

Helping you to manage your care and wellbeing

Growing older, living with a disability or becoming a carer doesn't mean that you cannot enjoy life. As your circumstances change, it becomes important to consider your options to deal with these changes and to find new ways, or rediscover old ones, to live your life to the fullest.

**Connect to
Support
Hampshire**

The **Connect To Support Hampshire** website helps you to find the support you need to manage your own care and wellbeing. You can find:

- information to help you maintain or regain your independence
- tips for maintaining a healthy lifestyle
- advice about equipment to help you get out and to manage at home
- support for carers
- local groups, activities and services in your community
- national charities and helplines that can advise and support you
- care homes or home care agencies in Hampshire.

www.ConnectToSupportHampshire.org.uk

Need help getting online?

Computers are available to use, free of charge, for all library card holders in Hampshire Libraries. There are also computer courses and events at a number of libraries, including one-to-one sessions for beginners.

Call the Library Service on **0300 555 1387**.



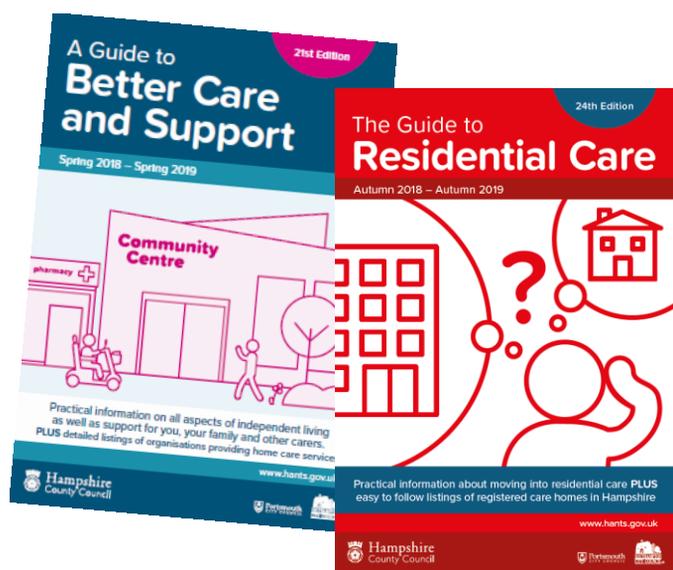
For Hampshire residents who do not have access to the internet, we also provide free copies of:

A Guide to Better Care and Support

Information and advice on all aspects of independent living as well as listings of home care agencies in Hampshire.

The Guide to Residential Care

Information and advice for those considering residential care as well as listings of care homes in Hampshire.



You can request your free copy by calling **0300 555 1386**.

Hampshire County Council's **Adults' Health and Care** department supports you to make the best possible choices about your health and care.

We:

- **Encourage** you to be as independent as you can, making the most of what you can safely and easily do for yourself
- **Help** you to find and use the support available from family, friends and your local community networks
- **Support** the health and wellbeing of those who care for you on an unpaid basis
- **Work** with you when you need direct support to find the best solutions for you, that are also affordable for the County Council

By working in this way, we can use our limited resources to help the most vulnerable people in Hampshire who need our direct support.