



Department  
of Health



# Getting the right care and support for you

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support  
& you

# **Department of Health**

## **Care and support and you**

### **Getting the right care and support for you**

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

‘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 washing, dressing, eating, getting out and about and keeping in touch with friends or family.

Whether you are receiving support at home or living in a care home, the new national changes are designed to put you in control. It will be easier for you to make plans for your care and support now, and in the future.

### **Consistent across England**

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

## **In control of decisions**

If you receive care and support, you will be more in control of decisions that affect you, and in putting together a care 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 care and support.

You will also know how much it will cost to meet your needs and how much the council will contribute towards the cost. You will have more control over how that money is spent.

## **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, the council will be able to put you in touch with the right organisation to support your wellbeing and help you remain independent for longer.

## **Further information**

To find out more about care and support in England and how you might benefit from the changes, visit [gov.uk/careandsupport](http://gov.uk/careandsupport) or contact your council.

**This leaflet is available in other accessible formats.  
Contact your council for details.**