

# Home Care In Moray

**People want to be able to continue living in their own homes for as long as they can, but sometimes they may need some support to help them maintain their independence. Home care can provide that extra support.**

Home carers work in partnership with service users, carers and other agencies to help people maintain their independence as much as possible, by assisting them in their own home.

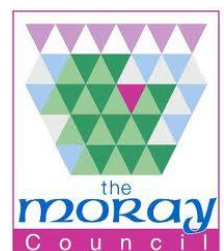
Every effort is taken to make sure the services are flexible and meet individual needs, and to support service users to be as independent as possible. Some people may need a large amount of care, seven days a week; others may only need services for a short time.

Some home care services are provided by Moray Council staff and sometimes other contracted providers deliver these services. Services are available from early morning to late evening, providing essential care and support to people in their homes.

Agreed care plans support frail, disabled and vulnerable people in their own homes enable them to maintain their ability to live as independently as possible.

## **Help may include:**

**Personal care** – personal hygiene, getting in and out of bed, assistance with medication; eating and drinking or preparing special diets.



## Home Care in Moray

**Shopping** – also payment of bills and pension collection.

### Can I get home care?

To find out about the home care service, contact Moray Council Adult Community Care and ask for an assessment. What kind of help is needed, and what services could be provided, will be at the heart of the conversation.

How long it takes will depend on how urgent the situation is, and staff will advise whether or not you may qualify for a service.

### Working hours

While home care services are available 24 hours a day, most services are available between 7.30am and 10pm.

Services provided outside of this period are known as out-of-hours services.

### How much will it cost?

There may be a charge and how much you pay will depend on the outcome of your financial assessment. However if you are aged 65+ you can receive personal care free of charge.

If you are getting help from us, you may wish to manage your own budget. This is called a direct payment and allows you to arrange your own home care service with a provider of your choice.

For more information please refer to the Self Directed Support fact sheet or contact us using the details below.

**For further information, contact the Moray Council Adult Community Care Access Care Team on 01343 563999 or email: [accesscareteam@moray.gov.uk](mailto:accesscareteam@moray.gov.uk)**

**To see the full collection of adult community care leaflets, visit <http://www.moray.gov.uk/communitycare/leaflets/> or go to any Moray library or access point.**