

Support for carers: Help for the person you care for



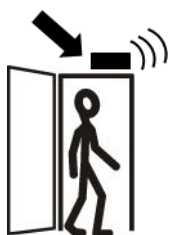
This easy read tells you about help and support you can get for the person you care for.



Nottinghamshire County Council can help you get support, so the person you care for can live more independently and have a better life.



Meals at Home take fresh and frozen meals to people's homes to help them live independently.



Technology Enabled Care are devices to help people stay safe at home and help carers worry less.



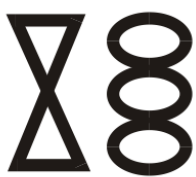
Housing with Care (also called Extra Care) is housing that enables older people to live as independently as possible with support on site 24 hours a day.



Housing with Care accommodation can stop people from needing to live in a care home.



Shared Lives supports people to live as independently as possible in the community.



There are different ways that Shared Lives can help:



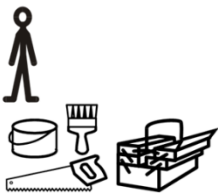
- Living in another carer's home either long or short term.



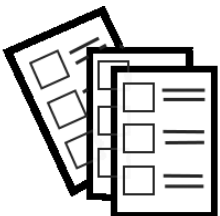
- Daytime support- regular support sessions held in the carer's home.



- Outreach support- the person needing support gets help from the carer in their own home.



The Handy Person Adaptations Service can make small changes to someone's home to make life easier and to let them be as independent as possible. They can also do small jobs.



We have lots of other documents about for support for carers in [our easy read library](#). This document is part of a set of 19.

Links in this document

Meals at Home- easy read

nottinghamshire.gov.uk/global-content/easy-read-library/county-kitchen-meals-on-wheels-easy-read

Technology Enabled Care- easy read

nottinghamshire.gov.uk/global-content/easy-read-library/technology-assisted-care-easy-read

Housing with Care/Extra Care- easy read

nottinghamshire.gov.uk/global-content/easy-read-library/extra-care-factsheet-easy-read

Shared Lives- easy read

nottinghamshire.gov.uk/global-content/easy-read-library/shared-lives-easy-read

The Handy Person Adaptations Service- easy read

nottinghamshire.gov.uk/global-content/easy-read-library/handy-person-adaptation-service-hpas-easy-read

Nottinghamshire County Council easy read library

nottinghamshire.gov.uk/global-content/easy-read-library

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