

## People sometimes need support to stay well and independent through life's changes.

This is especially so at times of ill health, disability, changing medical need, changes to financial circumstances, bereavement, or a change in general situation.

Wellbeing Lincs responds promptly and professionally, providing support tailored to your specific needs wherever you live in Lincolnshire.

Wellbeing Lincs ensures a high standard of support to all adults who are eligible, regardless of location.

**Funded by Lincolnshire County Council and run through a partnership of District Councils, Wellbeing Lincs may make the world of difference to you and your loved ones.**

### How it works:

- You can request the service for yourself or somebody else.
- It is subject to basic eligibility criteria.
- An initial phone assessment is followed by a home visit, usually within a week.
- A support worker will work with you to help you to meet your needs, and assist you for up to 12 weeks.
- Charged-for aids and adaptations can be installed and telecare response provided to help you maintain your independence.

## If you think you, or someone you know may qualify for Wellbeing Lincs' services

- Call: **01522 782140**
- Website: **[www.wellbeinglincs.org](http://www.wellbeinglincs.org)**
- Refer: If you're supported by a charity, support agency or care organisation, they can contact us on your behalf.

Family or friends can contact us on your behalf if you prefer.

**Wellbeing Lincs is funded by Lincolnshire County Council and run by a partnership of Lincolnshire's district councils working together.**

East Lindsey District Council, Tedder Hall, Manby Park, Louth, LN11 8UP.



## Wellbeing Lincs

Better wellbeing across Lincolnshire



**Wellbeing Lincs is a countywide service supporting adults across Lincolnshire to achieve confident, fulfilled and independent lives.**

## What can Wellbeing Lincs do for me?

Listening carefully to you, we will work with you to develop a bespoke support package to help you meet your specific needs.

We can help you improve your financial position, mobility, healthcare and social contact, to help you get back on your feet after a setback, boost your confidence and promote your long-term independence.

## The Service will:

- Help you develop a personal support plan.
- Work with you for up to 12 weeks.
- Offer information and advice.
- Support you to improve your health, your financial position, etc.
- Help you identify and access education, training or work.
- Help you access a wide range of local services and organisations.
- Co-ordinate the work of other organisations to make sure they help you with what you need.
- Facilitate and ease discharge and resettlement from hospital by ensuring care and support arrangements are in place at home.

This free package of support spans several weeks to support you in living safely, confidently and independently.

It may make the world of difference to you and your loved ones.

## If you need other support

Subject to need, we may suggest other paid-for services including:

- Small Aids for Daily Living, Minor Adaptations and Telecare Services, giving you peace of mind for the future. These might include grab rails, a kettle pourer or devices to support your independence and confidence.
- Telecare Response, providing peace of mind in case of an emergency.

### Please note:

Wellbeing Lincs does not provide personal or medical care. If you only need help with things like getting up and dressed, washing and bathing, using the toilet or help with meals, you may require an Adult Care Needs Assessment to identify how your needs can be met. If this is the case please contact Lincolnshire County Council Adult Social Care on **01522 782155**.

To give you the best possible advice and support we may need to talk to other agencies, but will always ask for your permission to share your information with others.



## To get Wellbeing Lincs' help you need to meet four or more of these criteria:

- **Unable to manage long term health/medical condition**
- **Regular GP visits, for the same medical condition or for non-medical reasons**
- **Unplanned hospitalisation/A&E attendance in the last 90 days**
- **Accessed/used social care service in preceding 12 months (assessment, day care, home care, re-ablement or residential care)**
- **Bereavement (spouse/partner) or divorce in the past 12 months**
- **A fall in the past three months (at home or away from the home)**
- **Unable to manoeuvre around the home safely**
- **Lack of social support and/or interaction with family, friends, carers, or feeling isolated**
- **Feeling stressed, depressed or anxious**
- **Unable to sustain work, education, training or volunteering**
- **Unable to manage money or in considerable debt**
- **Poor lifestyle management and behaviours impacting on overall health and wellbeing**
- **Over 65 years old**

If you or the person you care about meet four or more of these, support is close at hand. Contact the service by calling **01522 782140**.