****Guide to independent living**

**Your guide to staying independent safe and well**

Hi I’m Jack, one of your local Community Support workers in Sheffield. I would like to tell you about the new Guide to independent living, which is a handy booklet I use it every day in my work, I think you might find it useful too!

Are you struggling to maintain your independence at home? Would it help you if you knew more about: how to get a handrail fitted in your home, personal care alarms, how to get a meal delivered to your home, how to find a good home care service?

Are you feeling isolated or lonely or do you have difficulty getting out and about? Would it help you if you could find out about: community transport and shop mobility schemes, travel buddies, where to buy, hire or loan wheelchairs or mobility aids, clubs and activities for you to take part in?

If your answer to any of these questions is “yes” then the Guide to independent living will help you.

The guide will also help you if you care for a family member, relative or friend and feel you need some support. It will give you the information you need if you will be having an operation soon and need some short-term help to return home. If you are not as fit as you would like to be the guide will give you information on keeping healthy and well.

The Guide to independent living is packed full of information on where to go for support and has hints and tips from professionals and people who have used these services to help you find the right support for you . The guide also has a handy action plan to help you take the next steps to getting the support you need to keep you independent safe and well.

If you would like to know more you can [view the booklet](http://octagon.org.uk/ebooks/scc/ilg/june2016) or [download a pdf](https://www.sheffield.gov.uk/caresupport/adult/how-get-support/factsheets.html).

You can pick up a leaflet at the following outlets – GP surgeries, local advice centres and opticians or you can contact us for a copy 0114 273 4119, [adultsupport@sheffield.gov.uk](mailto:adultsupport@sheffield.gov.uk)

If you would like a visit from your local CSW call our duty line 205 7120, email us [CSWReferrals@sheffield.gcsx.gov.uk](mailto:CSWReferrals@sheffield.gcsx.gov.uk) or speak to your local GP practice.