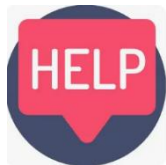




Living Well
in Halton Guide

Living Well in Halton Guide

Easy Read



The Living Well in Halton Guide can help you find information and support if everyday tasks are becoming more difficult or you want help to stay well and independent.



Each section gives you information to help you in different parts of your life. What is included in each section is listed further in this document.



If you need help to use websites or emails in the guide, Halton Libraries can help. Visit any Halton Library or call the library service for more information on 0151 511 7744



The information in the guide might change. It is updated in April and October each year.



You can find the Living Well in Halton Guide by clicking **here** or by typing ***Halton Adult Social Care*** into your internet browser, click on ...



Halton Borough Council
<https://www3.halton.gov.uk/Pages/adultsocialcare/AdultSocialCare.aspx>

Then select

Adult Social Care - Halton Borough Council



Living Well and Being
Independent ►



What you will find in each section of the guide

Section 1. Staying Well



This section has details to help you stay healthy and happy. Here you can find information about exercise, help if you want to stop smoking and how to keep a healthy weight.

This section tells you how you can find out information about sexual health, managing addiction to drugs and alcohol and how to manage your health when the weather is very hot or very cold.

Section 2. Living independently at Home



This section gives you information about how you can stay independent in your home through things like adaptations to your home or equipment that can make everyday tasks more manageable, along with tips to keep safe in your home.

The section also has information about how to avoid becoming homeless, and help if you are at risk of eviction. There is also information about what support there is for carers.

Section 3. Making homes warm and healthy



This section has information about how you can use gas, electricity and water in the best way to keep your home warm and save you money, and help if you are struggling to pay your bills.

Section 4. Money and Work



If you would like help to get a job or manage your money, this section can give you information on these things.

This section also has information on how to avoid going into debt and help if you have got debt.

There is information on how to make sure that you are claiming any benefits that you are entitled to.

Section 5. Managing the cost of living



This section has details of community shops and community supermarkets where food and other groceries are available at a cheaper price.

There is information about how to get help from your local foodbank and details of financial support.

Section 6. Getting about



If you would like information about travelling independently, or need help to be mobile, you can find information in this section about things that can help like the Blue Badge scheme, Dial a Ride and Motability scheme.

Section 7. Having a social life and being part of your community



In this section you will find details of lots of local activities from social events and leisure activities to groups in Halton that can help make people feel part of their community.

There is a lot going on in Halton, take a look!

Section 8. Extra Support



This section has information about how Adult Social Care can help people who are eligible for social care services and how to get in touch with the right kind of support at the right time.

If you are looking for information about care homes or care at home, you can find it in this section.

There is information about how people can arrange their own care.

If you feel like you need help to tell social care your feedback, there are details in this section about how an advocate can help you.



You can contact Adult Social Care by phoning on 0303 333 4301

