

# Care and support for adults in Gloucestershire

Getting help at the right time means you can plan ahead and make the best choices for you or the person you care for



**Our Adult Social Care team offers personalised support for adults living with disabilities, mental health issues or age-related challenges.**

We can help people to stay independent, safe and well so they can manage their own needs and achieve the life they want to live.

We focus on the wellbeing of those who provide unpaid care, who are often family members or friends.

If you, or the person you care for, think you may need some extra support, we may be able to help you.



Visit: [www.gloucestershire.gov.uk/adult-social-care](http://www.gloucestershire.gov.uk/adult-social-care)  
or scan the QR code

To talk to us, call: **01452 426 868**

# How we can help you

The best place to find information, advice and guidance is on our website. There's a dedicated section about adult social care which covers everything you need to know.

If you feel you need more help, or would prefer to talk to someone, our Adult Social Care Helpdesk is always happy to discuss your individual needs.



## Staying independent for longer

We've plenty of advice and guidance about what you can do yourself to stay independent for longer.

This could be as simple as talking to family and friends or looking online for local organisations and social activities.

You can learn about making living at home easier and safer, using specialist equipment, gadgets or home adaptations.

Find out how to arrange personal care for daily tasks such as getting dressed, housework, shopping or taking medicine.

There are also ways to improve your physical and mental wellbeing.



## Types of care and support

You can discover what care and support is available, and where to find local services.

This includes short-term support, for example after an illness or a stay in hospital, or longer-term care such as supported housing or a residential home.



## How to have an assessment of your needs

There's information about how to ask for an adult social care assessment and who we can support.

You'll need this if you would like us to arrange or pay towards your care, rather than organising things yourself.

Unpaid carers can also request an assessment of their needs.



## Paying for care

You can use our online financial calculator to estimate how much you might have to pay for care and support.

Remember, adult social care may not be free.



## Caring for other people

If you provide care or support to someone who could not cope without it - often a family member or friend - you're an unpaid carer.

Unpaid carers can find support and guidance to help them look after their own wellbeing.

# Find out more and get in touch

## Visit our website

[www.gloucestershire.gov.uk/adult-social-care](http://www.gloucestershire.gov.uk/adult-social-care)

## Contact our Adult Social Care Helpdesk

Call: **01452 426 868** (Monday to Friday, 8am-5pm)  
Or use the **enquiry form** on our website

---

## Useful resources

### Your Circle directory of local care and support

An online directory to help you find your way around care and support, and connect with people, places and activities  
[www.yourcircle.org.uk](http://www.yourcircle.org.uk)



### Gloucestershire Care and Support Guide

A comprehensive guide to care and support in your area  
[www.carechoices.co.uk/publication/gloucestershire-care-services-directory](http://www.carechoices.co.uk/publication/gloucestershire-care-services-directory)  
For a printed copy, call **01452 426 868**



### The Care Advice Line

A free, confidential service offering independent advice about planning and paying for care  
[www.thecareadvice.org/gloucestershire](http://www.thecareadvice.org/gloucestershire)  
**01452 222 200**



### Gloucestershire Carers Hub

A dedicated hub for unpaid carers offering support and guidance  
<https://gloucestershirecarershub.co.uk>  
**0300 111 9000**  
[carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk)

