



Care and support at home

Most people would like to stay at home for as long as possible but if care and support needs are ignored or left for too long this can lead to an urgent need and independence threatened.

It's true what they say, 'prevention is better than the cure'. There are care advice and support services that can help you to stay at home and support family, friends and carers. Care and support doesn't have to be intrusive or specifically for personal care, you may just want companionship or a hot meal, some cleaning, shopping or gardening. Care needs may be temporary as things change and it may be worth reviewing care that is already in place to make sure that it is still appropriate for your needs.

Live in care

Live in care may suit your needs better than moving into a home or in with family. Please don't wait or suffer in stoic silence, ask for help as it may enable you to stay at home for longer! If you would like to know what help is available to you or need help choosing the right support please discuss your options with us as a member of the Care Advisor Network.

Care Options

Care Advisor Network



Extra care/assisted care/ shared lives/supported living/ care villages

These options may provide independent living with varying care provision and some have on site or an on call warden. Schemes vary enormously and may be privately rented, shared or owned properties or possibly have a social landlord. Before moving into a 'forever home' be aware of any restrictions that you may have to move from later on if your care and support needs change.

Shared Lives

Shared Lives can provide an option for those who do not want to move into a care or nursing home but need some support. This means moving into someone else's home and can be wide ranging re care and type of accommodation. These schemes are not available in all areas and may be accessed through the Local Authority.

Relative Matters Ltd - Independent consultancy for later life

Chris Moon-Willems has over 30 years' experience of working for the NHS and Social Services within senior management roles and is a registered Social Worker. Having specialised in the care of older people early on in her professional training, she is now recognised as an expert voice on elderly care.



Chris also holds the Society of Later Life Advisors (SOLLA) care advice standard, having been one of the first people in the UK to achieve the award.

The SOLLA Care Advice Standard aims to ensure that people are able to find quality assured information and advice on choosing and paying for adult care quickly and easily. All advisers have satisfied the required criteria, giving peace of mind that the advice you are given is from those who have proven their specialist knowledge. Check out their website SOLLA Care

Chris has been interviewed several times on both national TV and radio, including the BBC.

A published author and regular public speaker, Chris is a Fellow of the Centre for Welfare Reform and both owner and founder of Relative Matters.

Contact us today to see how we can help you

0800 088 6184

Email: chris@relativematters.org

www.relativematters.org



Registered company: 07455183

Registered office: 14 Hamilton Court, Drake Ave, Worthing BN12 6ER