



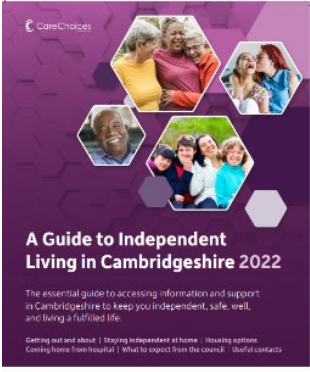
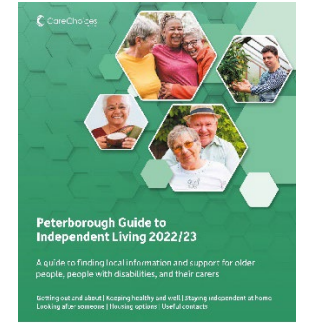





Paying for your own care and support when you leave hospital - an Easy Read Guide

Picture	Words
 <p>Hospital</p>	<p>Going into hospital can be difficult and scary.</p> <p>When you go to hospital you might want to think about what will happen when you leave.</p>
	<p>Health care at hospital is usually free.</p> <p>But if you need care and support when you leave, you might have to pay for it.</p>
	<p>As soon as you arrive in hospital the doctors and nurses will start to plan for when you are ready to leave.</p> <p>They will talk to you about your choices.</p> <p>You can ask for somebody to be with you when this happens.</p>
	<p>If you have to pay for your own care and support, you are called a self funder.</p> <p>You can find out more on the government website.</p>






Picture	Words
	It is a good idea to get some advice about money and how you may pay for your care.
	The Money Helper https://www.moneyhelper.org.uk/
	Carers UK www.carersuk.org/help-and-advice/financial-support/
	Citizens Advice Bureau www.citizensadvice.org.uk/
	The Society of Later Life Advisers www.societyoflaterlifeadvisers.co.uk/
	Independent Age www.independentage.org
	Age UK www.ageuk.org.uk/information-advice/money-legal/
	Which? Later Life Care www.which.co.uk/after-life-care
	<p>You may be able to get NHS Continuing Healthcare. This is money that comes from the NHS to pay for your care and support.</p> <p>You have to meet certain requirements to get this money.</p> <p>You can find out more on www.nhs.uk and search for 'NHS Continuing Healthcare'.</p>
	<p>You might need help for a few days after you leave hospital.</p> <p>If you have family or friends you could ask them to help you.</p>





Picture	Words
	<p>There are also organisations that can help you if you have care and support needs.</p> <p>You can find some information below.</p>
	<p>In Cambridgeshire Care Network offer a free Help at Home Service for up to six weeks.</p> <p>In Cambridge, South Cambs and East Cambs you can call 01223 714433 or email hah.south@care-network.org.uk</p> <p>In Huntingdonshire and Fenland you can call 01354 694413 or email hah.north@care-network.org.uk</p>
<p>Community Navigators Information on activities and services</p> 	<p>Care Network also have Community Navigators.</p> <p>Community Navigators can help you to find the information you need about support and activities.</p> <p>They can also suggest other organisations which can help you.</p> <p>You can find out more on www.care-network.org.uk</p>
<p>PETERBOROUGH CITY COUNCIL</p> 	<p>In Peterborough, the British Red Cross offer a free Support at Home Service for up to six weeks.</p> <p>You can find out more by calling 01733 207113 or emailing supportathomepeterborough@redcross.org.uk</p>
	<p>Alzheimer's Society offer support to people with dementia coming out of hospital and their carers.</p> <p>You can find out more at www.alzheimers.org.uk</p>

Picture	Words
 <p>A Guide to Independent Living in Cambridgeshire 2022</p> <p>The essential guide to accessing information and support in Cambridgeshire to keep you independent, safe, well, and living a fulfilled life.</p> <p>Getting out and about Staying independent at home Housing options Caring home from hospital What to expect from the council Useful contacts</p> <p>Cambridgeshire County Council</p>	<p>In Cambridgeshire, you can look on the online directory for organisations that can help you.</p> <p>You can find it at www.cambridgeshire.gov.uk/directory</p> <p>You can also look in the Guide to Independent Living.</p> <p>You can ask staff at the hospital or Adult Social Care for a copy, or you can look at it online at: www.carechoices.co.uk/publication/cambridgeshire-guide-to-independent-living/</p>
 <p>Peterborough Guide to Independent Living 2022/23</p> <p>A guide to finding local information and support for older people, people with disabilities, and their carers.</p> <p>Getting out and about Keeping healthy and well Staying independent at home Looking after someone Housing options Useful contacts</p> <p>PETERBOROUGH CITY COUNCIL</p>	<p>In Peterborough you can look on the Peterborough Information Network for organisations that can help you.</p> <p>You can find it at www.peterborough.gov.uk/pin</p> <p>You can also look in the Guide to Independent Living.</p> <p>You can ask staff at the hospital or Adult Social Care for a copy, or you can look at it online at: www.carechoices.co.uk/publication/peterborough-guide-to-independent-living/</p>
	<p>Being a carer</p>
	<p>If you are a carer, you can get support from Caring Together.</p> <p>You can find out more on their website www.caringtogether.org</p>
	<p>If you are looking after someone with a mental health condition, Making Space can help you.</p> <p>The person needs to be between the ages of 18 and 65.</p> <p>You can find out more on their website www.makingspace.co.uk/cambridgeshire-carer-support</p>
	<p>Centre 33 provide support for young carers across Cambridgeshire and Peterborough.</p> <p>You can find out more on their website. www.centre33.org.uk</p>

Picture	Words
	Equipment
	<p>You might find it useful to have some equipment to help you.</p> <p>This might be aids to help you cook.</p> <p>It might be aids to help you get around in your home.</p>
	<p>Or perhaps an alarm so that you can call for help if you need to.</p>
	<p>Our local Safe + Well service can support you in finding daily living aids to help you stay independent.</p> <p>You can find information online at www.safeandwell.co.uk/cambridgeshire</p>
	Adaptations to your home
	<p>You might need to make some change to your home.</p> <p>These are called adaptations.</p> <p>This might be a handrail to help you get into the bath or get out of bed.</p> <p>Or it might be something bigger like having a shower fitted.</p> <p>Or a toilet downstairs.</p>
	<p>Go to www.safeandwell.co.uk/cambridgeshire and complete the questionnaire to help identify things that might help you.</p> <p>Or you can telephone 01480 415719.</p>

Picture	Words
	Reablement
	<p>You could ask for some help from the Reablement Team.</p> <p>They can help you to be able to do the things you used to be able to do.</p>
 	<p>You can contact Reablement</p> <p>Cambridgeshire County Council Web: www.cambridgeshire.gov.uk Email: careinfo@cambridgeshire.gov.uk</p> <p>Peterborough City Council Web: www.peterborough.gov.uk/PIN Email: adultsocialcare@peterborough.gov.uk</p>
	Care and support at home
	<p>If you need help for a longer time you might need a social care assessment.</p> <p>A social care assessment looks at what you are good at, and what you might need some help with.</p>
	<p>If you need daily support such as washing yourself or getting dressed, you can have carers come to your home.</p> <p>The carers will visit you to help you with activities such as getting up in the morning and having a bath.</p>
	Care in a residential or nursing home
	<p>Care homes are for people who cannot stay at home.</p> <p>If you go into a care home straight from hospital, it might be difficult to go home later.</p> <p>It is important to think about all other options first</p>

Picture	Words
	<p>If this is your choice, then it is a good idea to look at the Care Quality Commission website.</p> <p>They have reports about care homes. You can find the reports at www.cqc.org.uk</p> <p>You can ask someone to help you look at the reports to help you choose the best care home for your needs.</p>
	<h2 data-bbox="496 546 855 595">Making decisions</h2>
	<p>You might want to think about what you would want if you were ill and not able to tell people what you want.</p> <p>You can write down now what you would want to happen.</p>
	<p>You can choose from the following:</p> <p>Lasting Power of Attorney for Health and Welfare – Choosing someone you trust to make decisions for you about your health and care needs.</p> <p>Lasting Power of Attorney for Property and Affairs – Choosing someone you trust to make decisions for you about your money and property. ('affairs' means things that you own).</p> <p>These are important legal documents and you need to speak to someone who understands what they will mean for you.</p>
	<p>Advance Statement - Information about you, your lifestyle, and the care you would prefer to receive.</p> <p>Advance Decision - Details of any treatments you do not want to receive.</p>
	<p>You can find out more for Cambridgeshire on www.cambridgeshire.gov.uk and searching for 'mental capacity'</p>

Picture	Words
	<p>You can find out more for Peterborough on www.peterborough.gov.uk/pin and searching for 'mental capacity'.</p>
	<p>Find out more</p>
 	<p>Cambridgeshire</p> <p>Telephone: 0345 045 5202. Email: careinfo@cambridgeshire.gov.uk Website: www.cambridgeshire.gov.uk/residents/adults</p>
 	<p>Peterborough</p> <p>Telephone: 01733 747474 option 4 Email: adultsocialcare@peterborough.gov.uk Website: www.peterborough.gov.uk/pin</p>