

## In control of decisions

We will discuss your options with you through a needs assessment. If you need care and support, you will be in control of decisions that affect you. We will help you to put together a plan tailored to your needs.

Your plan will work out how you can do the things that are important to you and your family, with the right level of support.

You will also know how much the Council will contribute towards the cost of meeting your needs. You will have control over how that money is spent.

The Cornwall Community Directory lists a wide range of support available in Cornwall:

[www.communitydirectory.cornwall.gov.uk](http://www.communitydirectory.cornwall.gov.uk)

To find out more about the Care Act and how it may affect you, call the helpline on **01872 322861**. You can also email:

[adultcare@cornwall.gov.uk](mailto:adultcare@cornwall.gov.uk)

You can download an Easy Read summary of the Care Act from:

[www.cornwall.gov.uk/careact](http://www.cornwall.gov.uk/careact)



If you would like this information in another format or language please contact:

Cornwall Council, County Hall,  
Treyew Road, Truro TR1 3AY

Tel: 0300 1234 131

Email: [adultcare@cornwall.gov.uk](mailto:adultcare@cornwall.gov.uk)

[www.cornwall.gov.uk](http://www.cornwall.gov.uk)



## Getting the right care and support for you



From April 2015, the new Care Act will help to make care and support more consistent across the country.

‘Care and support’ is the term we use to describe the help some adults need. This help allows them to live as well as possible with any illness or disability they may have. It can include help with things like washing, dressing, eating, getting out and about, and keeping in touch with friends or family.

### **Consistent across England**

For the first time, all councils in England will consider the same national level of care and support needs when we assess what help we can give to you.

And if you receive care and support and want to move to another area in England, both councils will work together to make sure that there is no gap in your care when you move.

You may already organise and purchase your own care and support. A needs assessment will determine whether we might contribute towards the cost.

### **Emotional, mental and physical needs**

Everyone’s needs are different. They may be physical, mental or emotional.

You may find that the support you need could be met by something going on in your local community, for example services organised by local charities or other support networks.

Whatever your level of need, we will be able to put you in touch with the organisations to support your wellbeing and help you remain independent for longer.

