



Care and support is changing for the better

The Care Act

From April 2015, care and support in England is changing for the better. The Care Act will help to make care and support more consistent across the country.

Care and support

'Care and support' is the term used to describe the help some adults need to live as well as possible with any illness or disability they may have. It can include help with things like getting out of bed, washing, dressing, getting to work, cooking meals, eating, seeing friends, caring for families and being part of the community.

It might also include emotional support at a time of difficulty and stress, helping people who are caring for an adult family member or friend or even giving others a lift to a social event.

Care and support includes the help given by family and friends, as well as any provided by the council or other organisations — in Torbay, this is provided by Torbay and South Devon NHS Foundation Trust.

Your wellbeing

Many of us will need care and support at some point in our lives and most people will pay at least something towards the cost of their care. The new national changes are designed to help you plan for the future and put you more in control of the help you receive. Any decisions about your care and support will consider your wellbeing and what is important to you and your family, so you can stay healthy and remain independent for longer.

If you receive care and support, or you support someone as a carer, you could benefit from the changes.

To find out more information visit our website
www.torbayandsouthdevon.nhs.uk/careact

