

# Care and support and you



**Solihull**  
METROPOLITAN  
BOROUGH COUNCIL

## We want to help you stay as independent as you can.

There are a range of services available in your community. Visit our website for details of support, groups and activities on offer: <http://solihull.mylifeportal.co.uk/home/>  
You can also contact the Information and Advice Hubs - read on for details.



## Need more information or advice?

You can contact the Solihull Information and Advice Hubs:  
email [admin@solihullcommunityhub.org.uk](mailto:admin@solihullcommunityhub.org.uk)  
call **0121 705 3588**  
drop in every weekday to **Chelmsley Wood Library** or **The Core** in Solihull from 10am to 2pm



## Or get in touch with Solihull Connect:

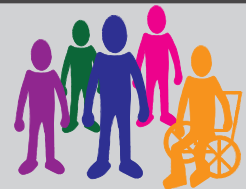
email [ccadults@solihull.gov.uk](mailto:ccadults@solihull.gov.uk) call **0121 704 8007**  
You can tell us your situation and we will recommend the right kind of support to meet your needs.



**Or you may benefit from** a short period of help to regain your independence: 'reablement'. You may benefit from equipment or technology to help you with everyday tasks.

## What happens then?

We may suggest that the support you need is available in your community. For example, groups and activities to improve your wellbeing.



**Or** it may be that you need support for a longer time.

**We may suggest that** you could benefit from a social care assessment. This will establish whether you're eligible for care and support.



**If you are in hospital** and will need support after your stay, we will ensure that you have temporary support in place before you are discharged, then carry out a full assessment when you get home.



## After assessment...

If you are eligible we will work with you to create a plan that describes the things you need to help you get on with your life. We will also discuss paying for your care.



**We will** review your situation regularly to see how you are getting on, and to check that your level of support is right.



## After your review...

If you need the same level or more support, we will work with you to find the best option. If your situation has improved, we may direct you to your community for support.

