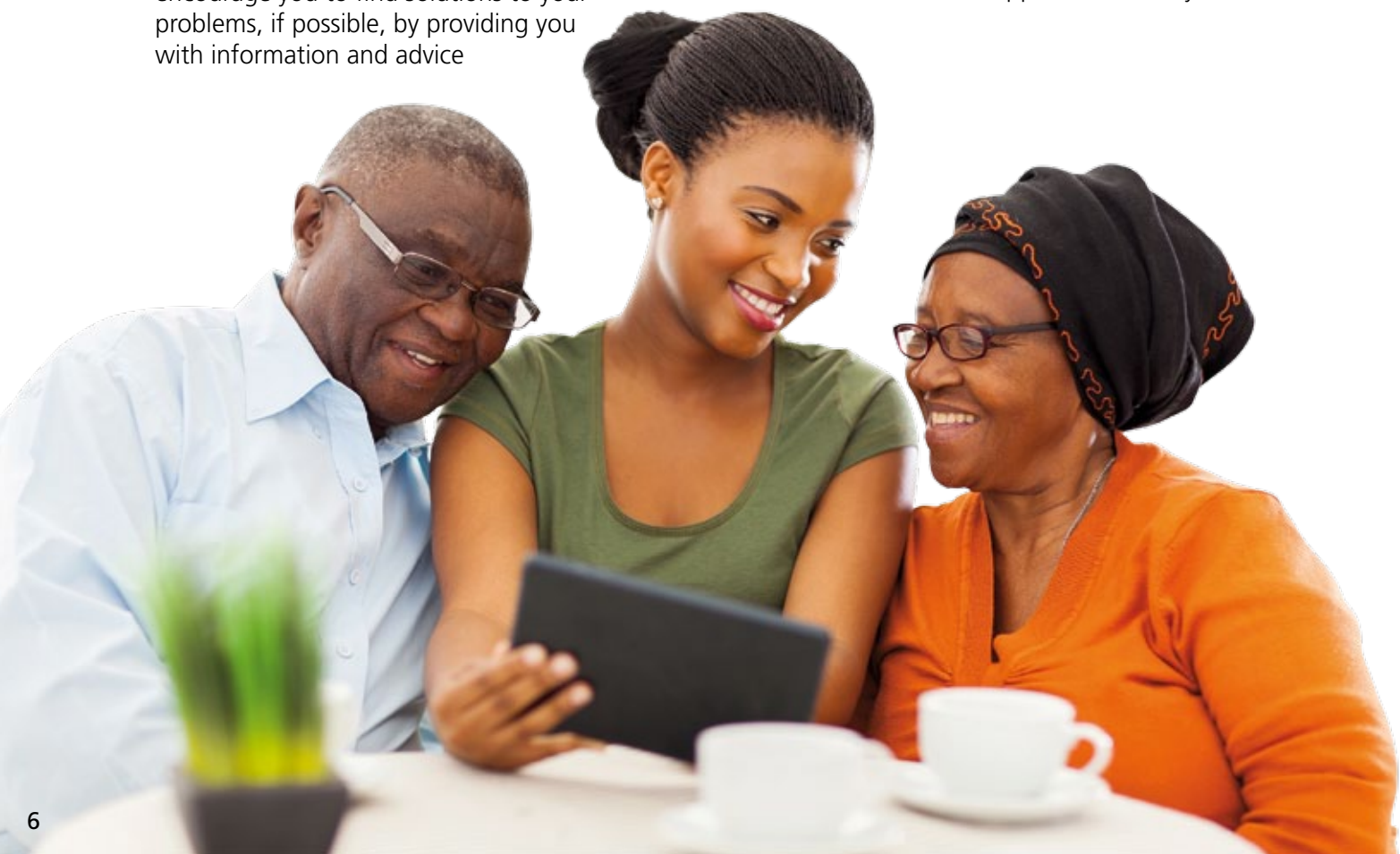
If you are eligible for support we will:

- encourage you to find solutions to your problems, if possible, by providing you with information and advice

- consider with you how other people around you can help (for example, family members, other friends and local organisations)
- provide help for as long as it is needed to enable you to become, and stay, as independent as possible in your own home
- talk to you about whether you would like to have your personal budget as a cash payment paid to you (called a direct payment) so that you can buy your own care
- meet your eligible needs in the most cost effective way.

We will talk to you about how you wish to arrange the support that best meets your needs and we will record this information in your Care and Support Plan.

If you need a personal budget to pay for your care and support options, we will confirm this with you once your support plan has been agreed. Most people are required to contribute towards the cost of their care and support where they can.





Staying safe and well at home

If you are assessed as being eligible for services from Nottinghamshire County Council, there are a number of options to help you stay safe and well at home.

Assistive technology

Sensors around the home can automatically detect falls, fires, flooding, extreme temperatures, bed wetting and epileptic seizures, and can also tell if you have left your home at night-time, which can be useful if you have dementia.

If the sensors are triggered, an alert is either sent to a carer in your home or, alternatively, can be sent (via a special box attached to your phone line) to trained operators at a 24-hour monitoring centre. If you have problems with your memory, other assistive technology can be used to prompt you to do daily living tasks, such as reminding you to take your medication.

If you have dementia it is sometimes difficult for other people to know how well you are managing at home. As part of your assessment for long term support, the County Council may use activity sensors around the home to detect your

movements (there are no cameras). Information from the activity monitors can help professionals and families to better understand how your dementia is affecting your independence and ensures that the most appropriate care is provided to help you stay in your own home.

For more information visit:

www.nottinghamshire.gov.uk/adultsocialcare
or phone: **0300 500 80 80.**

Assessment beds

If you have been in hospital following illness or an operation and are now well enough to leave, you may still need some extra time to recover before you can return home. So you may be offered a temporary stay in a residential home or assessment flat. Sometimes people are offered a temporary stay whilst other long-term services are being organised to support you at home (e.g. home care). During your stay, you will receive help with dressing, washing and any other tasks you're struggling with. We will help you adapt if you have lost any skills following your illness or operation.



The inclusion of advertisements for homes and agencies in this magazine does not act as an endorsement or recommendation by Nottinghamshire County Council.

As your strength comes back, we will gradually reduce the level of support until you are ready to return home. If you are unable to return home we will work with you to consider other options, such as going to live in extra care or residential care.

Intermediate care

Similar to assessment beds, intermediate care also supports you following illness or an operation, but this short term service is provided jointly with health. A multi-disciplinary team, including therapy, nursing and social care staff, will work with you to help you rehabilitate.

Support at home

Home care staff can help support you with daily activities such as getting in and out of bed, getting dressed and going to the toilet. On top of this, they may also help with daily living or domestic tasks like laundry, shopping and some meal preparation. The aim of support in your own home is to increase or maintain your independence. The amount of support you require may reduce over time as you regain your ability to do things for yourself. We will work with you to review the level of support you need over time to stay independent in your own home.

If you have been ill or have just come out of hospital you may benefit from short-term home care support (see short term support in your own home – reablement on page 5).

If you have been assessed as being eligible for support, the amount of care you receive weekly will depend on your needs.

Phone: **0300 500 80 80** for more information about home care and the assessment process.

Support for carers

Caring for someone may have an effect on you, for example your health, work, social life, finance, education, family and personal life. It is important that you know what help is available to help you balance your caring life with a 'life of your own'.

To find out how to get a carers' assessment, and for information about support, including personal budgets and short breaks, visit www.nottinghamshire.gov.uk/adultsocialcare or phone **0300 500 80 80**.

Some

If you have already tried the options listed in this section but are still struggling to live independently at home, there are other solutions before you consider residential care.

The inclusion of advertisements for homes and agencies in this magazine does not act as an endorsement or recommendation by Nottinghamshire County Council.



ewwhere to live



Shared Lives

Shared Lives is a scheme where carers are trained to look after older people, people with physical disabilities, learning disabilities or mental health needs. The support is mainly provided in the carer's home.

If you are eligible and Shared Lives is suitable for your needs, we will try to match you with a carer. Contact us on: **0300 500 80 80** or visit: **www.nottinghamshire.gov.uk/sharedlives** to find out more.

Extra care housing

Extra care housing is high-quality accommodation where you can live as independently as possible, with the reassurance that care staff are on-site 24-hours a day, seven days a week.

Extra care housing is an extension to traditional supported housing and each extra care scheme is different. However, each provides you with your own front door, as well as offering a range of flexible services and facilities on

site that you could use, including communal areas. For more information visit **www.nottinghamshire.gov.uk/extracare** or phone **0300 500 80 80**.

Residential care

If you are considering moving into residential care as a way to meet your needs, you will need to have a Care and Support Assessment, which will determine the level of your needs and if you are eligible for social care support. This is strongly advised, even if you are funding the cost of your own care for two reasons. Firstly, it will ensure that you have taken advantage of the expertise of the Council who will be able to provide information and advice and possibly suggest alternative ways to meet your needs (which have been outlined in the sections above). Secondly, if you are moving into a care home and funding your own care and your assets fall below the threshold of £23,250, you need to be aware that the Council will not automatically fund the cost of the care home you are living in. In this situation the Council will undertake a Care and Support assessment and may not fund your care if you do not have assessed eligible needs. Or if you have assessed eligible needs, they may offer you a Personal Budget that is less than the care home.

If you are considering residential care for yourself or a family member, please contact the County Council on **0300 500 80 80** who will be happy to assist.

It is also important that you plan financially for your future, with independent financial advice. This is available from Age UK: **www.ageuk.org.uk/notts** or **0115 859 9209** This support will help provide you with peace of mind about your options should you need support in the future.



Poppy Fields Extra Care Scheme in Mansfield

Mental Health Services *for Older People* Compass Service

Peer Support For People Caring For Someone With Dementia.

Compass Workers are Carer Peer Support Workers: people who have their own experiences of looking after and providing support for a relative or friend living with a diagnosis of dementia.

As the population rises, there is a predicted increase in the number of over 65's diagnosed with dementia in Nottinghamshire from 11,022 in 2015 to 13,138 in 2021. A 19.2 per cent increase over 5 years. This means the number of carers will also increase.

A carer is classed as 'anyone who regularly looks after the person with dementia'. Frequently people do not think of themselves as carers, even though they may be on hand 24 hours a day to help. The Alzheimer's Society estimate there are up to

670,000 people providing unpaid care in the UK to people with dementia.

What Is A Peer Support Worker?

Peer Support Workers are trained and paid to provide emotional support and mentoring specifically as a result of their own experience. They offer a relationship of mutuality and information sharing, set within boundaries. They use their own lived experiences as a way to help support the carer and promote choice for the carer, offering empathy and encouragement.

Peer Support Workers can often act as a bridge between carers and other services by helping people to navigate the maze of other support available in their area.



How Can The Compass Service Help?

A diagnosis of dementia can be an overwhelming, often devastating and life-changing experience. It affects not only the individual, but also the family and friends who are close to them. A Compass Worker can understand the strains of being a carer without being judgmental. They can share their knowledge to help carers understand dementia; to help them deal with changes of behaviour in their loved one as well as the progression of the illness; offering hope, for example, to learn methods and techniques of dealing with challenging behaviour can help with everyday living.

The carer is given time to talk and voice their worries; the Compass Worker will listen to them empathically, sharing their feelings; often of guilt about their ability to cope and worry about the future. Carers can struggle to share such anxieties with their own family as they don't want to 'be a burden' or feel they may be judged.

A Compass Worker will help the carer to plan ahead to avoid crises; by devising support systems and researching future options for care.

They may also act as an advocate for the carer and offer guidance in financial matters; by applying for the correct benefits, Carers Assessments and Lasting Power of Attorney. Also to work with other agencies, to help organise respite, access support groups or befriending services.

A Compass Worker can help the carer see the positives in their situation and make the best of the time they have and provide opportunities for self-care as well as to reduce isolation (which is often a great consequence of the caring role). This can increase wellbeing and resilience. They can also provide support after a move into permanent care or after bereavement.

Dates, times and places of visits are arranged to suit the carer. Up to twelve sessions are offered with the same worker. These may be weekly, fortnightly or monthly; to suit the needs of the individual. Telephone support is also available as are out of hour's visits. This flexibility fits the ethos of peer support; in that it is the best

interests of the carer for the assistance to be when it suits them.

Self re-referral by the carer is possible if their needs change after discharge.

How To Access The Service

In order to be referred for Compass support there are a few criteria which must be met:

- The person with dementia lives at home.
- They have a diagnosis of moderate to severe dementia and are under the care of Mental Health services for Older People (MHSOP) - Community Services.
- They have a GP in the County of Nottinghamshire (but not the City).
- The referral itself can come from staff in MHSOP, but not currently the GP.

Carer Feedback

93% of clients stated Compass had helped with their caring role.

76% felt Compass had had a positive effect on their own health and wellbeing.

The service received an average rating of 9 out of 10 from client feedback.

"Without her I would be on the floor. She has been so supportive and given me confidence. She's done it in such a nice cheery down to earth manner. Her own experience comes over."

"If I hadn't got this support I might have ended it all. I couldn't cope and saw no way forward. Now I don't feel that way."

"She is marvellous. I feel comfortable sitting and chatting to her and she is really happy to listen to my problems."

For further information please contact either:

**Jane Gracey; Compass Service Lead
on 07814 907 741, or
Mike Chappell; Compass Service Lead
on 07814 910 177.**

NHS continuing healthcare

NHS continuing healthcare is a free package of care for people who have significant ongoing healthcare needs. It is arranged and funded by the NHS.

You can receive NHS continuing healthcare in any setting outside hospital, including in your own home or in a care home.

If you receive care in your own home, the NHS will cover the cost of the support you need from health professionals and the cost of personal care which can include help with washing and getting dressed. If you receive NHS continuing healthcare in a care home, the NHS will also pay your care home fees.

Eligibility for NHS continuing healthcare

When assessing your eligibility for NHS continuing healthcare, staff must follow certain processes.

You must be assessed by a team of healthcare professionals as having a 'primary health need' for care. This means that you need care primarily because of your health needs.

This is assessed by looking at:

- the type and particular characteristics of your needs
- how intense and severe they are
- the complexity of your needs
- how unpredictable your needs are; including any risks to you and others if adequate and timely care is not provided

Eligibility is always based on these needs, rather than any particular diagnosis or condition.

When should I be considered for NHS continuing healthcare?

If you have ongoing health needs, there are times when staff should consider whether you may be eligible.

These include:

- when you are ready to be discharged from hospital and your long-term needs are clear
- once a period of intermediate care or rehabilitation following a hospital stay have finished and it's agreed your condition is unlikely to improve
- whenever your health or social care needs are being reviewed as part of a community care assessment
- if your physical or mental health deteriorates significantly and your current level of care seems inadequate
- when your nursing needs are being reviewed. This should happen annually if you live in a nursing home
- if you have a rapidly deteriorating condition and may be approaching the end of your life

In these circumstances, your discharge staff, staff co-ordinating your intermediate care, GP or a member of the social work team should raise the issue of NHS continuing healthcare and assess your eligibility. If they don't, make sure you ask for an assessment.



Assessment for NHS continuing healthcare

You should be fully involved in the assessment and have your views taken into account. You can ask a relative or carer to help and support you throughout the process.

Most people will start by completing a checklist. This assesses your needs and indicates whether or not you should have a full assessment.

If you're referred for a full assessment, evidence will be collected from all relevant health and social care professionals to give a full picture of your physical, mental health and social care needs.

Then a team of health and social care professionals involved in your care will look at this evidence and recommend whether or not you're eligible. You and / or your representative can attend and participate at this meeting.

If you are eligible

The team will forward their recommendation to the Clinical Commissioning Group (CCG) that is responsible for funding your care. The CCG will then discuss and agree a care and support package with you.

This care and support package will be reviewed after 3 months and then at least every year. If your care needs change, your funding arrangements may also change.

Personal Health Budgets

If you're eligible for NHS continuing healthcare, you have the right to a Personal Health Budget. Personal Health Budgets allow more choice and control over the services and care you receive and can be used to pay for a wider range of items and services, including therapies, personal care and equipment.

If you choose this, you will develop a care plan with your NHS team that will meet your personal health and wellbeing needs.

See NHS Choices for more information about Personal Health Budgets.

If you're not eligible

If you're not eligible for NHS continuing healthcare, you'll be referred to your local authority to decide whether you're eligible for help to arrange or pay for care.

However, you may be eligible for NHS-funded nursing care.

If you're not happy with the decision

If you're turned down, you should be sent a letter telling you why. It should also tell you what steps to take and who to contact if you're unhappy with the decision.

- If you weren't given a full assessment, you can ask the CCG to reconsider your case. If you are still dissatisfied you can use the NHS complaints system to pursue your case.
- If you're not happy after a full assessment, you can ask for the CCG to reconsider its decision. If you are still dissatisfied, you can ask for an independent review of your case.
- If you're not happy with any help you receive from the NHS, you have a right to complain. Details of the complaints procedure are available from the relevant organisation.

Fast Track

If you are approaching the end of your life, you may be eligible for 'fast tracking' which allows you to bypass the full assessment process mentioned above. You must have a rapidly deteriorating condition that may be entering a terminal phase.

If you're eligible, a care package should be put in place as soon as possible, preferably within 48 hours.

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What is NHS-funded nu

NHS-funded nursing care is care provided by a registered nurse for people who live in a care home. The NHS will pay a flat rate contribution directly to the care home towards the cost of this registered nursing care.

Who is eligible for NHS-funded nursing care?

You may be eligible for NHS-funded nursing care if:

- you are not eligible for NHS continuing healthcare but have been assessed as needing care from a registered nurse
- you live in a care home registered to provide nursing care

How will my needs be assessed?

You should be assessed for NHS continuing healthcare before a decision is made about whether you are eligible for NHS-funded nursing care.

Most people don't need a separate assessment for NHS-funded nursing care. However, if you do need an assessment or you haven't already had one, your clinical commissioning group (CCG) can arrange an assessment for you.

Outcome of the assessment

If you're eligible for NHS-funded nursing care, the NHS will arrange and fund nursing care provided by registered nurses employed by the care home. Services provided by a registered nurse can include planning, supervising and monitoring nursing and healthcare tasks, as well as direct nursing care.

If you're not eligible for NHS-funded nursing care and you don't agree with the decision about your eligibility, you can ask your CCG to review the decision.

What is the rate of payment for NHS-funded nursing care?

NHS-funded nursing care is paid at the same rate across England. For 2016/17, the rate is £156.25 a week (standard rate).



rsing care?

The increase will be backdated to April 1, 2016 for people who are getting NHS-funded nursing care from that time. This new rate is under review and may change on the January 1, 2017.

Before October 1, 2007, there were three different levels or bands of payment for NHS-funded nursing care – low, medium and high.

If you moved into a care home before October 1, 2007, and you were on the low or medium bands, you would have been transferred to the standard rate from that date.

If you moved into a care home before October 1, 2007, and you were on the high band, NHS-funded nursing care is paid at a higher rate.

For 2016/17, the higher rate is £215.04 a week. You're entitled to continue on this rate unless:

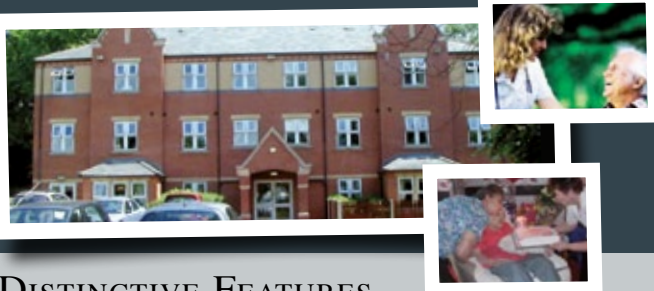
- you no longer have nursing needs
- you no longer live in a care home that provides nursing
- your nursing needs have reduced and you're no longer eligible for the high band, when you would change to the standard rate of £156.25 a week, or
- you become entitled to NHS continuing healthcare instead

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MANSFIELD MANOR CARE HOME



DISTINCTIVE FEATURES

- Nursing, Residential and Dementia care
- CQC rated Outstanding Quality of Care.
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- Band 5 (excellent) rating by Social Services inspectors
- Luxury ensuite bedrooms with large LED TVs
- Town centre location (opposite Tesco Superstore)
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We warmly welcome visitors to come and enjoy a cup of tea/coffee with our staff and residents at any time.

30-32 Chesterfield Road South, Mansfield NG19 7AD

Tel: 01623 631163

info@mansfieldmanor.co.uk www.mansfieldmanor.co.uk



The Hollies RESIDENTIAL CARE HOME

Tel: **01777 707750**

Web: www.holliescare.com • Email: kiran@rklventures.com

The Hollies, situated in the town of Retford in Nottinghamshire has been established for over 30 years and specialises in care for elderly residents and with dementia. Our expertly trained and professional staff are dedicated to the care, comfort and dignity of all our residents and this is reflected in the consistently high scores from CQC and Quality Audit inspections. We have made The Hollies a home away from home so please come and visit us and let us show you how best we can care for your loved ones.

19-23 London Road • Retford • Nottinghamshire • DN22 6AT

Paying for *permanent residential*

Lots of people worry about paying for care for themselves or for a loved one. Most people will be expected to pay something towards the costs.

If your care is being organised by the local authority, then the main steps of the process are:

1. Your local authority does a care needs assessment to identify what help you need.
2. They make recommendations about your needs and whether or not you need residential care – this is called a Care Plan.
3. They work out a budget to ensure you get what care you need – this is called a Personal Budget.
4. They do a means test, also called a financial assessment, to work out how much you should pay towards your care home fees and how much they will cover.

If your care is arranged by the NHS or social services, you may not have to pay for some or all of the care. For more information, see our page on NHS continuing healthcare.

What does the means test look at?

The means test will look at your income and capital, such as your savings and property. Whether you have to pay, and if so, how much, depends on how much income or capital you have. In certain situations, the local authority may assume that your capital generates an income which can be used towards pay your care home fees.

If you and someone else jointly hold capital, such as a savings account, it'll be treated as divided equally between the two of you.

In some circumstances your home won't be included in the means test, for example, if your partner still lives there.

What if I give away some of my money?

You may think about giving away some of your savings, income or property to avoid higher care costs, and to give something to your relatives or charity, for example. If the council thinks that you have done this to avoid paying care fees they may still assess you as if you still had the money or property that you have given away. This is referred to as deprivation of assets.

How will my capital be treated in the means test?

Amount of your capital (your savings and property)	How it will be treated
Over £23,250	You must pay full fees (self-funding)
Between £14,250 and £23,250	The local authority will assume that this generates an income and this will be taken into account for your care home fee contributions.
Less than £14,250	This will be ignored and won't be included in the means test

How will my income be treated in the means test?

Certain types of income, such as money from certain disability benefits and pensions, may not be counted in the means test. All other income can be taken into account.

As noted above, in some cases, the local authority may also assume that your capital generates an income, which will also be taken into account for your care home fees.

How much will I have to pay?

After the means test the local authority should give you a written record of their decision of what you will have to pay and what they will pay, and how they calculated it.

You should not be left with less than £24.90 a week after any contribution to your fees. This is known as your Personal Expenses Allowance.

What if I prefer a more expensive care home than the local authority will pay for?

If you'd prefer to live in a care home that costs more than the local authority would usually expect to pay, it can arrange this, provided that someone else is willing to meet the difference in cost. This is usually known as a top-up or third-party payment.

You could also choose a care home in another area to be closer to family or friends.

How do I pay my part of the fees?

Generally the local authority pay the full amount to the home and collect from you the amount you need to pay. This may be different if you are paying a 'top-up' fee.

What if I run out of money?

If you are paying fees yourself (called self-funding) and your capital goes down to less than £23,250, the local authority may assist with funding. You should request an assessment a few months before that happens. They should arrange one as soon as possible so you don't have to use up your capital below that amount.

Paying for temporary care in a care home

Local authority charging rules differ when a stay in a care home is temporary, rather than permanent.

Some people go into a care home on a temporary basis to give themselves or their carers a break, or while they are recuperating from an illness.

Others enter a home temporarily for a 'trial' period to decide whether they want to live permanently in that home.

A more detailed account of the charging rules can be found in our factsheet *Paying for temporary care in a care home*. This factsheet is aimed at individuals who are aged 60 and over.

Paying for care if you have a partner

Being part of a couple can affect a care home resident's eligibility for local authority assistance with care home fees and both partners' eligibility for social security benefits during the period in care.

We have produced a factsheet that addresses this issue and includes sections on the valuation of jointly owned capital, temporary admissions and where both members of a couple go into a care home.

This factsheet should be read alongside Age UK's other factsheets on care home charging and benefits.

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Personal budgets and direct payments - more control over your care

Direct payments

When your personal budget is paid directly to you this is called a Direct Payment. Direct Payments allow you to arrange your care as you wish.

There are rules about what you can and can't use direct payments for. The money must be used to meet the eligible needs identified in your assessment.

You can use direct payments for anything that meets those needs, for example:

- employ your own care workers
- buy services from a voluntary or private agency
- buy equipment or pay for home adaptations
- purchase other types of support to meet your assessed needs
- get to a café to meet your friends, a place of worship, or other places that are important to you.

You can be personal and creative with your budget. For example, if one of your assessed needs is help with shopping, you could pay for someone to help you go shopping yourself rather than just pay someone to do it for you.

You can't use direct payments to:

- pay a spouse, civil-partner, live-in partner, or a close relative who lives in the same household as you to care for you (although there may be exceptions to this)
- buy services from your local council
- pay for permanent care in a care home. You can, however, pay for a short stay of up to four consecutive weeks within any 12-month period if that meets an assessed need.

Not everyone will feel comfortable or capable of managing their direct payments themselves, and you don't have to if you don't want to. You can always choose the option for the council to arrange care for you, and you can still have a say in what will best meet your needs.



The Motability Scheme

The Motability scheme allows some disabled people getting DLA, PIP or War Pensioners' Mobility Supplement to obtain a car, powered wheelchair or scooter.

The scheme uses some or all of your mobility benefit payments to cover the cost of "contract hire" or "hire purchase" of an appropriate vehicle. You can also pay an extra amount of money if you want a more expensive vehicle.

With hire purchase, the price of the car will be agreed directly with the Motability dealer, and you will own the vehicle outright at the end of the agreement.

With contract hire, you won't own a vehicle, but you will get a new car every three years, full

insurance for the driver and passengers, servicing, maintenance and repairs, vehicle excise duty, replacement tyres and breakdown cover.

Adaptations to the car can be made if needed, although there may be an extra charge for some adaptations. Under the Motability scheme, cars can also be adapted for people in wheelchairs.

If you don't need or want a car, you can transfer your allowance to lease a scooter or powered wheelchair.

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Content supplied by: **NHS choices**
www.nhs.uk

Contact and support

We are here to answer any questions you may have about the Mobility Scheme. You can contact our Customer Services team directly or one of our Scheme partners depending on the nature on your enquiry. **Tel: 0300 456 4566** 8am-7pm Monday to Friday, 9am-1pm Saturday Monday 9am-11am is our busiest period. You may find it easier to call outside these times.

If you have specialist Minicom equipment, call our textphone number on **0300 037 0100** or speak to us through a British Sign Language (BSL) interpreter for deaf customers who have an enquiry about the Motability Scheme.

How to use *your health services*

There are a range of healthcare services available to help you find the right expert care to meet your needs. Choosing the service most appropriate to your symptoms means you get the right treatment in the right place.



Choking.
Chest pain.
Suspected stroke.
Blacking out.
Severe bleeding.

For symptoms of serious illnesses and major accidents, choose **A&E (Accident & Emergency)**.



Cuts.
Sprains.
Rashes.
Minor fractures.

For trips, falls, skin complaints and minor injuries, choose **Walk-in Health Centre** or **Minor Injuries Unit** or **Urgent Care Centre**.



Vomiting.
Ear pain.
Feeling ill.

For infections and persistent symptoms or if your child has a high temperature, choose your **GP**.



Diarrhoea.
Minor infections.
Headache.
Bites and stings.

For tummy upsets, insect bites and stings, coughs and colds and travel advice, choose a **pharmacist**.



Unsure?
Confused?
Need help?

For absolutely any questions about your health, choose **NHS 111 service**.



Grazed knee.
Sore throat.
Cough.

For minor ailments, grazes, bruises and similar problems, choose **self-care**.

Age UK Nottingham & Nottinghamshire is the largest independent charity serving older people from all communities and backgrounds in

Advice

Business Directory: Our directory of local reliable traders and businesses is developed with older people in mind. The business directory consists of a large selection of reputable and trustworthy member companies ranging from plumbers to solicitors.

Financial Information & Advice: We offer a comprehensive financial information and advice service tailored to assist individuals plan for and meet their care needs.

Housing Options & Silverlinks Advice: An information and expert advice service for those who need help considering housing and care options and support to make the necessary changes.

Information & Advice: We provide expert advice on welfare benefits entitlements, help with making claims, information on health and social care, as well as refer people to other agencies that can help.

Legal Advice: We offer free professional advice via a local solicitor on all legal matters.

Money Advice: We offer impartial and independent money advice on a variety of money matters including tax, pensions, savings and mortgages with our professional adviser.

Will Writing Service: We provide a Will Writing Service at a reduced rate to those who do not have a complicated estate.

Advocacy

Patients' Representative Service:

We provide independent representation, advocacy and support to patients and their carers in some areas of the County.

Residents' Representative Service:

We provide independent representation and advocacy support to those living in a care home and their relatives in some areas of the County.

Housing

Home Safety and Improvement Service:

We support people with safety in the home, energy efficiency advice and essential repairs. We provide:

- Home safety checks to reduce the likelihood of trips, falls or fire
- Information, advice and support with repairs
- Practical advice to increase home energy efficiency
- Project management for repairs or improvements.



& Nottinghamshire's Services

Independent local charity providing services to older people in the city and county. Our services include:

Health & Wellbeing

Connect: Age UK Connect helps people find solutions to self-manage their independence, addressing issues such as housing, finances, social isolation, and physical and mental health and wellbeing.

Forces Friends: We offer a trained volunteer visiting service providing support for isolated and lonely military veterans and their dependents.

Lunch Club: Our friendly lunch club is a good opportunity to meet new people. We offer hot nutritious meals and a range of activities in Kirkby-in-Ashfield.

Men in Sheds: We aim to bring older men together for them to put their practical skills to good use and encourage them to be more socially active. We have three well equipped sheds (workshops) and activities mainly focused on wood working. Shed members can share their knowledge, learn new skills and put the world to rights over a cup of tea.

Specialist Day Care: We provide a tailored day service for people with a range of support needs including those with dementia. The service provides stimulating activities (in groups and on a one to one basis) based on the interests of the individual as well as specialist activities including reminiscence and cognitive stimulation sessions. The service provides a home cooked meal each day which takes into account the individuals dietary needs and preferences. In addition to the activities the centre provides a daily bathing service..

Volunteering

Volunteering: We offer many opportunities to people who would like to use their talent and skills to improve the quality of life of older people. There are many ways to get involved; for example, visit an older person who is lonely and isolated at home; support less active older people at our day care centres; fundraise for us or help in our charity shops.



For more information on any of these services, or others we offer in the county, please contact us on:

0115 844 0011

info@ageuknotts.org.uk

or visit us at

www.ageuknotts.org.uk

Age UK Nottingham & Nottinghamshire is a charitable company limited by guarantee and registered in England and Wales. Registered Charity Number: 1067881. Company Number: 3455485. Bradbury House, 12 Shakespeare Street, Nottingham NG1 4FQ.

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Alzheimer's Society Services in Nottinghamshire

If you think you may have a form of dementia, or are caring for a person who has dementia, there are many ways that the Alzheimer's Society in Nottinghamshire can help.

Support from Dementia Support Workers

Dementia Support Workers can offer advice on accessing professional help. We are in contact with a wide range of services and other advice centres, so we can put you in touch with specialists who can help you if your concerns are outside of our expertise. We can also refer you, or the person you care for, to services which provide for people with dementia – particularly if you are having trouble accessing this yourself.

Home visits

We can arrange for a Dementia Support Worker to visit you in your own home and provide information, advice and support.

Information

We can provide a wide range of advice sheets, which include specific information on different types of dementia, care issues and understanding the needs of the person with dementia.

Dementia Cafés

Are places for people with dementia, their families and friends to meet other people in a similar situation for support, information and social interaction.

Singing for the Brain

Is a service provided by Alzheimer's Society which uses singing to bring people together in a friendly and stimulating social environment.

Singing is not only an enjoyable activity – it can also provide a way for people with dementia, along with their carers, to express themselves and socialise with others in a fun and supportive group.

Carer Information and Support Programme (CrISP)

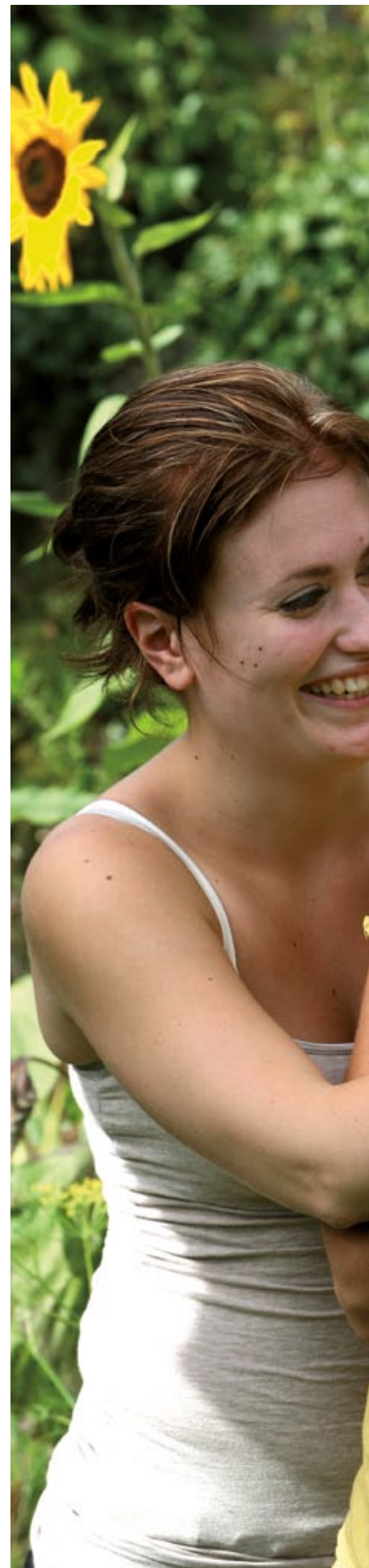
A series of workshops for people caring for a family member or friend with dementia. Workshops are run throughout the year in the Nottinghamshire area. Booking is essential.

What should I do now?

For information, advice and support please contact one of our advisors on 01623 429419.

Alternatively you can visit us at: Alzheimer's Society, 36 Wood Street, Mansfield, Nottinghamshire NG18 1QA.

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**Alzheimer's
Society**

Leading the
fight against
dementia

Dementia Friends Programme

Dementia Friends is a national initiative run by the Alzheimer's Society. Funded by the government, it aims to improve people's understanding of dementia and its effects.

Through the Dementia Friends programme, we aim to change the way the nation thinks, talks and acts to create 'dementia friendly' communities.

How does it work?

A group of volunteers will be trained to spread the word about what dementia is and what action individuals can take in their community, and recruit Dementia Friends.

What is a Dementia Friend?

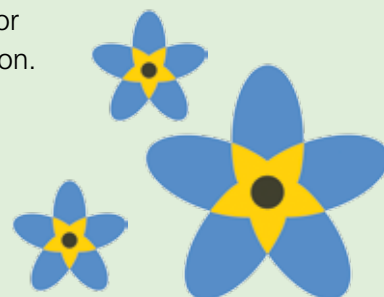
A Dementia Friend learns about what it is like to live with dementia and then turns that understanding into action.

What is a Dementia Friends Champion?

Dementia Friends Champions are volunteers who, after attending a training course, run information sessions where they talk to people about being a Dementia Friend in their communities.

How can I get involved?

It's easy – just log on to www.dementiafriends.org.uk and book on to a Dementia Friends Information session. Alternatively, contact your local Alzheimer's Society office for more information.



The Care Quality Commission is here to make sure health and adult social care services including hospitals, home and residential care as well as GPs in England provide people with safe, effective, high-quality care. We publish independent inspection reports and ratings about services – information you can use when you're choosing care for yourself, or a loved one.

You can use our website to search for services you might be interested in by geographical area, or by specialism. For example, a care home that might offer specialist care for someone who has dementia.

We also welcome your feedback on the care you have received – good or bad. We use this information to help inform our inspections and can alert authorities including local social services, if there are safeguarding concerns about care being provided.

You can visit our website at www.cqc.org.uk to find our inspection reports, or share an experience of care. You can also call us to share an experience of care on 03000 61 61 61.

Here are some tips to help you choose your care.

Social care Top tips

- 1 The **Care Quality Commission (CQC)** registers **all care homes and home care agencies**. You can find out which ones support specific groups of people, such as people with a learning disability or those living with dementia.
- 2 CQC's Chief Inspector for Adult Social Care, Andrea Sutcliffe always uses **'The Mum Test'**: is a care home safe, caring, effective, responsive to people's needs and well-led? In other words, **is it good enough for my Mum** (or anyone else I love and care for)?
- 3 Look for care homes and home care agencies where the **staff involve people who use services and their families and carers**, and treat individuals with **compassion, kindness, dignity and respect**.
- 4 Whether you are being cared for in your own home or in a residential setting, the **staff looking after you** need to be **skilled, kind and supportive**. They should also be **capable and confident** in dealing with your particular needs. **You should always feel that their support is helping you** to live the life you want to.
- 5 A care home will be a home for you or your loved one. Residents should be **treated as individuals** with their **likes and dislikes** taken into account. Think about whether a home is **close enough to family, friends, and community facilities**.
- 6 Look at how **well-led and managed** a home is. **What does it have in place** to ensure that it delivers **high quality care**? Does it promote meaningful activity and connect the home with the community?
- 7 If you or a loved one needs **help with day-to-day care**, you can contact your local council's social services department. They will **'make an assessment of your needs'** and depending on circumstances, may be able to **help you access financial help**. For more advice visit Age UK's website www.ageuk.org.uk/home-and-care.
- 8 If you would like to organise your care yourself, you can **find a care worker or personal assistant through an agency**. Your **local social services department should be able to provide details of approved agencies**.
- 9 CQC's ratings will identify services as:
 - Outstanding ☆
 - Good ●
 - Requires improvement ●
 - Inadequate ●

This will help you make informed choices around your care. There's also useful advice on the Social Care Institute for Excellence's Find me good care website www.scie.org.uk/findmegoodcare/
- 10 **Safeguarding adults** who receive social care is **everybody's business**. If you are concerned about the safety of a loved one receiving care, **contact the service provider in the first instance**. You can also contact social services at your local council. If you feel a crime has been committed, contact the police. **You can share your safeguarding concerns with us on our website or contact our National Customer Services on 03000 616161.**

The Care Quality Commission has not vetted the advertisers in this publication and accepts no liability for work done or goods supplied by any advertiser. Nor does the Care Quality Commission endorse any of the products or services.

GP Top tips

1 If you are **new to an area** you can find details of **local GP services** such as doctors' practices, out-of-hours services and walk-in centres in our **online directory of care services** www.cqc.org.uk/content/doctorsgps

2 You can **search** any of these services by the name of the service, a place name or your postcode at www.cqc.org.uk

3 After an inspection, **CQC publishes its findings** in a report on its website. You can use these reports to **check and compare services in your area**.

4 There are already over **1,000 reports** about GP practices published on the CQC website.

5 Last year, **CQC launched its new-style inspection reports** for GPs – looking at the five key areas **SAFE, EFFECTIVE, CARING, RESPONSIVE** and **WELL-LED** – you can use the reports to compare local GPs and choose services.

6 You can also use these new style inspection reports to **find out more about local services** and choose the one that is best for your needs.

7 **CQC rates all GPs** to help people make choices about where they get treatment. This will be on a four-point scale:

Outstanding ☆
Good ●
Requires improvement ●
Inadequate ●

8 CQC will also look at **how specific population groups are treated** and give a rating. For instance how well they serve: **Mothers, children and young people, vulnerable older people (over 75s) and people with long-term conditions**.

People will be able to choose a GP service that rates highly on the areas that matter to them.

9 We welcome your feedback (good and bad) on the services you, or a loved one, receives from your GP. You can share information with us online at <http://www.cqc.org.uk/share-your-experience-finder> or call us on 03000 61 61 61.

Telephone: **03000 616161** • Web: www.cqc.org.uk  /CareQualityCommission  @CareQualityComm



Quality Care within a "Home from Home" Environment

The Troc Residential Care Home

32 Beds offering Dementia Care

As we begin to inevitably age, we may find we need a little extra help. No one likes to think about putting a family member into care, but for some of us it's just not possible to provide the right care at home.

With an unsurpassed reputation within the local community, The Troc Care Home is situated on the outskirts of the historic market town of Newark, with easy access to the A1. Registered for 32 residents, The Troc offers a warm, family-friendly environment, ensuring each resident has companionship and stimulation in a homely and relaxed atmosphere, without loss of dignity or independence.

Every bedroom is fitted with a residents call system. Residents are encouraged to 'personalise' their room and are able to bring small items of favourite furniture with them to The Troc. As well as the dining room, residents have the choice of three sitting rooms, the largest of which opens onto the south-facing patio and garden. Weekly sessions of movement to music help keep residents active and mobile and from time to time, visiting groups provide entertainment.

For further information, please visit
www.thetroc.co.uk

Alternatively, to enquire about vacancies,
 please call 01636 671342

Strawberry Fields

CARE HOME

The Services We Offer

We pride ourselves taking a person centred approach to the care we provide. This means that each resident is respected as an individual and treated with dignity and all our residents have a named key worker and their own Personal Care Plan. We work hard to encourage our carers and families to be creative in developing ideas to enhance the lives of our residents.

Strawberry Fields carers enjoy spending time with and learning each resident's life history, the more we know about a resident the more we can understand an individual's behaviour. This in turn helps us to work more closely with a resident, helping them to overcome their frustrations at sometimes not being able to express themselves as they would wish.

People with dementia need more care and more patience and more understanding, we know this and our carers pride themselves on being experts in this type of care.

Fees

The fees charged are dependent on the type of care package and needs of the individual Service User.

Depending on the personal financial situation, a Service User can either pay the fees privately or receive benefits arranged by Social Services and/or the Primary Care Trust.

Contact Person: **Cara Salmon**

Contact Details: Tel. **01636 700770** • Fax. **01636 610319**

Email. admin@strawberryfieldscarehome.com

Strawberry Fields, Strawberry Hall Lane, Newark, Notts NG24 2EP



We are registered with the Care Quality Commission (CQC) and are devoted to providing professional, high quality care and support at home. We offer a range of flexible and tailored services from companionship and simple domestic chores to complex personal care

LJM Homecare Lincoln
 Contact us on tel: **01522 700400**
www.ljm-lincoln.co.uk



Langwith Lodge Residential Home has a real 'Home from Home' atmosphere, come and visit us and experience it for yourself!

Our Residential home is registered to provide care to the elderly, and people living with milder forms of dementia.

Our team of kind, patient and respectful staff will do their utmost to make you feel at home whilst at Summer Fields Care Home. We understand that deciding to move into a Care Home can be difficult and upsetting time, to make it easier for you and your family we are able to offer free taster days to enable you to experience life, within our home, and then you can decide for yourself whether Summerfield's is your home too!

Langwith has lots to offer, including;

- ★ Residents greenhouse and gardens
- ★ 8 acres of parkland with fishing lake and lots of wildlife
- ★ Regular in house activities, as well as days out and events
- ★ Visiting entertainment, local choirs, 'chairobics', musicians
- ★ A separate annex for more independent residents, with a private courtyard garden
- ★ Excellent rates for residential care



For a brochure or more information please call the Home Manager on 01623 742204

The Park, Nether Langwith, Mansfield, Nottinghamshire, NG20 9ES

www.yourhealthgroup.co.uk
 quality residential care

NHS HOSPITALS AND SERVICES IN MANSFIELD AND NEWARK



Mansfield District Council

Civic Centre, Chesterfield
Road South, Mansfield,
Nottinghamshire NG19 7BH
Tel: 01623 463463



Leading the
fight against
dementia

36 Wood Street, Mansfield,
Nottinghamshire NG18 1QA
Tel: 01623 429419



Nottinghamshire County Council

Meadow House
Littleworth, Mansfield,
Nottingham NG18 2TB
Tel: 01623 433433



Nottinghamshire County Council

**Sir John
Robinson Way**
Arnold, Nottingham
NG5 6DB
Tel: 0115 8546000



Nottinghamshire County Council

County Hall
West Bridgford,
Nottingham NG2 7QP
Tel: 0115 9823823



Nottingham &
Nottinghamshire

Northern office, 26-28
Regent Street, Mansfield,
Nottinghamshire NG18 1SS
Tel: 0115 844 0011



NEWARK & SHERWOOD DISTRICT COUNCIL

Kelham Hall, Newark,
Nottinghamshire NG23 5QX
Tel: 01636 650000



Nottinghamshire Healthcare
NHS Foundation Trust

Duncan Macmillan House
Porchester Road,
Nottingham NG3 6AA
Tel: 0115 969 1300



Nottinghamshire County Council

Trent Bridge House
Fox Road, West Bridgford,
Nottingham NG2 6BJ
Tel: 0115 9823823

MANSFIELD

NEWARK

Useful contacts

A

Action on Elder Abuse 020 8835 9280

We work to protect, and prevent the abuse of, vulnerable older adults.

Action on Elder Abuse, PO Box 60001, Streatham SW16 9BY

| www.elderabuse.org.uk

| enquiries@elderabuse.org.uk

Admiral Nursing DIRECT 0845 257 9406

This helpline has been set up to provide people with an opportunity to talk through their worries and concerns about themselves, friends or relatives with dementia.

The lines are open on Tuesdays and Thursdays between 11am and 9pm. Callers can leave messages any time and request a call back

| direct@dementiauk.org

Age UK Nottingham & Nottinghamshire 0115 844 0011

Bradbury House 12 Shakespeare Street, Nottingham NG1 4FQ

Northern office, 26-28 Regent Street, Mansfield, Nottinghamshire NG18 1SS

| info@ageuknottst.org.uk

| www.ageuknotts.org.uk

Alzheimer's Society 01623 429419

Mansfield & Ashfield District Office, 36 Wood Street, Mansfield, Nottinghamshire NG18 1QA

| admin@alzheimers.org.uk

Arthritis - National Rheumatoid Arthritis Society (NRAS) 0800 298 7650 or 0845 458 3969

Provide information, support and advice for people living with Rheumatoid Arthritis.

| www.nras.org.uk

C

Care Quality Commission (CQC) 03000 616161

National Correspondence, Citygate, Gallowgate, Newcastle upon Tyne NE1 4PA

| www.cqc.org.uk

| enquiries@cqc.org.uk

Carers Trust 01623 658535

Areas covered: Mansfield, Ashfield, Bassetlaw, Newark and Sherwood, Nottinghamshire Intake Business Centre, Kirkland Avenue NG18 5QP

| admin.nncrossroads@ntlbusiness.com

Cruse Bereavement Care 0844 477 9400

Cruse Bereavement Care is here to support you after the death of someone close.

| www.cruse.org.uk

| helpline@cruse.org.uk

D

Disability Nottinghamshire 01623 625 891

Disability information and advice service.

Unit 15, Botany Park, Botany Avenue, Mansfield, NG18 5NF

| advice@disabilitynottinghamshire.org.uk

Disability Benefits – for Disability Living Allowance and Attendance Allowance 0845 712 3456

| Textphone: 0845 722 4433

| www.direct.gov.uk/en/DI1/Directoriest/DG_10011169

E

Elderly Accommodation Counsel 0800 377 7070

A national charity that aims to help older people make informed choices about meeting their housing and care needs. It is now more commonly known as EAC.

| www.eac.org.uk

| info@firststopadvice.org.uk

I

Integrated Care Council 01379 678243 *(Formerly the National Homecare Council)*

The Integrated Care Council is a body which brings together British public and independent sector organisations who commission or directly provide support for people living at home.

M

Mansfield Citizens Advice Bureau 0844 8563411

Advicehub, 16 Regent Street, Mansfield, Nottinghamshire NG18 1SS

Mind (National Association for Mental Health) 020 8519 2122

The leading mental health charity in England and Wales. We work to create a better life for everyone with experience of mental distress.

| www.mind.org.uk

| contact@mind.org.uk

N

National Osteoporosis Society 0845 450 0230

Advice, information and support group for people with osteoporosis.

| www.nos.org.uk

NHS 111 111

P

Parkinson's Disease Society 0800 800 0303

| www.parkinsons.org.uk

R

Royal Voluntary Service 0845 608 0122

A volunteer organisation that enriches the lives of older people and their families across Britain. We support older people by giving time and practical help to help them get the best from life.

Royal Voluntary Service,
Cardiff Gate,
Beck Court,
Cardiff Gate Business Park,
Cardiff CF23 8RP

| www.royalvoluntaryservice.org.uk

S

Sherwood & Newark 0844 856 3411

Citizens Advice Bureau

5 Forest Court,
New Ollerton, Newark,
Nottinghamshire NG22 9PL

Stroke Association 0845 3033 100

Advice and information for stroke patients and their families.

| www.stroke.org.uk

T

The Department of Work and Pensions

| www.dwp.gov.uk

The Pension Service 0845 606 0265

| www.dwp.gov.uk/about-dwp/customerdelivery/the-pension-service

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Hawks Nest Cottage, Great North Road, Bawtry, Doncaster, South Yorkshire, DN10 6AB. Telephone: 01302 714528

Introducing HC-One in Nottingham

Offering elderly ladies and gentlemen personalised care and support in homes across your county



At HC-One kindness is at the heart of everything we do and our care and services are tailored to individual preferences.

Please visit our website for information on where our homes are located and the care they can offer you or your loved one.

- A little break or home from home care packages
- Varied hobbies and interest programme
- Regular outings in own minibus
- Fresh, nutritional, home cooked meals
- 9.2 carehome.co.uk average user rating
- Award winning care provider

For more information, please contact The Care Line team **T: 0333 999 8699** **E: careline@hc-one.co.uk**

accountability | involvement | partnership

Ashmere Care Homes – Appreciate the Difference



Ashmere Care Centre, (opposite Asda)
Priestsic Road, Sutton in Ashfield **T: 01623 441130**

Orchard Care Homes in Your Area

Rooms available for long
or short term stays

Your local care home in the
heart of your community

Come in for a chat, see the hard work that goes on behind
the scenes, make a new friend or make someone's day.

We'd love to show you around our home and you never
know, you may find something you are looking for.



Clipstone Hall and Lodge Care Home

Mansfield Road, Clipstone,
Nottinghamshire, NG21 9BH
Telephone: **01623 636 010**



The Grange Care Home

Field Drive, Shirebrook,
Mansfield, Notts, NG20 8BS
Telephone: **01623 747 070**

For more information call

01423 859 859

or visit www.orchardcarehomes.com
www.facebook.com/orchardcarehome



Working in partnership with





Are you considering nursing or residential care for yourself or a loved one?

Why not pop in to look around and meet us to find out more

A Four Seasons Health Care home is a real home. We really care about people, looking after their health and understanding what makes them happy. Discover how our unique technology is helping us deliver special residents experiences. We have several homes in Nottingham and surrounding area, to find out more please contact us on the numbers below or visit www.fshc.co.uk

Charnwood Carlton 0115 9404441

Tudor Grange Radcliffe-on-Trent 0115 9334404

Hallcroft Hucknall 0115 9680900

The Cedars and Larches Ilkeston 0115 9440166

Haddon House Ilkeston 0115 9441641

Kestrel Lodge Kirkby in Ashfield 01623 757204

Churchfield Mansfield 01623 490109

Dementia care | Intermediate care | Nursing care
Residential care | Short-stay care



Four Seasons
HEALTH CARE