

Are you coming home from hospital, or finding it difficult to manage at home?

Find out how Telecare
Living Well can help you



✓ audited compliance

Recognised by the Telecare Services Association
as complying with its Code of Practice
Parts One and Two



Brighton & Hove
City Council



Four week trial of telecare services and equipment, including a pendant alarm button, fitting of a keysafe (if required), medication reminders and smoke detectors. We will stay in touch with you and review your needs within 6 weeks.

Other ways that *Telecare Living Well* could help may include support with finding:

- Practical help to improve health and wellbeing
- Provision of daily living equipment and advice on major adaptations
- Signposting and referrals to support services e.g. advocacy, money advice, home help and reablement
- Access into work and training
- Activities in your local area, befriending and accessing community transport
- Advice on keeping warm and staying safe at home
- Advice and support for carers

To find out more or to make a referral:

t 0300 123 3301

e LivingWell@brighton-hove.gov.uk

w www.brighton-hove.gov.uk/carelinkplus

Telecare Living Well is part of CareLink Plus, Brighton & Hove City Council's telecare alarm service, and is funded by Better Care. The project's aims are to support timely discharge from hospital, prevent further avoidable admission and to promote living well at home.