

Your local Health & Wellbeing Guide



Supporting older people
in Sheffield to make more
of later life



Providing Sheffield with a
personal and attentive
approach to care



Rosebank

26 Bed Residential E.M.I. Care Home
Ellesmere,
Sheffield S4 7EL

0114 2618618



Fulwood Lodge

42 Bedded Unit consisting of 25 Nursing
and 17 Residential and Dementia beds
Ranmoor, Sheffield S10 3GA

0114 2302666



Leahyrst

41 Bed Residential E.M.I. Care Home
Upperthorpe,
Sheffield S6 3NA

0114 2722984

Silver Healthcare is one of Sheffield's leading Independent Care Providers with over 30 years experience. We believe that care homes should be warm and welcoming places with a loving community feel, so that our residents actually want to be here and their friends and families are able to see them settled and happy. All our homes are maintained to the highest standard with beautiful gardens for our residents to enjoy and excellent meals to tempt all appetites. All of our staff are qualified, experienced professionals, with that extra empathy that makes for a caring, family atmosphere to provide our residents with a "home away from home."

Short or long stay care available.

It's the people that make the difference

Please call us for further
information on freephone:

0800 169 3427

FREE TRIAL VISIT

Book a FREE TRIAL VISIT
Choose from 1 to 48 hours

*Call or
email now*

visit us online

www.silver-healthcare.co.uk

info@silver-healthcare.co.uk



Or find out more about all our homes on www.carehome.co.uk

Silver Healthcare Limited | Head Office - The Coach House | 379b Fulwood Road | Ranmoor | Sheffield | South Yorkshire | S10 3GA

Contents

- 4 Age UK Sheffield - About us
- 5 - 11 Age UK Sheffield - Guide to our services
- 12 - 14 Patient choice of GP practice
- 15 Healthy eating for over 50's
- 16 - 19 Staying physically active
- 20 Keeping mobile and preventing falls
- 21 - 22 How to get social care and support
- 23 - 25 Planning for your future care needs
- 26 - 28 Are you a carer?
- 29 - 30 Choosing care services
- 31 - 34 Funding care
- 35 - 38 Care services in your home
- 39 - 43 Care homes

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About us ...



We're a local charity working in Sheffield to support older people, their families and carers. We want everyone to be able to love later life.

Age UK Sheffield is a local charity and social enterprise which exists for the benefit of people aged 50 and over in Sheffield.

It does that by providing information, advice, representation and services.

Like all local Age UKs we are a local, independent organisation, rooted in Sheffield, with all our Trustees living in the city and the surrounding area. We have a brand partnership agreement with the national Age UK charity but have freedom in the services we choose to provide, and how we choose to provide them.

Age UK Sheffield has a core belief that older people should have access to the information, advice, representation and services that will enable them to live independent later lives to the best of their ability, in the best health possible, free from poverty and loneliness.

We believe that nobody else in Sheffield stands up for older people in the way we do. We have a responsibility to those people, and to our city, to protect and develop our charity to benefit Sheffield's older people for years to come.

Our vision is:

“For a city in which older people live independently, with choice and control over their lives, in the best health possible, free from poverty and loneliness.”

Our mission is:

“To support older people in Sheffield by providing information, advice, advocacy and services which are recognised as a vital part of Sheffield's infrastructure.

We will work in partnership with local statutory and voluntary organisations to benefit, represent and champion the needs of older people in Sheffield.”

Age UK Sheffield

First Floor, South Yorkshire Fire & Rescue,
197 Eyre Street, Sheffield S1 3FG.

0114 250 2850

enquiries@ageuksheffield.org.uk

www.ageuk.org.uk/sheffield



Age UK Sheffield Information & Advice Service



Age UK Sheffield offers a quality-accredited, free and confidential information and advice service for older people, their families and carers.

We are one of the few advice organisations in Sheffield accredited to the Advice Quality Standard. Our advisers are trained to help you on almost any older person's issue.

Our most popular advice requests are:

- Benefits checks
- Consumer
- Housing support and advice
- Non-residential care
- Money
- Legal
- Health and Disability

We can also book you a free legal appointment with a local solicitor.

In 2017/18 we supported over 3,000 older people in Sheffield, helping them to claim £2.9 million in benefits payments they were entitled to but had not been claiming.

You can access our free information and advice service in a number of ways.

- By phone: 0114 250 2850, during normal office hours.
- By email: enquiries@ageuksheffield.org.uk
- At our office: Book an appointment or drop-in to the South Yorkshire Fire & Rescue HQ, Eyre Street.

Opening times:

Our information and advice officers are available on the telephone, Monday to Friday, 9am to 4.30pm.

The drop-in service is available Monday to Thursday, 10.30 to 3.30pm.

Our Information and Advice service is generously supported by Westfield Health and the Henry Smith Charity.



Independent Living Co-ordination

Free support to keep you safe and well at home, or get you back on your feet.

As you get older, or your circumstances change, you might need a little extra support to help you to regain the independence you once had.

Maybe you can't do everything you'd like to after a recent hospital stay? Or maybe you're finding it harder to get out and meet friends?

Our Independent Living Co-ordination (ILC) service is a three-month package of support in which we will help you and your family members to achieve your independence needs – whether that be aids and adaptations to your home, increased benefits where eligible, or connecting you up to local activities and transport.

Within our ILC service there are four programmes with support targeted at people with specific needs:

- Our Benefits at Home service is free, supported by the Big Lottery Fund, and is targeted at people who can't make it in to our office for a benefits check.
- Our health ILC service is free, supported by NHS Sheffield Clinical Commissioning Group, and targeted at people living with long-term health conditions.
- Our cancer service is free, supported by Weston Park Cancer Charity, and available to people aged 50 or over living with cancer, or caring for somebody who is living with cancer.
- Our Aged Veterans service is free, supported by the Ministry of Defence, and available to service veterans and reservists.



Whatever your needs, just contact us, and we will support you with the service you need.

For more information call us on:

Tel: (0114) 250 2850

E-mail: enquiries@ageuksheffield.org.uk





Happy days for
your loved one
Time and peace of
mind for you

Wellbeing Centre – excellence in dementia day care

If your loved one is living with memory loss and dementia, and would benefit from a high quality day service with singing, dancing, arts, laughter, and husky dogs, our Wellbeing Centre is for you.

It's in the Centre in the Park, Norfolk Park, and places are available Monday to Friday 10.00am - 3.30pm.

We believe that memory loss shouldn't be a barrier to fun, friendship and stimulation for the mind.

We're passionate about creating a safe, loving and welcoming environment for our members. We sing. We dance. We play. We make things. And above all else, we laugh... like drains.

The Wellbeing Centre is like nowhere else. After all, we designed it as a place that we'd want to go to.

Whether it's Mexican week, or the visits by therapy pony Leo, painting, or an archery competition, we always make fun happen.



Photos and videos
on facebook:
The Wellbeing
Centre

Some Sheffield City Council-funded places are available to people who have diagnosed dementia. The Wellbeing Centre is also a paid-for service, at £48 per day plus lunch. You must see it to believe it – contact us now to arrange a free introductory visit and benefits check.

Call: (0114) 250 2850

E-mail: enquiries@ageuksheffield.org.uk

See photos and videos on the Wellbeing Centre social media pages.

Twitter: @wellbeing_auks

Facebook: @wellbeingcentreauks

Sheffield
City Council



At Home with Age UK Sheffield

Do you need a little extra help around the home to put your loved ones' minds at ease?

As we get older, we can't always keep on top of some simple tasks around the home.

Our "At Home" service provide a flexible personal assistant to help you with the things you need. One week it may be doing your shopping, or taking you to the supermarket.

Another is maybe helping with sort your mail and bills, or a little cleaning. Maybe you'd like to be taken out to visit a friend, or just have a chat over a cup of tea?

Our "At Home" service always begins with a free initial assessment and care plan, and a benefits check.

It's a paid-for service, at £21 per hour – a small price to pay for the peace of mind that a family member is living well.

Over the years, our hundreds of customers have told us they like it that:

- We provide a full hour's service, and don't take time off for travelling
- We aim to provide the same support worker every time, as often as we can
- As a charity, we don't make a profit. Any small surplus goes back into providing free services for older people in Sheffield

For more information on our "At Home" service, and a free initial assessment, care plan and benefits check, call (0114) 250 2850 now.



Friends of Age UK Sheffield

Join Friends of Age UK Sheffield now to get access to our local offers, a range of local events, and the knowledge that you are supporting our vital work with vulnerable people aged 50 or over in Sheffield.

It costs just £12 per year.

To join, just call us on (0114) 250 2850 or e-mail enquiries@ageuksheffield.org.uk.

Here is what you get:

Friends of Age UK Sheffield

- £12 per year
- Sheffield International Venues discounts (including swimming)
- John Lewis £50 voucher (reimbursement of computer purchase, available once during membership - conditions apply)
- Computer or iPad loan
- Volunteering opportunities
- Proceeds invested in supporting vulnerable older people in Sheffield
- Opportunities to be involved in consultations, focus groups and recruitment
- Voting rights at the Age UK Sheffield AGM
- More retail discounts in Sheffield
- Information on a wide range of local events and day trips (updates 4 times per year)
- One-to-one internet sessions (appointment only)
- Events calendar



Sheffield 50+

Sheffield 50+ is a voluntary group run by and for its members and open to everyone aged 50+ who lives or works in Sheffield.

Our main purpose is to develop and promote a city which values the skills, experience, knowledge and capability of older people, and which is an Age Friendly city: a city for all ages. We believe in 'active ageing' by following the 'five ways to wellbeing' and actively promote its adoption across our city.

Our vision is of Sheffield as a city where the contribution of everyone aged 50+ is valued and celebrated, where no-one is treated less well simply because of their age and where we are able to influence how our city runs.

We over 50s have so much to offer – our experience and knowledge and much more. Sheffield needs us to be involved in local life and to remain as active as possible. Join us now, for together we are stronger.

Age UK Sheffield manages the delivery of Sheffield 50+, with membership benefits and conditions exactly the same as those for Friends of Age UK Sheffield.

Follow Sheffield 50+ on Twitter: @sheff50plus or on Facebook: Sheff50plus

For more details, contact (0114) 250 2850 or e-mail: enquiries@ageuksheffield.org.uk.

In Touch

Our new In Touch service matches lonely and isolated older people with volunteers who enjoy meeting and chatting.

Around 50% of older people in the UK say their main source of company is either a pet or the television. If you are missing regular contact with other people, then our In Touch service may be for you.

You can call us to discuss your needs on 0114 250 2850.

Volunteers

Do you have time for a cup of tea and a chat with an older person? Could you help us tackle loneliness in our communities?

There are many reasons why people become isolated and lonely. It can be as big a life change as bereavement or something that may seem simple like a change of bus service. Whatever it is it can have a devastating effect on someone's life.

Our In Touch service provides friendship and a link to a good social network which can improve health and wellbeing. It can help older people reconnect with family, friends, neighbours and their community.

Contact us at Age UK Sheffield on 0114 250 2850 or call into our office in the South Yorkshire Fire & Rescue HQ on Eyre Street or email: auks.volunteering@ageuksheffield.org.uk.

We'd love to work with you to combat loneliness.



Volunteer with us

Are you looking to learn new skills? Get experience for your CV? Or find a new use for your existing expertise?

We do great work with over-50s throughout Sheffield – but we can't do it without the support of volunteers like you.

Why volunteer?

Volunteering is a great way to meet new people, learn new skills, and support the work we do in the community.

Who can volunteer?

Almost anyone can be a volunteer. We have a wide range of roles which suit different people and different skills.

How much time do I need to give?

It depends on the volunteer role you are interested in. Some people give an hour a week, other people do more.

If you'd like any further details, just call us on (0114) 250 2850 or e-mail: virginia.lowes@ageuksheffield.org.uk

Please note that, because we work with some vulnerable people, you should allow time for Disclosure and Barring Service checks and an induction programme before we will allow you to work with older people.

Our volunteering roles include:

- Customer service volunteer
- Befriender
- Fundraiser

Visit the Volunteering page at www.ageuk.org.uk/sheffield for details on all our roles and how to apply to be a volunteer.



Insurance, products and services

Age UK Sheffield works with Age UK to offer a range of insurance and other products designed for people over 50. You can buy the products online or at our offices.

Home insurance

Contents cover up to £60,000 as standard, and buildings cover up to £500,000*. Option to pay by instalments at no extra cost. (0% APR Representative)

Car insurance

With no upper age limit and the option to pay by instalments at no extra cost. (0% APR Representative).

Travel insurance

With no upper age limit and cover for pre-existing medical conditions wherever possible.**

Our trading office is within the South Yorkshire Fire & Rescue HQ on Eyre Street. Call us on 0114 399 8670 or just call in to see us. We are open from Monday to Friday, 9.30am - 3.30pm.

Age UK Home, Car and Travel Insurance are administered by Ageas Retail Limited and brought to you by Age UK Enterprises Limited.

* On standard construction properties.

** Subject to medical screening and acceptance by underwriters. Medical exclusions may apply and acceptance is not guaranteed.

Age UK Insurance is arranged by Age UK Enterprises Limited and arranged and administered by Ageas Retail Limited, who are both authorised and regulated by the Financial Conduct Authority. Ageas Retail Limited is a sister company of Ageas Insurance Limited.



Get involved

Our mission is for there to be no older person in Sheffield living in poverty or loneliness.

But right now almost 24,000 Sheffields aged 65 or over are living in poverty and 12,000 older people in the city are always or often lonely.

Can you help us to do something about that?

- £10 could help us to answer a call to our information and advice line from a vulnerable older person who needs a benefits check
- £50 could fund a day of respite support and activities for an older person living with memory loss at our Wellbeing Centre
- £300 could provide three months of Independent Living support in the community helping an older person continue to live happily in their own home

How to donate

- The easiest way to donate to us is via our Virgin Money Giving website. Simply visit www.virginmoneygiving.com and search for "Age UK Sheffield"
- Write a cheque to "Age UK Sheffield" and send it to us at: First Floor, South Yorkshire Fire & Rescue, 197 Eyre Street, Sheffield, S13FG.
- Simply bring your donation in to us at: First Floor, South Yorkshire Fire & Rescue, 197 Eyre Street, Sheffield, S1 3FG.

Leave us a legacy

Age UK Sheffield is committed to being there for older people who need us. If you decide to leave a gift in your will to us, you will be supporting us to make life better for older people in Sheffield.

Every single gift is vital to Age UK Sheffield and we appreciate any gift you may choose to leave us after taking care of your family and friends. Whatever the value of your gift, it will go a long way to help someone who needs us.

How to leave a gift in your will

Having a will and keeping it up-to-date helps ensure that your wishes can be respected and your property and assets benefit people and causes you really care about. We would always recommend that you speak to a qualified professional such as a solicitor, when making or amending your will.

Your solicitor will be able to advise you on the required wording to carry out your wishes. If you wish to leave a gift to Age UK Sheffield in your will, all you need is our charity details below:

Age UK Sheffield

First Floor, South Yorkshire Fire & Rescue, 197 Eyre Street, Sheffield, S1 3FG
and our registered charity number 1108413.

Patient choice of GP practice

Following changes to GP contracts, all GP practices in England will be free to register new patients who live outside their practice boundary area from January 2015. This means that you are able to join practices in more convenient locations, such as a practice near your work. The idea is to provide you with greater choice and to improve the quality of GP services. These new arrangements are voluntary for GP practices.

A good GP practice should provide the following to all patients:

- A professional and helpful team of GPs, practice staff and other healthcare professionals.
- A practice that is accessible to everyone and provides a comfortable and organised environment.
- A flexible and efficient appointment booking system.
- Assurance of systems to monitor and improve the safety and quality of care.
- Appropriate, respectful and legal management of patient information.
- A private consultation room that provides reassurance and builds a patient's confidence and trust.
- Opportunities for patients to get involved and have their say.

Patient involvement groups

Most GP practices have patient involvement groups. These groups are made up of individual patients who take an active interest in patient healthcare and are sometimes known as Patient Participation or Partnership Groups (PPGs).

The involvement groups can have many functions and each group and practice sets its own terms of reference. To find out about your local patient involvement group or to get one

started you should ask at the reception desk of your practice.

Cancelling and missing appointments.

Please always try to let the GP practice know when you are unable to attend an appointment. It is your responsibility as a patient to cancel any appointment you have made in reasonable time so that another patient can benefit from the appointment slot.

Making an appointment

Be polite to receptionists. They are busy people who often have to deal with unhappy patients. Being polite to them will encourage them to help you.

If you have a complaint or concern about your GP or Practice?

First raise it with the staff member concerned or the Practice Manager. It may just be an issue of poor communication. Ask your practice for a copy of their Complaints process to follow.

If you are not happy with how they respond to your concerns then you can write to NHS England and they will allocate someone to look into your complaint.

Write to: NHS England
PO Box 16738, Redditch, B97 9PT
Tel: 0300 311 22 33
Email: england.contactus@nhs.net

Groups can represent patients through collecting patient feedback, sharing best practice by working with other similar groups and working with the practices to improve patient services. They also help to run courses within the practice, volunteer support services and awareness events and provide newsletters and information directories

GP SURGERIES

Postcode	Name	Address	Town/City	Phone number
S1 2PA	Norfolk Row Bupa Centre	18 Norfolk Row	Sheffield	01142 632058
S1 2PJ	Clover City Practice	1 Mulberry Street	Sheffield	01142 263279
S1 3PD	Sheffield City GP Health Centre	75 Broad Lane	Sheffield	01132 312700
S1 4EB	Regent Street Clinic Sheffield	90 Rockingham Street	Sheffield	01143 583930
S2 1QU	Manor Park Medical Centre	204 Harborough Avenue	Sheffield	01142 398602
S2 1SL	The White House Surgery	1 Fairfax Rise	Sheffield	0845 122 7587
S2 2AG	East Bank Medical Centre	555 East Bank Road	Sheffield	01142 398686
S2 2TD	Duke Medical Centre	28 Talbot Road	Sheffield	01142 720689
S2 3AJ	Heeley Green Surgery	302 Gleadless Road	Sheffield	01142 507206
S2 3TA	Norfolk Park Medical Practice	227 Park Grange Road	Sheffield	01142 763626
S2 4UJ	Matthews Practice Belgrave	22 Asline Road	Sheffield	0845 122 1643
S2 5FX	Dovercourt Group Practice	3 Skye Edge Avenue	Sheffield	01142 700997
S3 7SF	Devonshire Green Medical Centre	126 Devonshire Street	Sheffield	01142 720255
S3 9DA	Burngreave Surgery	5 Burngrave Road	Sheffield	01142 725619
S3 9DL	Pitsmoor Surgery	151 Burngreave Road	Sheffield	0345 122 2231
S3 9LB	Sheffield Medical Centre	21 Spital Street	Sheffield	01142 727042
S4 8AN	Upwell Street Surgery	93 Upwell Street	Sheffield	01142 435504
S4 8GB	Page Hall Medical Centre	101 Owlter Lane	Sheffield	011426 17245
S5 0AE	Dunninc Road Surgery	28 Dunninc Road	Sheffield	01142 570788
S5 0RG	Shiregreen Medical Centre	492 Bellhouse Road	Sheffield	01142 456123
S5 6AZ	The Flowers Health Centre	87 Wincobank Avenue	Sheffield	01142 567333
S5 6HH	Firth Park Surgery	400 Firth Park Road	Sheffield	0333 323 2900
S5 7HD	Norwood Medical Centre	360 Herries Road	Sheffield	01142 437212
S5 7QB	Southey Green Medical Centre	281 Southey Green Road	Sheffield	01142 326401
S5 7TW	Elm Lane Surgery	104 Elm Lane	Sheffield	0845 124 2624
S5 8AL	Buchanan Road Surgery	72 Buchanan Road	Sheffield	01142 454834
S5 8GS	The Health Care Surgery	63 Palgrave Road	Sheffield	0845 124 1113
S6 1GA	Foxhill Medical Centre	160 Fox Hill Crescent	Sheffield	01142 322055
S6 3FT	Upperthorpe Medical Centre	30 Addy Street	Sheffield	01142 751010
S6 3QW	Harold Street Surgery	2 Harold Street	Sheffield	01142 332803
S6 3TN	Walkley House Medical Centre	23 Greenhow Street	Sheffield	01142 343561
S6 4FA	Far Lane Medical Centre	1 Far Lane	Sheffield	01142 347701
S6 4GQ	Dykes Hall Medical Centre	156 Dykes Hall Road	Sheffield	0845 121 0223
S6 4JQ	Tramways Medical Centre	54 Holme Lane	Sheffield	01122 343418
S6 6BX	Stannington Medical Centre	Uppergate Road	Sheffield	01142 346992
S7 2DW	Carterknowle Surgery	1 Carter Knowle Road	Sheffield	01142 291686
S8 0BJ	Abbey Lane Surgery	23 Abbey Lane	Sheffield	01142 740017
S8 0RT	Veritas Health Centre	243-245 Chesterfield Road	Sheffield	01142 583997
S8 0SH	Woodseats Medical Centre	900 Chesterfield Road	Sheffield	01142 850140
S8 0YH	Sloan Medical Centre	2 Little London Road	Sheffield	01142 581554
S8 7FH	Avenue Medical Practice	7 Reney Avenue	Sheffield	01142 375648
S8 7RL	Meadowgreen Health Centre	School Lane	Sheffield	01142 378877

GP SURGERIES

Postcode	Name	Address	Town/City	Phone number
S8 8DJ	Jordanthorpe Health Centre	1 Dyche Lane	Sheffield	01142 371160
S8 9SG	Carrfield Medical Centre	Carrfield Street	Sheffield	01142 584724
S9 1DJ	Wincobank Medical Centre	205 Tyler Street	Sheffield	01142 426428
S9 1WZ	The Medical Centre	Ingfield Avenue	Sheffield	01142 610623
S9 4QH	Buchanan Road Surgery	290 Main Road	Sheffield	01142 454834
S10 1EA	Crookes Valley Medical Centre	1 Barber Road	Sheffield	0845 122 2023
S10 1GN	The Crookes Practice	203 School Road	Sheffield	01142 671280
S10 5BU	Broomhill Surgery	5 Lawson Road	Sheffield	01142 665344
S10 5ND	Selborne Road Medical Centre	1 Selborne Road	Sheffield	01142 686929
S10 5PN	Manchester Road Surgery	484 Manchester Road	Sheffield	01142 668265
S10 5UB	Claremont Hospital	401 Sandygate Road	Sheffield	01142 630330
S11 7AB	Rustlings Road Medical Centre	105 Rustlings Road	Sheffield	01142 684567
S11 7BJ	Greystones Medical Centre	33 Greystones Road	Sheffield	01142 666528
S11 7EJ	Nethergreen Surgery	34-36 Nethergreen Road	Sheffield	01142 307818
S11 7PL	Falkland House Surgery	Falkland Road	Sheffield	01142 660335
S11 8AN	Sharrow Lane Medical Centre	129 Sharrow Lane	Sheffield	0845 123 8891
S11 8HN	Porter Brook Medical Centre	9 Sunderland Street	Sheffield	01142 636100
S11 9AL	Hollies Medical Centre	20 St Andrews Road	Sheffield	01142 550094
S12 2LJ	Stonecroft Medical Centre	871 Gleadless Road	Sheffield	01142 398575
S12 3BP	Birley Health Centre	120 Birley Lane	Sheffield	01142 358038
S12 3DZ	Jaunty Springs Health Centre	53 Jaunty Way	Sheffield	0845 122 2021
S12 3GH	Charnock Health Primary Care Centre	White Lane	Sheffield	01142 399202
S12 4LA	Hackenthorpe Medical Centre	Main Street	Sheffield	0845 121 7676
S13 7LY	Woodhouse Health Centre	5-7 Skelton Lane	Sheffield	01142 293090
S13 8LZ	Richmond Road Surgery	400 Richmond Road	Sheffield	01142 395243
S13 9BZ	Handsworth Medical Practice	432 Handsworth Road	Sheffield	01142 697505
S14 1PQ	Gleadless Medical Centre	636 Gleadless Road	Sheffield	01142 396687
S17 4DQ	Totley Rise Medical Centre	96 Baslow Road	Sheffield	01142 365090
S17 4DR	Baslow Road Surgery	148 Baslow Road	Sheffield	01142 369957
S20 1HQ	Sothall Medical Centre	24 Eckington Road	Sheffield	01142 284900
S20 5BQ	Mosborough Health Centre	34 Queen Street	Sheffield	01142 512636
S20 6PD	Owlthorpe Medical Centre	Moorthorpe Bank	Sheffield	01142 633500
S20 7HZ	Crystal Peaks Medical Centre	15 Peaks Mount	Sheffield	01142 510040
S35 0FW	Oughtibridge Surgery	Church Street	Sheffield	01142 299835
S35 1RN	Burncross Surgery	1 Bevan Way	Sheffield	01142 329030
S35 8NX	Grenoside Surgery	60 Greno Crescent	Sheffield	01142 403159
S35 9XQ	Mill Road Surgery	98a Mill Road	Sheffield	01142 456370
S35 9XQ	Ecclesfield Group Practice	96a Mill Road	Sheffield	01142 469030
S36 1BX	Valley Medical Centre	Johnson Street	Sheffield	0844 477 2562
S36 2RA	Deepcar Medical Centre	271 Manchester Road	Sheffield	01142 831710

Healthy eating for over 50s

Healthy eating can improve your quality of life and help you avoid diseases associated with ageing. There's a lot you can do to introduce healthier foods into your diet without giving up all of your favourites.

A change in your food requirements

A major reason for age-related weight gain is that the rate at which you burn calories in food and drink, known as your metabolic rate, slows down with age. The extra calories will turn into surplus body fat over time if you don't adjust your diet or exercise more.

How much should you eat?

Weight gain is all about how much energy you take in to your body and how much energy your body uses. To lose weight you need to take less energy (calories) into your body from food and drink than the amount your body uses up by being active. Remember that you'll need fewer calories in your 50s and 60s than you did in your 30s.

How much you can eat without putting on weight is also linked to how much you exercise. Being active burns calories, so it can help you to lose weight.

Manage your weight with a balanced diet

You may have to reduce your calorie intake slightly and ensure that you keep active. It's not a good idea to follow fad diets. It can make it even harder to manage your weight over the long term.

To get the best from your diet:

- eat at least five portions of fruit and vegetables a day base meals on starchy foods like bread, potatoes, rice or pasta
- drink plenty of water and cut out fizzy, sugary drinks - watch out for hidden sugars added to many soft drinks
- limit your consumption of food and drinks that are high in sugar, or in saturated fats - like butter

- choose lower-fat meat, poultry and dairy foods
- eat more fish – aim for two portions a week, including one portion of oily fish such as salmon, fresh tuna, mackerel, sardines or trout
- drink less alcohol
- limit your salt intake to a maximum of six grams a day – try not to add it to your food and beware of added salt in processed foods and ready-made meals
- try not to skip meals, particularly breakfast
- eat a variety of foods to ensure you're getting all the nutrients your body needs

Links between diet, exercise and health

Increased activity is perhaps the key to weight control as you age. Eating a balanced diet, not overeating and eating the right foods is important.

Research shows, for example, a link between diet and many major diseases, like coronary heart disease and cancer. By walking regularly you cut your rate of physical decline by half.

Thirty minutes of moderate exercise five times a week is what the experts recommend. It can be all in one half-hour, or split into smaller bouts of activity throughout your day.

Remember, before changing your diet or starting an exercise regime, it's a good idea to talk to your doctor.

For information on local healthy eating services in Sheffield, visit:

www.sheffielddirectory.org.uk

www.whyweightsheffield.co.uk

Staying physically active

Keeping physically active improves your health and quality of life, and can also help you to live longer. It's never too late to start doing some exercise.

Health benefits

Physical activity means anything from everyday tasks, like cleaning the house, heavy gardening or walking the dog. Or specific exercise like keep fit, swimming, golf, football, gym-based activity or tennis. The best type of activity is one that makes you feel slightly warmer and breathe a bit heavier, getting your heart and pulse pumping faster than usual.

Some of the benefits of keeping active include:

- a reduced risk of developing a life-threatening disease
- a greater likelihood of maintaining or reaching a healthy weight
- a greater sense of well-being
- improved sleep and increased day-time vitality
- stay independent
- have a healthy heart
- reduce falls
- keep up with children you know
- meet people and share the company of others
- feel happier and keep your brain sharp
- age better

If you stay physically active, you're also likely to stay independent longer. Exercise can make you stronger. You'll feel more confident and involved in life.

Remember, before beginning a new exercise regime, it's a good idea to talk to your doctor first. Your GP is also a good place to start to learn about exercise for your health.

The risks of physical inactivity Inactivity puts you at greater risk of:

- heart disease
- some cancers
- diabetes
- osteoporosis, leading to fractures (half the number of hip fractures could be avoided with regular physical activity)
- obesity and related health problems

There is no reason to give up a sport or exercise you enjoy just because you are getting older. You should aim to do at least 30 minutes of moderate physical activity five or more times a week.

Getting started

If you haven't done any exercise for years - and it's estimated that four out of 10 people over 50 do little or no exercise - then start gently and build up gradually.

If you're exercising for the first time or are unsure if you should try a particular activity, talk to your GP.

Experts recommend thirty minutes of moderate exercise a day at least five times a week. It can be all in one half-hour, or split into three periods of ten minutes or in smaller bouts of activity throughout your day.

A good starting point may be to begin with a short five-minute brisk walk in your local park. Then build up gradually, increasing slowly to the full 30 minutes over a number of weeks. Walking is great for your health. There are walking groups open to different ages around the country.

Age guidelines

There is no reason to give up a sport or exercise you enjoy just because you are getting older. You should aim to do at least 30 minutes of moderate physical activity five or more times a week. Even if you haven't been particularly athletic at a younger age, there are many benefits of improved fitness as you get older. Remember to keep moving and retain your mobility and flexibility through daily activity as well.

If you're in your 80s or 90s, regular, gentle exercise can help retain muscle strength and improve mobility. Through daily activity you can retain mobility and flexibility.

Daily activities

It's easy to boost your physical activity without making huge changes to your lifestyle. You can begin by incorporating it into your everyday life with little effort or planning. You can:

- walk upstairs - don't use the lift or escalator
- get off the bus or train a stop or two earlier to walk home or to work
- spend more time enjoying active interests, like gardening or golf
- leave the car at home more
- clean the car by hand
- vacuum the house
- use email less and walk to talk to people in your office
- play movement games with children you know – children can always come up with great ideas
- take a walk with friends rather than sitting with them for a chat
- move around the house, for example every time you make a cup of tea, walk up the stairs while the kettle boils or the tea brews

Organised activities

There are lots of other ways to stay fit. You could take up a weekly Tai Chi class, play bowls, go swimming, ramble or cycle.

In some areas, your local council might offer free or cut-price gym-based exercise at the local sports or leisure centre.

How much activity is enough?

Try to be active for 2 hours each week and do activities to improve muscle strength at least twice a week." A little activity every day (a 'daily dose') can make a big difference.

Remember:

- routine activities like carrying the washing or shopping can help improve muscle strength
- regular walking can improve your health
- go at your own pace
- listen to your body
- Little and often, preferably in short periods of at least 10 minutes - all the little periods of activity add up

Physical activity guidelines for older adults

How much physical activity do older adults aged 65 and over need to do to keep healthy?

To stay healthy or to improve health, older adults need to do two types of physical activity each week: aerobic and strength exercises.

Guidelines for older adults aged 65 and over

Older adults aged 65 or older, who are generally fit and have no health conditions that limit their mobility, should try to be active daily and should do:

- At least 150 minutes of moderate aerobic activity such as cycling or walking every week, and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).
- 75 minutes of vigorous aerobic activity such as running or a game of singles tennis every week, and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

OR

- A mix of moderate and vigorous aerobic activity every week. For example, two 30 minute runs, plus 30 minutes of fast walking, equates to 150 minutes of moderate aerobic activity, and strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

A rule of thumb is that one minute of vigorous activity provides the same health benefits as two minutes of moderate activity.

You should also try to break up long periods of sitting with light activity, as sedentary behaviour is now considered an independent risk factor for ill health, no matter how much exercise you do. Find out why sitting is bad for your health.

Older adults at risk of falls, such as people with weak legs, poor balance and some medical conditions, should do exercises to improve balance and co-ordination on at least two days a week. Examples include yoga, Tai Chi and dancing.

What counts as moderate aerobic activity?

Examples of activities that require moderate effort for most people include:

- walking
- water aerobics
- ballroom and line dancing
- riding a bike on level ground or with few hills
- playing doubles tennis
- pushing a lawn mower
- canoeing
- volleyball

Try the aerobic video workouts in the NHS Fitness Studio.

Moderate activity will raise your heart rate and make you breathe faster and feel warmer. One way to tell if you're exercising at a moderate level is if you can still talk, but you can't sing the words to a song.

Daily chores such as shopping, cooking or housework don't count towards your 150 minutes, because the effort isn't enough to raise your heart rate, but they are important nonetheless, as they break up periods of sitting.

What counts as vigorous aerobic activity?

There is good evidence that vigorous activity can bring health benefits over and above that of moderate activity.

Examples of activities that require vigorous effort for most people include:

- jogging or running
- aerobics
- swimming fast
- riding a bike fast or on hills
- singles tennis
- football
- hiking uphill
- energetic dancing
- martial arts



Try the aerobic workout videos in the NHS Fitness Studio.

Vigorous activity makes you breathe hard and fast. If you're working at this level, you won't be able to say more than a few words without pausing for breath.

In general, 75 minutes of vigorous activity can give similar health benefits to 150 minutes of moderate activity.

What activities strengthen muscles?

Muscle strength is necessary for:

- all daily movement
- building and maintaining strong bones
- regulating blood sugar and blood pressure
- maintaining a healthy weight

Muscle-strengthening exercises are counted in repetitions and sets. A repetition is one complete movement of an activity, like a bicep curl or a sit-up. A set is a group of repetitions.

For each strength exercise, try to do:

- at least one set
- eight to 12 repetitions in each set

To gain health benefits from strength exercises, you should do them to the point where you find it hard to complete another repetition.

There are many ways you can strengthen your muscles, whether at home or in the gym. Examples of muscle-strengthening activities include:

- carrying or moving heavy loads, such as groceries
- activities that involve stepping and jumping, such as dancing
- heavy gardening, such as digging or shovelling
- exercises that use your body weight for resistance, such as push-ups or sit-ups
- yoga
- lifting weights



You can do activities that strengthen your muscles on the same day or on different days as your aerobic activity – whatever's best for you.

Muscle-strengthening exercises are not an aerobic activity, so you'll need to do them in addition to your 150 minutes of aerobic activity.

Some vigorous activities count as both an aerobic activity and a muscle-strengthening activity.

Examples include:

- circuit training
- aerobics
- running
- football
- rugby
- netball
- hockey

It is always best to discuss your options with your GP or health profession when planning to engage in any exercise regime.

For information on local support to stay active in Sheffield, visit:

www.sheffielddirectory.org.uk
www.movemoresheffield.com

Keeping mobile and preventing falls

There's a lot you can do to maintain your mobility and independence as you age. You can take steps to improve safety and prevent falls.

Who is at risk?

About one third of people over 65 fall each year, with higher rates for over 75's. Up to 20 per cent of falls require medical attention. Falls make up half of the hospital admissions for accidental injury, especially hip fractures.

Half of the falls reported by older people follow a trip or an accident. Some 90 per cent of hip fractures are caused by a fall. Around 50 per cent of falls are preventable.

Assessing your level of risk

There are things to look out for that can help you, your family or carers know whether you are at risk of having a fall. To find out what the risks are, you can ask for a falls risk assessment at your GP's surgery or at a specialist clinic. The falls assessment aims to discover anything that might cause you to fall and highlights specific things that can be done to help. Following the assessment, the doctor or nurse will prepare a plan for you to help reduce your risk of falling in future. You should ask your GP for more information if you think you need an assessment.

Make your home safer

There are changes you can make at home that will help you to prevent falls, like installing hand rails to keep you steady in the bathroom or out in the garden.

Some organisations, for example, your local Council, Housing association or a local private community alarm provider may offer a 24-hour community alarm service. The service provides help and reassurance in an emergency to people who are elderly and at risk of falls. You can keep your alarm with you at all times as a pendant around your neck or on your wrist.

If you fall you press the button on the pendant to activate a separate alarm unit. This alarm unit has a powerful microphone and loud speaker, letting you talk to a member of staff who will get help.

You might also consider the option of sheltered housing, where you maintain your independence but have background support when you need it.

Keeping yourself steady

To stay firmly on your feet, a few simple changes - like making sure stairs are kept clear and well lit - can make all the difference and keep you mobile.

What to do if you have a fall

Try not to panic, but get help by making a noise like banging or shouting, using your personal alarm or dialling 999.

- make sure you keep warm, even just by tensing your arm and leg muscles
- wrap yourself with anything warm to hand

Afterwards, it's important to tell your doctor what's happened - that way you can receive the correct medical assistance.

Osteoporosis⁺

2000

ARE YOUR BONES IMPORTANT TO YOU?

1 in 2 women and 1 in 5 men over the age of 50 will break a bone due to osteoporosis



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0114 234 4433

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Hillsborough Barracks, Langsett Road, Sheffield S6 2LR
Helpline & Centre open Monday to Friday 10.00am - 3.00pm

www.osteoporosis2000.org

Reg Charity No. 1043657 • Reg Limited Company No. 03007662 (England & Wales)

Osteoporosis is a condition that weakens bones, making them fragile and more likely to break

How to get social care and support

There are lots of ways you can get care and support to help you maintain your independence and live safe and well at home.

Details of all the services in your local area, and social care providers across the city, is available in the Sheffield Directory:

www.sheffielddirectory.org.uk.

If you need some help or advice call the Council's First Contact Team on: **(0114) 273 4908**.

The team can tell you about local support and community services that can help. They can also arrange short term support to help regain independence at home. This might be needed because of an illness, after a fall, or when someone leaves hospital.

If you have longer-term care and support needs, you should ask for a needs assessment. This will help you work out your long-term care and support needs, and make a plan for the support you need.

As part of the **CARE ACT** your local authority now have an obligation to assess anyone who appears to care & support needs.

The Council will:

- Assess your needs, regardless of your personal financial circumstances.
- Give you information about services and options available in your local area.
- Offer a carer's assessment if family, or a friend, is caring for you.

Unlike NHS healthcare, adult social care is not free. Most people pay for some or all of their support.

If the person has long-term care and support needs the Council will carry out a financial assessment to work out what the person can afford to pay towards their care and support.

Once your assessment is complete the Council will help you to plan your care and support.

If your local authority decides you are eligible for social care support, they will carry out a financial assessment to determine how much you will need to pay towards your care, if anything. After this, if you are eligible for care and support, social services or an independent adviser will work with you to create a care and support plan.

If you feel that your needs have changed over time, you can request a review of your care plan, or a re-assessment if you were not originally eligible for care and support. Contact the social care team at your local authority to discuss this.

Assessing your care and support needs

If you have care and support needs and find it difficult to look after yourself, your local authority may be able to advise you and provide you with some help.

The best way to get help from your local authority is to ask for a care and support needs assessment. You can do this by contacting the local authority adult social services department.

When you get assessed by the local authority, as a minimum you may be given information and signposting to other services, and ways that you might find funding to pay for them. However, if your needs meet the national eligibility criteria, your local authority will have to meet these needs.

The local authority will involve you throughout the assessment to identify what your needs are and how these impact on your wellbeing. They will also discuss with you how you wish to live your life and whether there are certain aims you would like to achieve but you are unable to do so because of your care and support needs.

The assessment will start to consider how your care needs might be met. This could include identifying how preventative services like simple aids (such as devices to open jars and tins more easily), adaptations to your home (such as handrails) or information about support available in the community might meet your need. It will also identify if you have a higher level of need where you may need help in your own home or care in a care home.

The assessment should be carried out in a way that ensures your involvement and that takes the right amount of time to capture all of your needs.

If you have a friend or family member looking after you as an unpaid carer, they can have a carer's assessment to see if they need support to carry on their caring role.

The local authority must give you a copy of your needs assessment or carer's assessment.

What are the national eligibility criteria for care and support?

The eligibility threshold for adults with care and support needs is based on identifying how a person's needs affect their ability to achieve relevant outcomes, and how this impacts on their wellbeing.

Local authorities must consider whether the person's needs:

- arise from or are related to a physical or mental impairment or illness
- make them unable to achieve two or more specified outcomes
- as a result of being unable to meet these outcomes, there is likely to be a significant impact on the adult's wellbeing

An adult's needs are only eligible where they meet all three of these conditions.

The specified outcomes measured include:

- managing and maintaining nutrition, such as being able to prepare and eat food and drink
- maintaining personal hygiene, such as being able to wash themselves and their clothes
- managing toilet needs
- being able to dress appropriately, for example during cold weather
- being able to move around the home safely, including accessing the home from outside
- keeping the home sufficiently clean and safe
- being able to develop and maintain family or other personal relationships, in order to avoid loneliness or isolation
- accessing and engaging in work, training, education or volunteering, including physical access
- being able to safely use necessary facilities or services in the local community including public transport and recreational facilities or services
- carrying out any caring responsibilities, such as for a child

Local authorities do not have responsibility for providing NHS services such as patient transport, but they should consider needs for support when the adult is attending healthcare appointments.



Planning for your future care needs

There may be times in your life when you think about the consequences of becoming seriously ill or disabled.

This may be at a time of ill health or as a result of a life-changing event. It may simply be because you are the sort of person who likes to plan ahead.

You may want to take the opportunity to think about what living with a serious illness might mean to you, your partner or your relatives, particularly if you become unable to make decisions for yourself. You may wish to record what your preferences and wishes for future care and treatment might be.

The costs of long-term care

Care has never been free and everyone should think about the care they might need in the future. The long-term costs of care can be significant, and while none of us like to think that we will become old, ill or disabled, it does happen.

Just like your pension, it is never too early to start thinking and planning your care and support needs and their costs.

Even if you're generally fit and healthy and of working age, don't ignore your future care. If you're making long-term financial arrangements, you may want to take into account the potential costs of your future care needs.

The Care Act 2014 creates new provisions that will come into force from April 2020. It will introduce a "cap on care costs" that, for the first time ever, will offer you protection from the risk of losing everything you have to meet your care costs.

It does this by setting a maximum amount that you will have to pay towards your eligible care needs. This amount will be set nationally, but if you are eligible for local authority support to meet your costs, you will pay much less. Once you reach the cap, your local authority will take over meeting the cost. However, this only applies directly to care services you are eligible for, and you will still have to pay other costs such as a contribution towards your accommodation.

Alongside this, the point at which you may be eligible for financial help from your local authority with your care costs is being extended. Currently, if you have more than £23,250 in assets, such as your home or savings, you will need to meet the full cost of your care. From April 2020 this will increase so that more people benefit from financial help.

How your local authority can help with planning your care

The Care Act 2014 makes clear that local authorities must provide or arrange services that help to prevent people developing care and support needs, or delay people deteriorating to the point where they would need ongoing care and support. Even if you don't want or need financial assistance with your care, your local authority can still help you plan your care, so it is worth contacting the adult social services of your local council to find out the options available to you and your family.



Local authorities must work with people in their areas to provide or arrange services that help to keep people well and independent. This should include identifying the local support and resources already available, and helping people to access them. They should make clear:

- what types of care and support are available – such as specialised dementia care, befriending services, reablement (short-term care time, for example, to get someone safe, happy and able to live independently in their home after they have been discharged from hospital), personal assistance and residential care
- the range of care and support services available to local people – in other words, what local providers offer certain types of services
- what process local people need to use to get care and support that is available
- where local people can find independent financial advice about care and support and help them to access it



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20 Arundel Gate, Sheffield, S1 2PP
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- how people can raise concerns about the safety or wellbeing of someone who has care and support needs

If you think you need care now, or in the very near future, the best way to plan your care and find out about your care needs is to ask your local authority for an assessment.

The sooner you ask for an assessment, the sooner that plans for your care can be made. These plans should include what should be done in the event of an emergency.

Financial planning for future care needs

Local authorities have to help people get independent financial advice, to enable planning and preparation for future care costs. This encompasses a range of services from generic sources of information and advice, such as websites or helplines, to tailored advice relating to specific financial products, which can only be provided by a regulated financial advisor. Some of these services may charge a fee. The Money Advice Service website has tips on planning ahead for a time when you can't manage your own finances.

Making decisions about your future care needs and wishes

If you are nearing retirement age, it's important that you take account of your likely care needs and plan accordingly. You may wish to consider setting up a Power of Attorney or an advanced decision (living will). These will help people to take account of your preferences if you lose the capacity to make decisions. You will also want to ensure that you have thought about how you might pay for the care you need.

Many of us will put off planning for care and support arrangements until the last possible moment. Having an urgent need for care and support after a crisis may mean that we and our families feel pressured into making decisions quickly.

Under such pressure, asking the right questions, thinking and planning for your future needs – including options for meeting the cost of care – are vital. It is important that you seek good advice on these subjects so that you can consider your best short-term and long-term options.

“

If you have a specific condition, you may want to get in touch with a national organisation that supports people with this condition. Your GP surgery should have information on the relevant groups and organisations.

”

There are several factors to consider when planning social care. These include:

- the type of condition you have, and the best ways for you to stay healthy and independent
- the type of care you would prefer, and whether it would meet your needs
- where you would like to be cared for – in your own home, in a residential care setting such as a care home, or in the community while you are living at home
- how much your care is likely to cost and whether you may be entitled to free care or financial help
- who you want to care for you, and whether, if you want friends or family to be your carers, they are able and willing to do so

You will need to weigh up the pros and cons of each care option against these factors.

For more information read, “**Choosing Care Services**” (page 29).

One of the common decisions people are faced with is whether they should sell their home to pay for their care.

If you are thinking about moving into a residential care home and are worried about meeting the costs, ask your council for information about a “deferred payment agreement”. This is an arrangement whereby the person agrees, with their local authority, to pay some of their care fees at a later date. This means they should not be forced to sell their home during their lifetime to pay for their care. A person or their estate usually repays the local authority from the sale of their property at a later date. The Care Act 2014 introduces rules that mean councils have to offer deferred payments to people.

Independent advice on planning your care

If you are making plans for your future care – at whatever stage – it is worth getting advice. You may want to get specific care advice from a charity, general advice from Citizens Advice or specialist legal, financial or welfare rights advice.

If you have difficulty communicating or exerting your rights, you may want to have an advocate to deal with these issues on your behalf. Your local authority social services department should have information about organisations in your area that help people who have social care needs. They may offer an advocacy service.

The Money Advice Service is a national organisation that helps people control their money and make good financial decisions. Their website has detailed advice on how to choose a good independent financial advisor, and the difference between different advisors in the area.

Go to www.moneyadvice.org.uk, or call their helpline 0800 138 7777.



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Are you protected for the future?

As we get older it is vitally important to ensure that our affairs are in order and that we have peace of mind that our families are protected.

Our Solicitors get to know you and your circumstances allowing us to advise you about the factors relevant to you.

This may include the importance of making a Will or a Power of Attorney, what happens if you ever need care, and how to protect your assets against rising care costs. It may also include how to minimise any Inheritance Tax liabilities.

For professional, friendly advice about any of the above matter please contact Lauren Smith

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Are you a Carer?

Carers' assessments

What to do when you first become a carer

If you provide care and support to an adult friend or family member, you may be eligible for support from your local council.

This support could include being offered money to pay for things that make caring easier. Or the local council might offer practical support, such as arranging for someone to step in when you need a short break. It could also put you in touch with local support groups so you have people to talk to.

The Care Act 2014 makes carer's assessments more widely available to people in caring roles.

Local councils now have a legal duty to assess any carer who requests one or who appears to need support.

If you are a carer and you need some support, get in touch with the council covering the area where the person you care for lives. The council will be able to give you information and advice about how the assessment will work.

A carer's assessment is a discussion between you and a trained person either from the council or another organisation that the council works.

The assessment will consider the impact the care and support you provide is having on your own wellbeing, as well as important aspects of the rest of your life, including the things you want to achieve day-to-day. It must also consider other important issues, such as whether you are able or willing to carry on caring, whether you work or want to work, and whether you want to study or do more socially.

The assessment could be done face-to-face, over the telephone or online.

The council will use the assessment to identify your support needs, and to discuss how these could be met. This might mean that the council will give you help or put you in touch with other organisations, such as local charities, that you can talk to.

Eligibility for care and support services

A carer's assessment looks at the different ways caring affects your life, and works out how you can carry on doing the things that are important to you and your family. It covers your caring role, your feelings about caring, your physical, mental and emotional health, and how caring affects your work, leisure, education, wider family and relationships.

Your physical, mental and emotional wellbeing should be at the heart of this assessment. This means that you can tell the council how caring for someone is affecting your life and what you want to be able to do in your day-to-day life.

When the assessment is complete, the local council will decide whether your needs are "eligible" for support from them. After the assessment, your council will write to you about their decision and give you reasons to explain what they have decided.

If you have eligible needs, your council will contact you to discuss what help might be available. This will be based on the information you gave them during your assessment.

If you do not have needs that are eligible, your council will give you information and advice, including what local care and support is available. This could include, for example, help from local voluntary organisations.

Sheffield Carers Centre

Sheffield Carers Centre is a local independent charity that supports adults providing unpaid care to someone else in Sheffield.

They have trained staff who understand the pressures of caring and can help with any aspect of the caring role.

Find out more about the range of services they provide and how they can help you:

Tel: (0114) 272 8362.

Before your carer's assessment

If you have arranged to have a carer's assessment of your needs, give yourself plenty of time to think about your role as a carer and note your thoughts down. You might consider:

- whether you want to continue being a carer
- if you were prepared to continue, what changes would make your life easier
- if there is any risk that you will not be able to continue as a carer without support
- whether you have any physical or mental health problems, including stress or depression, which make your role as a carer more difficult
- whether being a carer affects your relationships with other people, including family and friends
- if you are in paid work, whether being a carer causes problems at your work (such as often being late)
- if you like more time to yourself so that you can have a rest or enjoy some leisure activity
- if you like to do some training, voluntary work or paid work

Your decision to be a carer

When your carer's assessment is done, no assumptions should be made about your willingness to be a carer. This can be a very sensitive area, because many of us feel that we have a duty to those we care for. We sometimes rule out other options because we feel we have no choice. You have the right to choose:

- whether to be a carer at all
- how much care you are willing to provide
- the type of care you are willing to provide



There may be some parts of the role that you find more difficult than others.

Take a step back and think about your role as a carer. This can be useful in the discussion you have during a carer's assessment. You may wish to ask in advance for the assessment to happen in private, so that you can speak freely.

It is vital that it considers whether the role of a carer is affecting your health or safety.

Carers sometimes take on physical tasks, such as lifting and carrying, which can cause long-term health problems. Others can find that the stress of the role can lead to depression or other mental health problems. In some cases, safety can be an issue; for instance, because of the behaviour of the person they look after.

During your assessment, explain any mental or physical health problems you are experiencing. Social services will consider all aspects of your health and safety, including caring tasks that might put your health or wellbeing at risk.

Some of the things you might need help with include:

- support to ensure you're able to attend any medical appointments
- support if you need to go into hospital for an operation (including recovery after surgery) that you might have been putting off because of your caring commitment.
- training for you, such as safely lifting

A carer's assessment should also look at your own interests and commitments to see if and how they are disrupted by your role as a carer. If they are disrupted, a social worker could discuss with you whether some support could improve matters for you.

The assessment should look at:

- marriage or other such relationships
- friendships and community role
- paid employment or voluntary work
- interests, sport, leisure and hobbies
- time for yourself

One of the most important parts of your carer's assessment will be a discussion about your wishes concerning paid work, training or leisure activities.

The local council must consider the support you may need if you want to stay in your paid job or return to paid work. They must also consider the support you may need if you want to continue or start studying or training.

During and after a carer's assessment

If you are looking after someone, the local council will consider a broad range of issues that can affect your ability to provide care as part of their assessment of your needs.

When assessing your needs, social services must consider whether your role as a carer is sustainable. The assessment is about your needs and therefore you should:

- have a reasonably detailed discussion about all the matters relevant to you
- have the assessment in private if you want to, at a convenient time and place for you
- get relevant information, including about welfare benefits you could claim and details of other services
- have a chance to identify the outcomes that you want; any services should be appropriate for you and meet your needs
- be given flexibility and innovation in identifying services that may meet your needs
- have an opportunity to give feedback about the assessment
- be told about any charges before services are arranged

Support planning for carers

After your assessment, you and the local council will agree a support plan, which sets out how your needs will be met. This might include help with housework, buying a laptop to keep in touch with family and friends, or becoming a member of a gym so you can look after their own health.

It may be that the best way to meet a carer's needs is to provide care and support directly to the person that they care for, for example, by providing replacement care to allow the carer to take a break. It is possible to do this as long as the person needing care agrees.

Your support plan should consider whether your situation is likely to change, but you may want to contact social services and ask them to reassess you if this happens.

Carer's assessments and hospital discharge

You might have a carer's assessment or a review of your support plan if the person you care for has been in hospital and is being discharged.

Carer's assessments and NHS continuing care

As well as care and support organised by the council, some people are also eligible to receive help from the NHS. This help may be a nursing service for people who are ill or recovering at home after leaving hospital. It could include things like changing the dressings on wounds or giving medication.

If you are eligible for this kind of help, a health professional such as your GP or community nurse should be able to tell you.

In exceptional circumstances, where an adult has a complex medical condition and substantial ongoing care needs, the NHS provides a service called NHS continuing healthcare. NHS continuing healthcare provides care and support in a person's home, care home or hospice.



Choosing care services

Choosing your care services can be a daunting prospect. There are many care options available, but which kind of support is right for you?

Think about what you get most out of in life. You may have particular interests that you want to keep up, or you may simply want to spend time with your family or friends. You may have a job that you want to keep on doing, or a social activity, sport, religion or a political group that you want to keep up with.

Your social care support should – as much as possible – help you to continue to do these things, and may help you find new things to do. When choosing the type of care, you also need to think about:

- location
- services
- standards and quality
- price

Location of your care

Your own home is often the best place for you to get care services. At home is where you may have family and friends and you'll be in a familiar and hopefully safe environment.

You may want to get help at home, perhaps through having home help come in to help you with daily tasks.

To stay independently at home, you may need to have care services in the form of adaptations to your home (to help with mobility, for example) or perhaps just equipment to help you out.

However, your home may not always be the best environment if you have care needs. It may not be safe for you, particularly if you do not have a friend or relative around to help (if you live in an isolated rural area, for example). Or you may have particular needs that cannot be easily met in your home.

If you do need to move out of your home for care reasons, there is a variety of accommodation options that you may want to consider. These include sheltered housing, extra care housing and residential care homes or nursing homes.

If you are thinking about moving, it's worth considering whether it is best to stay in the area you are in now, which you will be familiar with, or whether you should move elsewhere to be nearer family or friends. You may also want to think about the location from a practical perspective (whether it's on a bus route, for example) or for more personal reasons (such as whether you like the surroundings).

The kinds of care services on offer

If you are choosing a care service – particularly if it's an ongoing service such as home care or a place in a care home, you should think about the particular things you want from the service (this will often be referred to as your "outcomes").

For more information visit:
www.cqc.org.uk



We are the independent regulator of health and social care services in England

We make sure health and social care services provide people with safe, effective, compassionate, high-quality care and we encourage care services to improve.

www.cqc.org.uk



Use the services search to find out about the location, services, facilities, staff and performance of a Care Quality Commission (CQC) registered care home or homecare provider. Your search results should tell you whether a service can support you if you have particular needs, such as a sensory impairment or a learning disability.

If the service is not registered with the CQC, you may have to ask them directly for information about the services, and you may want to get independent verification, if any is available. Your local council may have a list of local support providers, with information on each.

Standards and quality of care

Everyone has a right to expect certain standards in their care. Your care services should help keep you safe and well, but also treat you with dignity and respect. You should always be able to express a choice in your care.

The standards for social care providers, such as care homes, are set out by the CQC. The CQC's inspection reports will tell you which services are meeting the minimum requirements. If you do not think the service is meeting these requirements, you may want to make a complaint.

Good quality services, in whatever form they take, will treat you as an individual and attend to your personal needs. If you have homecare, for instance, the care workers who come into your home should listen to your wishes and include you and your family in decisions and care.

When choosing care, you might want to look out for services that are signed up to the social care commitment.

Check how well your local council social services are performing.

The price of your care

When choosing social care services, you will have to consider how much the services may cost. The cost of your care may reflect each of the aspects listed above: location, quality and the kinds of services offered.

If you have had an assessment from your local council, you may get services for free. However, many people have to pay for their own care services (self-funders), and even people who have care funded by the local council will need to know about the costs of care if they are using a personal budget or a direct payment.

More information

The Money Advice Service has more information on choosing the right sort of care services.



Funding care

Care and support services in England have never been free. Most people have to pay something towards their own care and some will have to pay for all of the costs.

Your local authority (council) may cover some or all of the cost of care in some circumstances, but its help is “means-tested”. This means that who pays depends on what your needs are, how much money you have, and what level and type of care and support you require.

For most people needing social care services, the first place to start is by asking your local authority for an assessment of your social care (care and support) needs.

For most people needing social care services the best place to start is the Sheffield Directory (www.sheffielddirectory.org.uk). It’s full of great advice and details of thousands of local voluntary and community services and care providers in Sheffield. If you need some help or advice call the Council’s First Contact Team on (0114) 273 4908. The team can tell you about local support and community services that can help. They can also arrange short term support to help regain independence at home. This might be needed because of an illness, after a fall, or when someone leaves hospital.

NHS care could be provided in hospital, but it could be in someone’s own home or elsewhere in the community.

Currently, you will have to pay for the cost of your care and support if you have more than £23,5000 in savings and property (called your ‘capital’). However, from April 2020 this threshold will rise alongside the introduction of the cap on care costs, so more people will be eligible for help sooner.

Alternatives to care funded by the local authority

NHS care

The NHS is responsible for funding certain types of healthcare equipment you may need. In some situations, the NHS is also responsible for meeting care needs. This is usually when your need is mainly for healthcare rather than social care. NHS care could be provided in hospital, but it could be in someone’s own home or elsewhere in the community.

NHS continuing healthcare

If the person you care for has very severe and complex health needs, they may qualify for NHS continuing healthcare. This is an ongoing package of care that’s fully funded by the NHS.

In some areas of the country, you can arrange your NHS continuing healthcare using a personal health budget – similar to the personal budgets for social care outlined above.

NHS-funded nursing care

You should receive NHS-funded nursing care if:

- you live in a care home registered to provide nursing care, and
- you don’t qualify for NHS continuing healthcare but have been assessed as needing care from a registered nurse

The NHS will make a payment directly to the care home to fund care from registered nurses who are usually employed by the care home.

NHS aftercare

People who were previously detained in hospital under certain sections of the Mental Health Act will have their aftercare services provided for free.

Help from charities and funds

There are other sources of funding you might be able to access to help you with funding care. Some charities can help with funding care needs. For example, the Family Fund is a government-backed charity that can help with grants if you care for a severely disabled child aged 17 or under. You can get an application pack from the Family Fund website.

www.familyfund.org.uk

Get personal advice on care funding

The cost of care and support is likely to be a long-term commitment and may be substantial, particularly if you choose to go into a care home, or if you have care needs at an early age.

If you or a member of the family need to pay for care at home or in a care home, it's important to understand the alternatives. This makes advice tailored to your individual needs vital. You can get advice from:

- your local authority – through an assessment of your care and support needs, as well as advice on which services are available locally
- financial advice from a qualified, independent source – there are independent financial advisers who specialise in care funding advice; they are regulated by the Financial Conduct Authority and must stick to a code of conduct and ethics, and take shared responsibility for the suitability of any product they recommend

Paying for your own care and support

Many people who use care and support services will pay for all of the costs. This is known as being a “self-funder”. The cost of your care will vary depending on its type, intensity, specialisation, location and duration. For example, a place in a residential care home will cost hundreds of pounds a week.

To make decisions that have such major financial implications, you may want to seek independent financial advice and it's always worth researching the costs of alternatives first. For example, if you are considering a care home place, the cost should be weighed against the cost of care and support that may help you remain in your current home, such as homecare.

How much will care cost?

If you are thinking about your future care needs or are facing immediate decisions about care options, it can be helpful to get an idea how much care can cost.

Inevitably, the price you would pay will depend on your particular circumstances and needs. The costs also vary depending on where you live. Unfortunately, care homes and homecare agencies tend not to provide this information publicly but you may find it helpful to search for and contact care services in your area to get some idea of likely costs.

The ‘cap on care costs’

Currently, it is not easy to plan for your future care needs, as it's hard to estimate how long you will need care for and how your circumstances may change. From April 2020, a “cap” on the costs of meeting your eligible care needs (but not accommodation associated with care or nursing costs) is being introduced. The cap means that, once reached, the local authority will take over paying the cost of their eligible care needs.

The cap will not cover your daily living costs. These costs include expenses such as rent, food and utilities and the costs you would face even if you did not have care needs. It is important to note that daily living costs will be a nationally set figure. This figure will be a “notional” amount rather than the actual costs. This is designed to support consistency and enable people to plan.

To benefit from the cap once it comes in, you will need to contact your local authority to see if your needs are eligible. If you are seen to have eligible care needs, the local authority will open a “care account” for you. This account records your progress (the amount of costs you have incurred) towards the cap. The cap does not begin until April 2020 and any costs incurred before this will not count towards the cap.

The BBC's care calculator can estimate how much you may have to pay for care services depending on where you live in England, once the new rules are in place. This will give you an idea of how the cap will work for you, but actual costs will vary to reflect your individual circumstances and needs and how they change over time.

For more information on how paying for care is changing from 2020, read about the changes in the Care Act.

Ask for help from your local authority

It's worth checking whether you're eligible for means-tested support from your local authority or other financial support – for example, through a care needs assessment and a financial assessment.

Few of us will have the income or ready access to the cash to pay for our ongoing care needs, and you may need to look at selling or re-mortgaging any property you may own.

The new Care Act 2014 means more people may be able to benefit from “deferred payments”.

Deferred payments can help people avoid being forced to sell their home in a crisis in order to pay for their care by having the council temporarily cover the cost – usually until you sell your property. Following the Care Act, every local authority in England has to make deferred payment agreements available.

As an alternative, you may be able to enter an “equity release scheme” with a financial organisation. Equity release can pay for the fees from the value of property you own. However, you should consider which of these options best meets your needs, and what the overall costs to you will be. Before taking such significant financial steps as equity release, you might want to get independent financial advice.

You can find information on equity release for care at home from Which? Elderly Care or the Money Advice Service’s equity release information.

If you’re planning ahead, you may consider arranging an investment or insurance plan to fund your care. Again, it may be worth taking independent advice on financial arrangements before making major changes. Because of the new rules, there are likely to be more financial products emerging that are designed to help people pay for care.

You may also want to explore whether the NHS would meet some or all of your care and support costs, or you may have entitlement to benefits that may help you meet costs. Read about other ways of funding care.

Advice on paying for care

Even if your local authority is not able to help fund your care, it will be able to make an assessment of your care and support needs. From this, the local authority can provide you with access to a range of information and advice available locally.

Each year, many people are told they have to self-fund their own long term care.

Some self-funding options can be quite straightforward, whilst others are much more complicated. As a specialist care fees adviser I can help you to compare and assess all your options before deciding which one is the right one for you.

- **Investing to pay for care**
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www.sovereign-wealth.co.uk/longtermcare

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SOLLA
Society of Later
Life Advisers

You can also get independent advice from:

- The Money Advice Service website: offers information on paying for care or the option to speak to an online adviser. You can call the Money Advice Service on 0300 500 5000.
- The Society of Later Life Advisers: the society can also help you find advice on how to make financial plans for care in your old age.
- Find Me Good Care: a website of the Social Care Institute for Excellence. It has advice on all aspects of planning and funding social care.
- Age UK: has great advice for older people and those planning for their later years.
- Carers UK: an excellent resource of advice for carers who need to help someone else.
- Which? Elderly Care has a guide to financing care.

Deferred payments if you are unable to pay for care services

Care home fees are a big financial commitment, and the decision to go into a care home is often made at a moment of crisis or urgency, such as when being discharged from hospital. This can make finding the money to pay for fees (usually several hundred pounds a week) challenging for people funding their own care.

In particular, if you own property outright but have little in the way of savings, you may be expected to fund your own care but have little immediately available money to pay for it. Some people going to stay in a care home for a long time find that they have no option but to sell their property to pay the care home fees.

Your council may be able to help you if you are at risk of having to sell your home. Where there is a delay in selling the property, or you don't want to sell the property immediately, you may be eligible to have your care fee payment "deferred". This is where the local authority helps you to pay your care fees temporarily, and you repay the costs to the local authority at a later date.

If the local authority agrees to the deferred payment and pays the care home fees, it will take payment from the money raised once the property is sold. This can be:

- during your lifetime if you choose to sell your home

- once you die, the local authority can be repaid from your estate

All councils must offer people the chance to defer payment if they meet a set of eligibility criteria.

A deferred payment scheme is only available if you don't have enough income to cover your care home fees, and you have less in savings than £23,250. In these circumstances, the savings don't include the value of your property, but does include money in bank accounts.

The local authority will put a "legal charge" (similar to a mortgage) on the property and will then pay the remaining care fees in full. You will then be assessed to see whether they are able to pay a weekly charge to the authority. Your ability to pay is based on your income less a set "disposable income allowance" (currently £144 per week).

Before considering deferred payments, you should look into whether the property will or won't be counted in how your capital is calculated. For instance, it may be disregarded because your partner still lives there, and if it is a deferred payment agreement wouldn't be necessary.

It's wise to get independent financial advice before agreeing to a deferred payment, and it's worth bearing in mind that choosing deferred payments can impact on some welfare benefits.

Protection for self-funders

While you may have the savings in place to afford care services, if you lack the capacity to make the arrangements, the local authority can step in to help.

The local authority can also help people who lack capacity by negotiating fees with a care provider and paying them directly. The local authority will need to be reimbursed.

Anyone entering into a contract for care services should be given adequate information about the fees. Care providers should supply:

- information about the fees charged for various services provided
- arrangements for paying the fees
- the fees charged for any additional services

If your capital falls below the set levels for local authority funding (currently £23,250), you will be eligible for reassessment for help with funding your care.

Care services in your home

If you need help around the home, a good option is to have a care worker come in to your home to help you.

Types of homecare

Homecare comes in many forms and has many names used to describe it, including home help, care attendants and “carers” (not to be confused with unpaid family or friends who care for you).

Homecare can suit you if you need:

- personal care, such as washing or dressing
- housekeeping or domestic work, such as vacuuming
- cooking or preparing meals
- nursing and health care
- companionship

Homecare can be very flexible, in order to meet your needs, and the same person or agency may be able to provide some or all of these options for the duration of your care:

- long-term 24-hour care
- short breaks for an unpaid family carer
- emergency care
- day care
- sessions ranging from 15-minute visits to 24-hour assistance and everything in between

If you already know what you want, you can search NHS Choices directories for:

- local homecare services and agencies
- a list of national homecare organisations



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- services that can help you stay safe and well in your home on a long-term basis; these services, often known as “supported living services”, can include financial, help with medication, advocacy, social and practical support
- a place to live in a family who will care for you, known as “shared lives services” or adult placement services

If you believe that you might benefit from some help at home, the first thing to do is to contact your social services department to ask for an assessment of your care and support needs. To contact social services, go to GOV.UK: find your local authority.

If you are eligible for homecare services, the local authority may provide or arrange the help themselves. Alternatively, you can arrange your own care, funded by the local authority, through direct payments or a personal budget.

If you have chosen direct payments or a personal budget, or you aren't eligible for local authority help and want to get care privately, you can arrange it in several different ways.

Independent homecare agencies

If you use an independent homecare agency, you or the person you're looking after has to find the care agency and pay them.

The agency will provide a service through a trained team of care workers, which means you may not always have the same person visiting your home, although the agency will do its best to take your choices into account. Independent homecare providers are regulated by the Care Quality Commission (CQC). Homecare agencies must meet CQC's national minimum standards and regulations in areas such as training and record-keeping. The CQC has the power to inspect agencies and enforce standards.

Homecare agencies must vet homecare workers before engaging them by taking up references and carrying out Disclosure and Barring Service (DBS) checks on potential employees.

Homecare agencies can also:

- take over the burden of being an employer – for example, payroll, training, disciplinary issues and insurance
- train their homecare workers through national qualifications and service-specific training
- replace workers when they are ill, on holiday or resign
- put things right when they go wrong

An agency will want to see you and the person you're looking after so that they can assess your needs. This also means that a joint decision can be made about the most appropriate type of care and support.

You can find out more from the UK Homecare Association.

What are the disadvantages of using a homecare agency?

The main disadvantage is the cost of using an agency. The agency will charge a fee on top of the payment made to the care worker to cover their running costs and profit.

You normally have to make a regular payment to the agency, which includes both the worker's earnings and the agency's fee.

Questions to ask when using a homecare agency

The fees some agencies charge can be quite high. Before deciding to go ahead with an agency, you should ask questions about the fee and what it covers, including:

- Does the agency check references?
- What training and supervision do they provide?
- What is their complaints policy?
- Who will be responsible for insurance?
- Is there any out-of-hours or emergency contact if needed?
- Will they be able to provide staff if your own care worker is ill or away? (If an agency contracts to provide care every day, it must ensure that it does.)

Hiring a Personal Assistant (P.A.)

You can hire a “personal assistant” to act as a homecare worker for you.

Personal assistants can offer you all that you’ll get from an agency worker, but you’ll also get the continuity, familiarity and ongoing relationship with your assistant.

However, if you employ a personal assistant, you will then have the legal responsibility of an employer. This will include arranging cover for their illness and holidays.

GOV.UK has more information on becoming an employer, while Which? Elderly Care also has advice on employing private individuals.

Homecare from charities

Charities such as Age UK and Carers Trust can provide home help and domestic assistance services. The Carers Trust supports carers by giving them a break from their caring responsibilities through homecare services.

Marie Curie Nurses can provide practical and emotional support for people near the end of their lives in their own homes.

Safeguarding vulnerable groups

The DBS makes decisions about who is unsuitable to work or volunteer with vulnerable adults or children. It makes this decision based on information held by various agencies and government departments.

The service decides who is unsuitable to work or volunteer with vulnerable adults or children.

If someone who is barred from working with children or vulnerable adults is working, volunteering or trying to work or volunteer with these groups, they are breaking the law. They could face a fine and up to five years in prison.

Employers must apply for an enhanced DBS check (formerly known as a CRB check) when taking on new employees or volunteers to work with vulnerable adults or children. This includes a check of the barred lists. If an organisation fails to make the relevant checks, they can be penalised.

If an organisation dismisses an employee or volunteer for harming a child or vulnerable adult, they must tell the DBS. The DBS must also be notified if any employee or volunteer harms a child or vulnerable adult, but isn’t dismissed because they leave voluntarily. If their organisation does not tell DBS, they will be acting illegally. Questions can be answered by the DBS call centre on 0870 909 0811.

Employing a care worker on a private basis

If you employ a care worker privately, you will not be obliged to use the DBS scheme, but you can use it if you choose to. You need to ask social services or the police to make the checks on your behalf. The care worker must have already applied to be vetted, and must consent to the check.

If you have concerns about the suitability of someone you employ privately to work with a vulnerable adult or child, you can ask social services to investigate the matter. They can refer the worker to the ISA on your behalf.



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Manual handling

If you need help to move, or you need someone to lift you (such as getting out of bed or getting on to the toilet), this can put the person doing the lifting at risk of injury.

This “manual handling” can result in back pain and in the most serious cases, permanent disability if not done correctly.

The law says that employers must take reasonable precautions to ensure their employees don't do any manual handling that carries a risk of them being injured.

This applies to you if you directly employ a personal assistant to care for you (but most likely will not if you hire someone through an agency). It is particularly important to consider insurance in this situation. This would cover any risk of the care worker injuring themselves, as well as any risk of them causing an injury.

Sheffield City Council recommends you choose a care and support provider from their Recognised Provider List. These companies follow a clear quality framework, and must meet Council quality standards.

Get a list of these providers:
www.sheffielddirectory.org.uk/rpl.

HOME CARE AGENCIES

Postcode	Name	Address	Town/City	Phone number
S2 1DS	Home Support Service	157 Castlebeck Avenue	Sheffield	01142 037864
S2 1GE	Custom Home Care	560 City Road	Sheffield	01142 759703
S2 4DH	Comfort Call Sheffield	164-170 Queens Road	Sheffield	01142 737305
S2 4QX	Spectrum Social Care	125 John Street	Sheffield	01142 499988
S20 3GS	Sarah Care	109 Station Road	Sheffield	01142 485658
S3 8GG	Fusco Browne Healthcare	6 Nursery Street	Sheffield	01142 757272
S3 9DD	Thames Homecare Service	2 Burngreave Road	Sheffield	01143 216488
S4 7JS	Holistic Homecare	72-76 Clun Street	Sheffield	01143 270320
S5 9FS	Adswad	114 Colley Crescent	Sheffield	0759 083 0616
S5 9NU	Samfos Health	S O A R Works, Knutton Road	Sheffield	0114 245 5450
S6 2HH	Alzheimer's Society	Bamforth Building, 110 Burton Street	Sheffield	0785 092 8797
S6 2HH	Care2Care	57 Burton Street	Sheffield	01142 133171
S8 0JZ	Serenta Homecare	134 Archer Road	Sheffield	01142 581093
S8 8PL	Proud to Care	202 Mount View Road	Sheffield	0785 496 5088
S9 2LF	Direct Health	Unit 2 Arena Court, Attercliffe Road	Sheffield	01142 566480
S9 2TJ	Bluebird Care	Riverside Court, Don Road	Sheffield	01142 656670
S9 3TY	Lynx Care	Gateway Business Centre, Leeds Road	Sheffield	01142 431624
S9 4JT	Care4you	Priory Offices, Station Road	Sheffield	01142 420351
S10 1UA	One to One Community Care	23 Crookes	Sheffield	01142 666042
S10 5BY	Intercare Services	3-5 Tapton House Road	Sheffield	01142 134945
S10 5BY	Carewatch	3-5 Tapton House Road	Sheffield	01142 680333
S12 4WD	Manu Integrity Services	58A Birley Moor Road	Sheffield	01142 650342
S13 9LQ	Mirai Management	9 Orgreave Road	Sheffield	01142 127035
S35 2XH	Hallam24 Healthcare	12B Station Road	Sheffield	01143 494545
S35 3HY	Abbey Care and Nursing @Home	Packhorse Lane, Paces Campus	Sheffield	01142 844868
S35 9XJ	Aspire	Butterthwaite House, Jumble Lane	Sheffield	01142 456320
S35 9ZX	Home Instead Senior Care	Haywood House, Nether Lane	Sheffield	01142 469666

Care homes

If you're looking for a residential care home, there's a huge variety of options available. There are permanent care homes for older people, homes for younger adults with disabilities, and homes for children. Care homes may be privately owned or run by charities or councils. Some will be small care homes based in home-like domestic dwellings, while others will be based in large communal centres.

One of the first options you have to consider when choosing residential care is whether you need the care home to provide nursing care, or just standard personal care.

Consider other options for care first

Going into a care home is a major commitment for your future – it involves changing where you live and potentially committing to paying a considerable amount of money for your ongoing accommodation and care needs.

Before you opt for a move to a care home, you should think about other less disruptive – and potentially less costly – options, including:

- home care
- help to live independently at home

You should also consider whether you really need the amount of care on offer at a care home, and look at alternatives such as "extra care" housing schemes or warden-controlled sheltered accommodation. These options offer independence with an increased level of care and support.

Personal care or nursing care?

Care homes for older people may provide personal care or nursing care. A care home registered to provide personal care will offer support, ensuring basic personal needs are taken care of. A care home providing personal care only can assist you with meals, bathing, going to the toilet and taking medication, if you need this sort of help. Find care homes without nursing.

Some residents may need nursing care, and some care homes are registered to provide this. These are often referred to as nursing homes. For example, a care home might specialise in certain types of disability or conditions such as dementia. Find care homes with nursing.

Choice of care home

The law says that where the local authority is funding accommodation, it must allow a person entering residential care to choose which care home they would prefer, within reason.

Social services must first agree the home is suitable for your needs and it would not cost more than you would normally pay for a home that would meet those needs.

Local authority help with the cost of residential care is means-tested. You are free to make your own arrangements if you can afford the long-term cost. However, it is worth asking the local authority for a financial assessment, because it might pay some or all of your care costs.

In the financial assessment, the local authority can only take into account income and assets you own. The local authority cannot ask members of your family to pay for the basic cost of your care. Read more about local authority funding for care and funding your own care.

If you choose a care home that costs more than the local authority usually expects to pay for a person with your needs, you may still be able to live in the care home if a relative or friend is willing and able to pay the difference between what the local authority pays and the amount the care home charges – this is known as a "top-up" fee.

However, if their situation changes and they are no longer able to pay the top-up, the local authority may have no obligation to continue to fund the more expensive care home place and you may have to move out. It is worth thinking about this potentially difficult situation when deciding on care home options.

Do not cancel your tenancy or sell your home until the final decision has been made by the local authority. The value of your home must not be included in the local authority's means-testing until 12 weeks after you've confirmed that the care home placement will be permanent.

The Care Act 2014 is changing how people are able to pay for their own care, introducing the right for you to ask for the local authority

to pay for the cost of your care while you try to sell your home. This is known as a "deferred payment scheme".

Choosing a care home if you're funding your own care

If you are funding your own care, you have a great deal of options, and you will need to do a lot of research on which care home provides the best options for you in terms of its cost, location, services, and a host of other potential factors. Read on for tips on choosing your care home.

Choosing a care home if you're having care provided by the local authority

After a needs assessment from social services, you will be provided with a care plan, which should make clear whether you need residential care and what other options, if any, might be available and most appropriate based on your needs.

Even if you're unlikely to be eligible for financial help with residential care home fees, it could still be worth involving social services. The needs assessment, and information they provide, are likely to be very helpful in making decisions about care.

Tips on choosing a care home

- Check the most recent inspection report to see how well the care home is doing and if there is anything of concern. You can get inspection reports by searching for the care home on www.cqc.org.uk
- Consider the location of a care home. Is the care home near family and friends? Are there shops, leisure or educational facilities in the area? Is the area noisy?
- Is the care home focused on the residents' individual needs, or do they insist that residents adapt to their routine?
- What arrangements are there for visitors? Can residents come and go as they please, as far as it is safe to do so? Are staff able to help residents to go out? Are outings arranged?
- What involvement would you have in the care home? How would you communicate with staff? Are there any support groups or regular meetings?
- If safety and security are issues, what arrangements or supervision can the care home provide?
- Will the care home meet your specific religious, ethnic, cultural or social needs?

- Will the correct diet be provided? Will the right language be spoken? Will there be opportunities to participate in religious activities? Do they allow pets?
- When you are choosing accommodation it may be a lifelong decision, so you may want to think about planning for end of life care at the same time.
- You might also want to check what people who have used the care home say about it from online feedback and review services, such as those put together on NHS Choices Website.
- Ask for a temporary stay in the care home before you decide. Temporary stays in care homes can also be arranged in certain circumstances, such as after a stay in hospital.

A good care home will:

- offer new residents and their families or carers a guide (in a variety of accessible formats) describing what they can expect while they're living there
- have staff who have worked there for a long time, know the residents well, and are friendly, supportive and respectful
- employ well-trained staff, particularly where specialist care such as dementia nursing is required
- involve residents, carers and their families in decision-making
- support residents in doing things for themselves and maximising their independence
- offer a choice of tasty and nutritious food, and provide a variety of leisure and social activities taking residents' needs into account
- be a clean, bright and hygienic environment that's adapted appropriately for residents, with single bedrooms available
- respect residents' privacy, modesty, dignity and choices
- be accredited under the Gold Standards Framework for end of life care

An unsatisfactory care home might:

- have a code of practice, but not adhere to it
- fail to take into account residents' needs and wishes, with most decisions made by staff
- let residents' care plans become out of date, or fail to reflect their needs accurately
- have staff who enter residents' rooms without knocking, and talk about residents within earshot of other people

- deny residents their independence – for example, by not allowing someone to feed themselves because it "takes too long"
- have staff who don't make an effort to interact with residents and leave them sitting in front of the TV all day
- be in a poorly maintained building, with rooms that all look the same and have little choice in furnishings
- need cleaning, with shared bathrooms that aren't cleaned regularly

If you move into a care home

When you go into a care home, make sure the management and staff of the home know about your condition, disability and other needs. They may have some of this information already – for example, if the local authority has set up the placement after a care needs assessment.

Moving home can be unsettling at the best of times, so when you move into a care home, it's good to have it planned in advance and have family or friends around you when you move to make you feel more comfortable.

You should also:

- contact the benefits office, if you have one (including disability benefits, as these can be affected by care home stays)
- make sure other services at your previous address have been notified
- let friends and family know your know contact details and when you might feel up to receiving visitors

Rights of care home residents

The Care Quality Commission (CQC) is the regulator of health and adult social care in England, whether it's provided by the NHS, local authorities, private companies or voluntary organisations.

Under existing rules, independent healthcare and adult social services must be registered with the CQC. NHS providers, such as hospitals and ambulance services, must also be registered.



The Laurels & The Limes Care Home

At Hill Care we know that no two people are the same, which is why we offer a unique approach to care. The Laurels is a dedicated facility offering expert dementia care, whilst The Limes offers an ideal setting for traditional nursing & residential care in Sheffield.

Our fully qualified staff are dedicated to supporting the independence and maintaining the dignity of all residents.

The Services We Include Are:

- 24hr On-site Emergency Call System
- 24hr Care & Support
- Three Meals A Day
- Activities 7 Days A Week
- Laundry & Housekeeping
- All Utility Bills
- A Variety Of Communal Areas
- Fully Maintained Accommodation

...Creating communities and
improving quality of life

The Laurels Manager: Louise Spooner
Email: LaurelsManager@hillcare.net

The Limes Manager: Jane Ridge
Email: LimesManager@hillcare.net

115 Manchester Road, Broomhill, Sheffield, South Yorkshire S10 5DN
Tel: 0114 2660202 | www.hillcare.net



The registration of organisations reassures the public when they receive a care service or treatment. It also enables the CQC to check that organisations are continuing to meet CQC standards.

Standards for care homes are outlined on the CQC website.

These standards are underpinned by regulations governing the quality and safety of services.

The regulations are enforceable by law – the CQC can enforce fines, public warnings, or even suspend or close a service if they believe people's basic rights or safety are at risk.

NURSING HOMES

Postcode	Name	Address	Town/City	Phone number
S2 3AY	Newfield Nursing Home	1 Cat Lane	Sheffield	01142 508688
S2 3GL	Heeley Bank Care Home	Heeley Bank Road	Sheffield	01142 557567
S3 9DH	St Catherines Nursing Home	152 Burngreave Road	Sheffield	01142 723523
S4 7AJ	Norbury Court	Devon Road	Sheffield	01142 800990
S4 8AR	Willowbeck Health Care Limited	95 Holywell Road	Sheffield	01142 617771
S4 8EN	Wood Hill Grange Care Home	Grimesthorpe Road	Sheffield	01142 610887
S4 8FA	Westbourne House Nursing Home	379 Earl Marshal Road	Sheffield	01142 610016
S5 6UU	Abbey Grange Nursing Home	Cammell Road	Sheffield	01142 560046
S5 7JZ	Longley Health Care Limited	70 Longley Lane	Sheffield	01142 425402
S6 3GP	Northfield Nursing Home	2a Roebuck Road	Sheffield	01142 687827
S8 0BZ	Henleigh Hall Care Home	20 Abbey Lane Dell	Sheffield	01142 350472
S8 9BN	Holmwood Nursing Home	Warminster Road	Sheffield	01142 509588
S8 9EQ	Scarsdale Grange Nursing Home	139 Derbyshire Lane	Sheffield	01142 580828
S10 1GE	Moorend Place	34 Commonsides	Sheffield	01142 680001
S10 2LR	Broomgrove Trust Nursing Home	30 Broomgrove Road	Sheffield	01142 661311
S10 3GA	Fulwood Lodge Care Home	379b Fulwood Road	Sheffield	01142 302666
S10 5DN	The Laurels & The Limes Care Home	115 Manchester Road	Sheffield	01142 660202
S11 9PY	Broomcroft House Care Home	Ecclesall Road South	Sheffield	01142 352352
S12 2AZ	Richmond Heights	Woodhouse Road	Sheffield	01142 531992
S12 2FZ	Ascot Lodge Nursing Home	48a Newlands Road	Sheffield	01142 643887
S13 7PR	Balmoral Care Home	6 Beighton Road	Sheffield	01142 540635
S14 1LX	Buckwood View	6 Buck Wood View	Sheffield	01142 530400
S20 3GU	Rose Cottage Nursing Care Home	Station Road	Sheffield	01142 510595
S35 1RQ	Birch Avenue	67 Birch Avenue	Sheffield	01142 900250
S36 1AH	Belmont House	Belmont Drive	Sheffield	0114 2831030

RESIDENTIAL HOMES

Postcode	Name	Address	Town/City	Phone number
S2 2BT	Paddock Hill	625 Gleadless Road	Sheffield	01142 391449
S3 7JY	Burnt Tree Croft	190 St Phillips Road	Sheffield	01142 757873
S3 9DH	Abbeyfield Grange	148 Burngreave Road	Sheffield	01142 759482
S4 7EL	Rosebank Care Home	48 Lyons Road	Sheffield	01142 618618
S5 0EN	Park View Residential Care Home	416 Sicey Avenue	Sheffield	01142 572910
S5 7JD	Norwood Grange Care Home	Norwood Grange	Sheffield	01142 431039
S5 8DS	Northhill Care Home	2 Northhill Road	Sheffield	01142 855773
S5 8TT	Herries Lodge	2 Teynham Road	Sheffield	01142 314879
S6 1EY	Midhurst Road Residential Home	21 Midhurst Road	Sheffield	01142 855345

S6 3NA	Leahurst Care Home	20 Upperthorpe	Sheffield	01142 722984
S6 4GQ	Westbourne House	42-44 Dykes Hall Road	Sheffield	01142 348930
S6 6GH	The Whitehouse Residential Home	Rivelin Dams	Sheffield	01142 301780
S7 1LW	Twelve Trees Residential Care Home	17 Priors Road	Sheffield	01142 555155
S7 1NE	Overdale	29-31 Kenwood Park Road	Sheffield	01142 550257
S9 4ES	Bowden House	671-673 Prince of Wales Road	Sheffield	01142 424290
S9 4ES	Bowden Lodge	669 Prince Of Wales Road	Sheffield	01142 433875
S9 4JA	Darnall View Residential Home	37 Halsall Avenue	Sheffield	01142 433323
S10 3BX	Tapton Edge	Shore Lane	Sheffield	01142 685566
S10 3GA	Bridgedale House	381A Fulwood Road	Sheffield	01142 309675
S10 5BP	Taptonholme	14 Taptonville Crescent	Sheffield	01142 663440
S10 5ND	Cairn Home	58 Selborne Road	Sheffield	01142 661536
S11 9AB	Prior Bank House	74 Cherry Tree Road	Sheffield	0800 085 4303
S11 9AL	The Manse	24 St Andrews Road	Sheffield	01142 582154
S12 4JB	Cotleigh	31 Four Wells Drive	Sheffield	01142 633800
S12 4WU	Brackenfield Hall	66a Fox Lane	Sheffield	01142 651052
S12 4YB	Brooklyn House	8 Smalldale Road	Sheffield	0754 023 3715
S13 8HX	Housteads	1 Richmond Park Grove	Sheffield	01142 692469
S14 1ST	Castelayn	2 Leighton Drive	Sheffield	01142 398429
S35 0FX	Coumes Brook Home	1 Cockshutts Lane	Sheffield	01142 862211
S35 2UD	Silver Lodge	12 Housley Lane	Sheffield	01142 400100
S35 3HY	Blossom View Respite Home	Pack Horse Lane	Sheffield	01143 503237
S35 9ZX	Nightingale	Nether Lane	Sheffield	01142 571281



Sanctuary Care

'Keeping kindness at the heart of our care'

Park View Residential Care Home

Residential  Dementia

"Residents are cared for with dignity and empathy. My father is very happy here."

Daughter of resident

Our dedicated team offers care with kindness, supporting residents to live happy and contented lives full of wonderful experiences.



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