



## At home

As you get older, or if you have problems with your health or mobility, then living independently and safely in your home can become challenging.

You may be finding it difficult to move around, you may find it harder to complete some everyday tasks such as cooking or washing, or you may find that areas of your home such as your bathroom or your kitchen no longer suit your needs and need changing.

Struggling to stay living in your own home because of health problems, and thinking about what you might need to do next, can be a daunting prospect. But as you look through the pages in this section you will see that there are steps which you can take which will allow you to safely remain in your home after all, and to hold on to your independence and privacy

You can find information in this section about the types of support and equipment which you can get at home, the changes which you can make to your home to help you live your day-to-day life more easily, and the ways in which you can regain your independence and relearn the skills which you have lost as the result of health problems.

And if you do decide that you want to move you will also find advice on various types of accommodation which might suit your needs, such as sheltered housing, local authority housing, extra care housing and care homes.

Choose one of the pages in the left-hand menu to find out what options might be best for you.

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