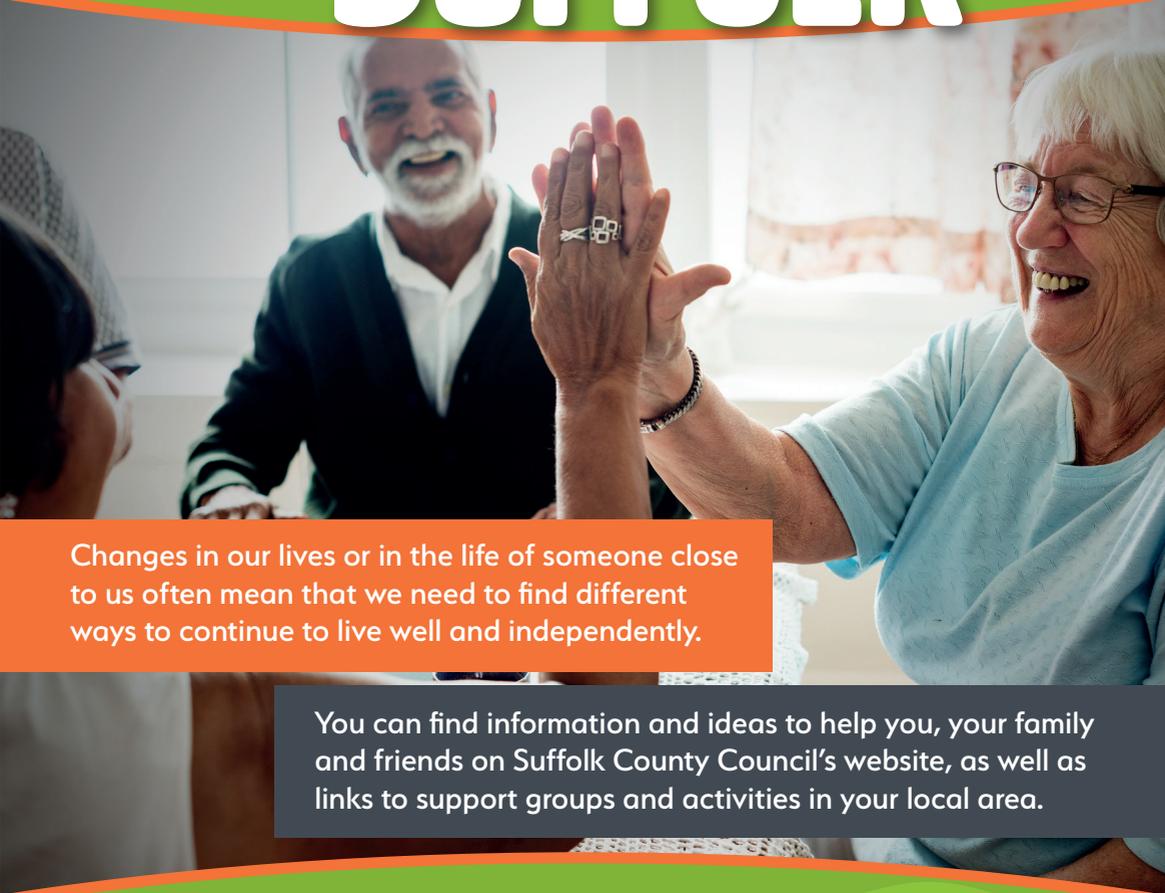


# Living well *in* SUFFOLK



Changes in our lives or in the life of someone close to us often mean that we need to find different ways to continue to live well and independently.

You can find information and ideas to help you, your family and friends on Suffolk County Council's website, as well as links to support groups and activities in your local area.

Visit the website at [www.suffolk.gov.uk/livingwell](http://www.suffolk.gov.uk/livingwell)  
and find out more about:

- Help to stay at home
- Equipment and adaptations
- Planning for your future care needs
- Keeping well and active
- Community activities
- Caring for someone

# WHAT IS ADULT AND COMMUNITY SERVICES?

**Sometimes people need a bit more help to manage daily tasks and stay independent. This can include older people, those with a disability, long-term illness, or mental health problem, and family members or friends who care for them.**

Adult and Community Services (ACS) is part of Suffolk County Council. We give information, advice and support when it is needed, to help you keep your independence and manage your care needs.



## We work within the Care Act 2014 to:

- Give people information and advice, letting them know about local services and activities that can help
- Support people who meet national eligibility criteria for their care and support needs. This could be short or long-term assistance to regain independence or to maintain a good quality of life  
Please note, customers may be charged for the cost of some or all their long-term care
- Support family carers so they can continue with their caring role
- Safeguard people with care and support needs who are, or might be, at risk of harm or abuse

For more information on how ACS can help you to look after yourself please visit:

[www.suffolk.gov.uk/livingwell](http://www.suffolk.gov.uk/livingwell)

You can use our website to complete an online assessment of your care and support needs, find out how you can support yourself and what we can do if you need more help.

You can find out more about what's on the website on the other side of this leaflet.

If you feel you may have care needs and do not have access to the internet  
Call Customer First on 0808 800 4005 to talk to one of our advisors.