

2. Support and daily living

As we get older looking after ourselves can become more difficult.

Are you able to eat healthily and cook yourself hot meals? Do you shop regularly and keep on top of your cleaning at home?

Age Concern Calderdale and Kirklees has many services for people over 50. They provide a cleaning service that can help you with the heavier jobs like moving furniture, cleaning windows inside or every day cleaning. One of their workers can visit you in your home to talk about your cleaning needs.

- Age Concern Calderdale and Kirklees, Tel: 01274 871328. The organisation can also provide information on local day care services.

You can also:

- Go to www.kirklees.gov.uk/localorganisations to find out about luncheon clubs, social activities, help with shopping, gardening, befriending, handy person service, exercise classes and much more.

Or:

- WRVS Luncheon Clubs/Meals on Wheels. For more information, Tel 01484 223609, Huddersfield WRVS, Paddock Village Hall, West View, Paddock, Huddersfield or call Call Gateway to care, Tel: 01484 223000 to find out about other kinds of help.

Alternatively:

If you are finding it hard to cope and need more help you can ask Kirklees Council Adult Services to do a community care assessment of your social care needs. This helps us find out whether you are able to get services from us.

Many people feel anxious at the thought of asking for help or organising their own support, but you might be pleasantly surprised when you see what's on offer and how easy it can be.

Community options are about giving you the choice to make an informed decision about the kind of social care advice and support you want to receive to remain independent in your own home and community.

For more information call:

- Gateway to care, Tel: 01484 414933 or text 0778148231 email gatewaytocare@kirklees.gov.uk or visit www.kirklees.gov.uk and click on the health and social care link.

Carephone Home Safety Service

Whether you are young or old, able to live at home alone or not - it's always good to know that help is never far away. We offer peace of mind, 24 hours a day, 365 days a year to a wide range of people, using "Telecare" products.

These products can help you, for example, if you have a fall, a flood, a fire or need reassurance.

The Carephone Home Safety Service uses Telecare technologies to support people in their own home. These products can

help you to manage the risks you face in your home. They are tailored to suit your needs and are fitted and maintained by our trained staff.

Many people can have items of equipment for free, or at a reduced rate following an assessment. But if you do not wish to complete a financial statement, you can pay the full cost – you might be surprised how little this is.

For more information call:

- Gateway to care Tel: 01484 414933 or text 0778148231 email gatewaytocare@kirklees.gov.uk or visit www.kirklees.gov.uk and click on the health and social care link.

Equipment

Gateway to care, Kirklees Integrated Community Equipment Store and many other organisations provide equipment to help keep you active at home and in the community.

There is a large selection of equipment available on the market intended to make your life easier. For example grab rails, bath boards and bed raisers.

In some cases Kirklees Council will provide the equipment for you – depending on your situation.

Call:

- Gateway to care, Tel: 01484 223000, email gatewaytocare@kirklees.gov.uk or visit www.kirklees.gov.uk and click on the health and social care link

You can also order equipment from the Kirklees Council's equipment shops at:

- Gateway to care, 30 Market Street, Huddersfield HD1 2HG, Tel: 01484 223000
- The Walsh Building, Town Hall Way, Dewsbury WF12 8EE, Tel: 01924 325070

This includes:

- hoists and slings
- slide sheets
- handling belts
- glide and lock cushions
- turntables
- wheeled commodes.

If you show your priority or access passport to service, you will get a 10% discount on all items over £10 at the equipment shop. On items targeted directly at disability, VAT will not be charged if a VAT exemption declaration form is completed.

Equipment to help you live safely and independently in your own home.



Incontinence Laundry Service

The Incontinence Laundry Service helps people to cope with the problems this causes when living in their own home. For more information contact your local district nurse, who is based at your local surgery, or your family doctor.

Occupational therapy

Occupational therapy can improve your quality of life. It can help you if you have a disability and find it hard to carry out day to day activities. To find out more call:

- Gateway to care Tel: 01484 414933 or text 0778148231 email gatewaytocare@kirklees.gov.uk or visit www.kirklees.gov.uk and click on the health and social care link.

Independent Living Fund

The Independent Living Fund supports people with severe impairments to live independently at home. It is a Government Trust funded by the Department for Work and Pensions and is run in partnership with Kirklees Council Adult Services.

- Independent Living Team, Eastlawns, 21 Thomas Street, Lindley, Huddersfield, HD3 3JJ, Tel: 01484 416760 or email independent.living@kirklees.gov.uk

Shopping

Healthy eating is important to everyone. But if you're unable to get to a shop or find it difficult to cook for yourself on a daily basis, it can be a challenge. You might want to consider using a home

delivery service for frozen meals, desserts or even your every day shopping.

Many supermarkets have an on-line service where you can order your weekly or monthly shopping and have it delivered to your door for a small cost. They include:

- Asda – visit www.asda.co.uk
- Iceland – visit www.iceland.co.uk
- Sainsburys – visit www.sainsburys.co.uk
- Tesco – visit www.tesco.com

And there are several companies which specialise in providing a complete meals service, straight to your freezer. You can heat them up when you like. They include:

- Wiltshire Farm Foods, Tel 01422 242100, email halifax@wiltshirefarmfoods.co.uk and shop online www.wiltshirefarmfoods.com
- Oakhouse Foods, Tel 01756 796336, www.oakhousefoods.co.uk, email skipton@oakhousefoods.co.uk
- Flow Foods, Tel 0845 6063924

