

Living at home safely for longer



This easy read document tells you about the support adults can get to stay longer at home.



Nottinghamshire County Council wants to make sure that you have support at home.



This support should help you to stay independent.

Who can have support?



Nottinghamshire County Council will try and help people who have an illness or who have disabilities and may need support.

What support is available?



We will give you advice and information about options to stay safely at home for a longer time.

Some of these options are:



- **Equipment and Technology**

These can be big or small pieces of equipment that would help you to remain independent at home. This can also be personal alarms and devices that monitor health conditions.



- **Connect Service**

This a group of care providers that provide information, advice and support around care needs, housing, finances and being involved in the community.



- **Handy Persons Adaptations Scheme**

They will do small improvements and agreed DIY jobs to make your home more accessible for you. For example putting up grab rails.



- **Meals at home service**

Nottinghamshire County Council will provide a hot healthy lunch. They can also make home from hospital hampers.



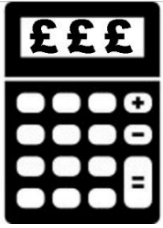
- **Carers**

If a family member or friend helps you at home we can also provide support to them. You will need to contact the council for this.



- **Short term Support**

This is support that will help you with learning skills and helping you to do it yourself at home. This can be called **Reablement**.



- **Personal Budget**

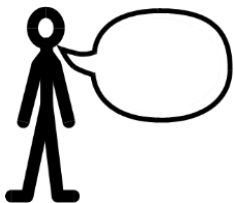
This is money to help you meet and care for your long term support needs. If you do get some money after an assessment, this is called a **Personal Budget**.



If you can't talk to us about the support you want, you can get someone to help you. If you do not have friends or family to help then you can be referred to an advocate.



Advocates are people who are nothing to do with the council but can help you say what you want to say.



You will need to tell the council worker so they can contact the advocacy service.

What does it cost?



Most people will have to pay something. The amount depends on you and your needs. You can talk to a council worker more about this.



What happens if I get better or get worse?



If your situation changes, you need to inform us.



We can then review your needs and see if you need more or less help.

Customer Service Centre



You can tell our Customer Service Centre if you have any changes or if you want more information about how we can help you..

There are several ways to contact them, including:



Web: [Use our online contact form](#)



Telephone: 0300 500 80 80



Text Relay: 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



Sign Video

People who use British Sign Language to communicate can use [the SignVideo app](#) to speak with us.

Links in this document

Nottinghamshire County Council – contact us form

nottinghamshire.gov.uk/contactform

Relay UK app

www.relayuk.bt.com/how-to-use-relay-uk/download-app.html

SignVideo app

signvideo.co.uk/download

For plain English web page version of this information, go to:

[Living at home safely for longer | Nottinghamshire County Council](#)

nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/living-at-home-safely

This easy read was first published December 2016

This information was last updated 23 June 2025