



# RHAYADER HOME SUPPORT

Helping you to live life your way



Support and practical assistance you may need in your day to day life to stay living at home, safely and independently including 24/7 cover for emergencies through your community alarms ( Careline)





Is a **FREE** membership scheme offering a support service for those living in and around Rhayader

# RHAYADER HOMESUPPORT

We aim to give you confidence in the knowledge that there is a service out there to help you during difficult times.

## Who we are

The Rhayader Homes Support Service offers low level practical assistance for any person in later life who is living in and around Rhayader and feels that they would benefit from a little extra help to enable them to live life the way they want to.

## Our Services

We can help with things like...

- Welfare visits and telephone support
- Essential Shopping
- Emotional Support
- Assistance with prescriptions
- Support with appointments
- Assist carers with their role
- 24/7 cover for emergencies through community alarm schemes
- Staying fit and healthy
- Signposting and help to access other services
- Accessing local community groups and supportive networks

These are just a few of the things we can help you with but everyone has different needs, so we will visit you in your home to see how we can help you or make contact with a relevant service that can.

Once registered you can use the services as little or as often as you need, but always knowing you can call upon them in time of need.

Home support is all about putting you in control of your care and support, so you can stay as independent as possible. This means doing what matters to you in how and when you receive help and what works best for you.


Our team will work closely with you, your family and anyone else in your life to help you with the support you need when you need it. We also work closely with other organisations in the local community to help provide better all-round support to you.

Home Support is a CIW registered service. All members of staff are checked by the Criminal Records Bureau and are appropriately trained and supervised.

Support Staff work from the Leisure Centre office Monday to Friday 8.30am to 5.30pm. and are On-call weekends and evenings for emergency's.

## Contact Us

 (01597) 810432

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