

20. STAYING PUT IN YOUR OWN HOME

Many people want to stay in their own home when they become less able, and there are a number of schemes and projects aiming to help them do this. For less able people, staying independent may involve them in structuring their support. If someone less able is not coping well, it may be a good idea to look first at support services which may keep them in their own home.

Age Concern - Chichester and District

A voluntary organisation dedicated to providing services for elderly people who live in the district. Organised activities include a befriending service (please see below for detail), three movement to music groups (keep fit classes for the over 60s and a Sunday Club (Tel: 01243 784532). Also have links with other groups providing craft groups and lunch club (both held at the Leaholme Sheltered Unit), computer clubs (at Swanfield Park Community Centre) etc. For details of other services contact: Age Concern - Chichester at 1 North Pallant, Chichester, West Sussex, PO19 1TL on: 01243 528346. Website: www.ageconcern.org.uk Email: chichester@acwestsussex.org



Age Concern Befriending Service

The befriending service offers support and companionship to isolated and lonely people in the Chichester area. The befrienders give non-specialist help, such as might be provided by a good neighbour. This could include: visiting, short term support during/after illness or loss of confidence, help access information, organise their affairs, a drive in the car and much more. Please call for more details Tel: 01243 528346. Website and Email as above.

The Age Concern Befriending Service also have a specialist support worker for people with early onset dementia, memory loss or confusion. who makes home visits. This will involve stimulation and reminiscence work with clients and taking clients to activities. Support is also offered to the families of people with early onset dementia. Tel: 01243 528346. Website and Email as above.

Anchor Handyperson Service

A service for people over the age of 60 yrs or adults with disabilities in the Bognor Regis and Arundel areas. Will carry out minor repair work around the home, from changing a tap washer to repairing gates and fences (not decorating or gardening). There is a charge of £15 plus the cost of materials. Tel: 01903 788440. Address: 3 Churchill Court, 112 The Street, Rustington, West Sussex, BN16 3DA.

Anchor Staying Put

Offers help to those over the age of 60 yrs or disabled, in the Arun and Worthing areas, to manage repairs, improvements and alterations to their home. Tel: 01243 539988. Address: Staying Put & Handyperson Chichester, First Floor, Theatre House, Theatre Lane, Chichester, West Sussex PO19 1SR.

BT Priority Fault Repair Scheme

Free of charge Priority Fault Repair Scheme which will deal with any fault as soon as possible, day or night, every day of the year, including holidays. Make your application direct to BT. Terms do apply please call BT for details on Freephone: 0800 800 150.

Alarms – see *Arun Lifeline and Chichester Community Care Line below*

Arun Lifeline

Help at the touch of a button - a telephone-based link with a 24-hour central control. Available to those in the Arun District Council area. Contact: Arun District Council, Bognor Regis Town Hall, Clarence Road, PO21 1LD. Tel: 01903 737970 (Opening hours Mon-Fri 9am-5pm)

Website: www.arun.gov.uk Email: arunlifeline@arun.gov.uk

Bosham Monday Club

The Monday Club holds a meeting at St Nicholas Hall, Brookes Lane, Bosham every Monday at 2pm. It also provides outings in a 12 seater minibus for residents of the Bosham area for a suggested donation of 60p per mile.

Tel: 01243 572583 early evenings.

Chichester Community Care Line

Operated and managed by Chichester District Council, the service provides an on call alarm system for residents of Chichester District. An alarm unit is installed for a charge and connected to the telephone. The individual can ask for assistance at any time, from the trained staff at the control centre, by pressing a button on the alarm pendant that is provided when the system is installed. Other telecare equipment is also available such as fall sensors, movement detectors and key safes.

Contact: Chichester Community Care Line at Florence Road, Chichester, West Sussex, PO19 2GU on: 01243 778688

Website: www.chichester.gov.uk Email: communitycareline@chichester.gov.uk

Chichester District Older People's Partnership (CHOPP)

This partnership brings together statutory, voluntary and community sector groups and above all older people themselves. Together they discuss issues and services that exist to serve local need and are working towards shaping better services for the future.

We are keen to ensure that concerns from older people can be voiced and heard, to enable services to be tailored to meet their needs, and address the issues, of those who use them.

If you would like to become involved or want to know more, please contact the ChOPP team Tel: 01243 528460 or one of our Senior Forum members, Yvonne Tel: 01243 531940 or Ron Tel: 01243 783228.



Carers Emergency Alert Card Scheme

Peace of mind for carers when going out and leaving someone very dependent alone. A card can be carried by the carer which, in the event of accident or emergency, will alert the need for help for the person cared for.

This is a free service for carers in West Sussex co-ordinated by ICIS with community alarm centres and funded by Social and Caring Services and Health. Contact ICIS, Tel: 0800 859929. Website: www.icis-info4life.org.uk
Email: enquiries@icis-info4life.org.uk

Cinnamon Trust

Provides homes for pets while owners, over pensionable age, are in hospital. Has national register of residential accommodation that will allow residents to keep their pets. Operates through volunteers on a national basis to provide dog walking service for housebound owners. Tel: 01736 757900 Website: www.cinnamon.org.uk
Email: admin@cinnamon.org.uk



Contact the Elderly

The aim of this charity is to ease the loneliness and isolation of elderly people living alone and therefore may be of interest to carers living at a distance from the person they care for. The elderly person is invited to join a small group of other guests for Sunday afternoon tea one Sunday afternoon a month. A regular volunteer driver will collect and return the elderly person to their home. The service is free and there are local groups in Chichester, Bognor Regis and the Witterings. For further details Tel: 020 7240 0630
Website: www.contact-the-elderly.org Email: info@contact-the-elderly.org

Domiciliary Care

The Commission for Social Care Inspection register organisations and agencies which provide domiciliary care (care in your own home). The aim is to ensure a high quality of service by the agencies, which have to meet national minimum standards and which are checked from time to time. Tel: 0845 015 0120
Website: www.csci.org.uk Email: enquiries.southampton@csci.gov.uk

Finch (Friends in Nutbourne, Chidham and Hambrook)

Do you have restricted mobility? Finch can help with form filling, shopping, hanging curtains, changing a light bulb and general light maintenance. They also offer a sympathetic ear and transport to social events. All volunteers are CRB checked. For more information call their dedicated mobile on: 07775 942399.

Homeshare West Sussex

Homeshare West Sussex is a vetting, matching and support service that matches people who need support or simply want some companionship within their homes, with responsible homesharers who are able to provide this support (about 10 hours a week) in return for rent free accommodation. The type of support a homesharer could do is daily tasks like cooking, cleaning, shopping or provide overnight security and companionship. Homesharers do not provide any personal care.

If you would like to find out more about this FREE service, please contact the Homeshare Co-ordinator on telephone number 01903 738904 mobile 07738 641897 email dawn.blake@westsussex.gov.uk or you can visit www.westsussex.gov.uk

Independent Age Surrey & West Sussex

A national charity that champions independence for older people. Their main aim is to help older people on low incomes live with dignity and independence by providing: a regular income, the support and friendship of their volunteers, grants for emergencies, equipment, nursing and residential care and help with fees.

Contact: Independent Age, 6 Avonmore Road, London, W14 8RL Tel: 020 7605 4200. For the Area Representative Tel: 01403 741740

Website: www.independantage.org.uk Email: charity@independantage.org.uk

Laburnum Centre

A community centre for active over 55's (members and non-members). Facilities include lunches, library and more than 40 different activities including keep fit, bowls, art and board games. Monday-Friday 9.30am-4.30pm. Hairdressing, Chiropody and bathing services are available to members. Contact: Laburnum Centre, Lyon Street, Bognor Regis, West Sussex on Tel: 01243 827185

Medic-Alert

Pendants and bracelets which hold medical details you'd like to be known in case of emergency. For further details and prices Tel: 0800 581420 (Mon-Fri 9-5)

Southern Focus Trust – older persons services

Assists older people in the Chichester District with their own homes, people with disabilities and families on low incomes living in poor quality housing to remain living independently in their own home by providing the following services:

Home improvement/Adaptation Scheme - Repairs and adaptations funded either privately or by Chichester District Council grant (depending on applicant's means).

Handyperson Service - available to elderly home owners, people with disabilities and families with children under five. Minor repairs, not above gutter level on a bungalow. Available up to a maximum of 4 hours per month.

Contact: Mr John Pitman at Theatre House, Theatre Lane, Chichester, West Sussex on: 01243 539988

Village Friends

A self help/support group providing help with practical jobs and assistance for all ages with a wide variety of problems eg shopping or befriending people who may have difficulties with impaired sight or mobility. Incorporates Westergate, Eastergate, Yapton, Climping, Aldingbourne, Barnham and Walberton. For further details as well as the cost of membership contact the Co-ordinator Gill Tuson on 01243 554532.

West Sussex Fire and Rescue Service

Community Fire Safety

For your FREE Home Fire Safety Check call: 0800 3286 6487.

WRVS - Meals on Wheels

Supplies hot midday meals Monday to Friday to the houses of the elderly, infirm and housebound. Self-referrals are accepted. Contact the WRVS Food Services office to organise a meal Tel: 01243 642230

