



Adult Care, Health and Wellbeing factsheet



Extra help at home when you leave hospital



Other formats

This factsheet can be provided in other formats.



Please call



0300 1234 131



or email

achw@cornwall.gov.uk

How can I get extra help at home?



Speak to the staff on your ward if you need more help when you go home.



They can arrange for one of our support workers to visit you during your stay or at home.



They will talk to you about the support you need.



They may change your support plan.

The support that we can give



- Community nursing



- Daily living equipment



- Home adaptations



- Making meals or their delivery



- Personal care at home



- Shopping and collecting prescriptions



- Transport to appointments

How we can help carers



If you are a carer, you can also have an assessment of your needs.



We will look at how caring affects you and what we can do to help.

You may be given money to buy your own support. This is called a personal budget.

Contacting us



You can call us on



0300 1234 131



Monday to Friday



8.30am to 6pm



Or you can email us at
accessteam.referral@cornwall.gov.uk



For urgent help only, outside these hours, call



0300 1234 131 (option 1)



Weekdays 6pm to 8.30am



Weekends from 6pm on Friday to 8.30am on Monday



All public holidays

Other support



To find out more go to the **Cornwall Community Directory**

www.cornwall.gov.uk/caredirectory



If you need help ask your library or one stop shop.

Or call us on



0300 1234 131

Other factsheets and leaflets



We have a range of information about adult care and support services.



You can find leaflets and factsheets at
www.cornwall.gov.uk/healthandsocialcare



Or you can call us on



0300 1234 131



Or email us at
achw@cornwall.gov.uk



Or go to a one stop shop. You can find your nearest one at
www.cornwall.gov.uk/onestopshops



Have your say!

If you would like to give us feedback, please call us on



0300 1234 131



Or email us at **achw.feedback@cornwall.gov.uk**