

# Stay Well at Home service

Do you have any health problems?  
Have you recently been to hospital?  
Would a little support and advice  
help you stay at home?

For more information call  
**020 8942 8256**

**age concern**  
Kingston upon Thames



# Supporting you to remain independent in your home

## How does it work?

Most of us want to go on living in our own homes as we grow older. Through home visits and telephone calls our Stay Well at Home team will help you to choose the services and support that you need.

## For example, we will help you:

- Access health services such as optician, dentist and podiatrist
- Get back on your feet after a fall or illness e.g. through shopping trips
- Get help around your home and garden
- Choose social activities e.g. outings and befriending
- Access transport and community services e.g. blue badges
- Check that you are getting the money you are entitled to

## What does it cost?

The support and advice service is funded by NHS Kingston and is free of charge to over 65's.

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or visit [www.ageconcernkingston.org](http://www.ageconcernkingston.org)**