

What else do we provide?

Age Concern Pembrokeshire prides itself on its person centred approach to helping and supporting older people in Pembrokeshire. We identify needs and aspirations and work with you and our volunteers to work out how we can help.

The following services are provided by unpaid volunteers and are usually therefore short term or one off support.

We offer a core *Independent Living* service consisting of:

- Information
- Welfare Benefits Check
- Low level advocacy
- Home Safety Check
- Active Ageing consultation

And, depending on your level of need, we also provide:

- Home Visits: usually one off or short term to help you with a specific situation.
- Telephone Care Calls: to keep in touch, again either short term or on a regular basis.

Your support is vital....

Last year we helped over two thousand older people in Pembrokeshire.

Will you help us?

There are lots of ways such as:

- Holding a fundraising event
- Supporting our events and activities
- Making a donation in cash or kind
- Becoming a volunteer

If you'd like to find out more about our work or how you can get involved in helping to improve the lives of our county's older people, please get in touch with us.

Age Concern Pembrokeshire
37 Merlins Hill
Haverfordwest
Pembrokeshire
SA61 1PE

Tel: 01437 769207

Email: independentliving@acpembs.org.uk

You can also visit our website at

www.acpembs.org.uk

NOTE: if you wish to or are donating to Age Concern please contact us to check your money benefits Pembrokeshire.

We are constantly developing our services so there may be changes to the detail in this leaflet. For up-to-date information please visit our website.

AGEconcern
Pembrokeshire

Home Support Service

Maintaining
Independence
in your own Home

Registered charity No: 1028903

Help and support in your own home

As we get older it becomes more difficult to manage the little things we once took for granted and maintaining a home is no exception.

Simple tasks like vacuuming, shopping and general housework can become hard work and quite daunting or we still lead such active lives that we have no energy or desire to do the work ourselves.

Peace of mind

Age Concern is a name that people know and trust and we receive many enquiries from people asking for practical help around the home including housework and domestic tasks. In order to respond to these requests, we have set up our own **Home Support** service.

This service is delivered by Age Concern Pembrokeshire staff and we make an hourly charge.

All staff are CRB checked and trained.

There is no fixed definition, but most of us recognise these as a combination of domestic and household chores that we usually complete on a regular basis, but for whatever reason, have become infrequent or sporadic.

Examples are:

- Vacuuming and washing floors
- Polishing and dusting
- Washing dishes and cleaning work surfaces
- Making the bed or changing bed linen
- Laundry and ironing
- Small amounts of shopping
- Escorted shopping
- Escorting to appointments
- Paying bills and sorting paperwork
- Collecting prescriptions
- Reading and helping with correspondence
- Helping to sort day to day issues

Any of these can be provided as a one-off *blitz* or regular appointment and we welcome special or unusual requests for consideration!

You have the trusted and well known name of Age Concern, building a rapport and getting to know what you want. We can provide a flexible and responsive service and ensure there is cover for leave and sickness, so you are not let down.

Cost

The basic cost is £12 per hour for the first hour and £3 for each quarter hour (or part), thereafter.

There is a minimum of one hour per call out.

We are happy to give you an estimate of the time that might be required.

Contact

To find out more about the service, contact the office on

Tel: 01437 769972,

E-mail: office@acpembbs.org.uk

or drop into our office
(see address on back)