

# Help to stay independent, safe and well

**Many of us don't think about care and support until we or someone we know need it, then find we are unsure where to find information and how to access the support we need. A new online resource is providing people in Cambridgeshire with information about care and support and wellbeing.**

Care and support is the help some adults need to live their life as well as possible with any illness or disability they may have. It could include things like washing, dressing, eating, getting out and about, and keeping in touch with friends and family. People may need help because of their age, a physical disability, sensory impairment, a learning disability or a mental health issue.

If you are planning ahead for the future – whether for yourself, your family or someone you care for, need information to continue to live independently and safely at home, make life easier, get support after a stay in hospital, or find out about care home and housing options and paying for care and support, you can use the online resource to find the information you need.

Since it was launched on 1<sup>st</sup> April 2015, around 18,000 people a month have used the new online resource to find information about care and support. You can find out more by visiting [www.cambridgeshire.gov.uk/careandsupport](http://www.cambridgeshire.gov.uk/careandsupport)

If you do not have access to the Internet, haven't found what you need online, or want more information, you can phone 0345 045 5202 or visit any Cambridgeshire Library (also known as community hubs).

The new information and advice resource is part of changes in response to the Care Act and to Transforming Lives, Cambridgeshire's new approach to providing support to individuals, carers, families and communities. For more information see [www.cambridgeshire.gov.uk/careact](http://www.cambridgeshire.gov.uk/careact)

## Have you used the new online resource?

Did you find what you were looking for? We rely on information from people who use services, carers, the public, practitioners and volunteers to continue to develop our information in a way that works for people. Please tell us if you have any comments or suggestions, or if you couldn't find the information you were looking for. Get in touch at [fis@cambridgeshire.gov.uk](mailto:fis@cambridgeshire.gov.uk)

