



Care & Repair Cardiff
Gofal a Thrwsio Caerdydd

Winter 2008 Newsletter

Care & Repair Cardiff launches two new services

Care & Repair Cardiff in partnership with Cardiff Council has recently launched two services aimed at supporting vulnerable people to maintain their independence or improve safety within their homes.

The Safety at Home Service aims to help older or disabled people to adapt their homes to make them safer places to live. The scheme is at the heart of ensuring that the most vulnerable can remain safe and comfortable in their own homes and that physical barriers to a normal life are removed. The service enables minor adaptations such as grab rails and hand rails and other safety works to be completed quickly in or around a person's own home.



Stewart Kelly, Wendy Bourton, Councillor Judith Woodman and Richard Thomas at the Launch.

The Maximising Independence Casework Service aims to help vulnerable people and their carers to access the advice and support they need to enable them to live as independently as possible in their own homes. The Agency's Caseworker team will visit a person in their own home and will listen to what they want and need. The Caseworker will then provide advice on possible solutions to low/moderate needs, such as assistance to resolve minor repairs, help with daily living activities or to provide welfare benefit advice.

The service so far...

So far, the Safety at Home Service has helped over 400 people with safety works including grab rails, hand rails, steps and ramps, whilst the Maximising Independence Service has helped over 100 people with numerous issues surrounding supported living including help finding shopping and cleaning services, welfare benefit advice and minor repairs and adaptations.

To obtain further information regarding the Safety at Home Service or Maximising Independence Casework Service, please contact Care & Repair Cardiff on 029 20473337.

Care & Repair exists to help older people to repair and improve their homes thereby enabling them to live as independently as possible with increased safety, security, warmth and comfort



Keep Well, Keep Warm and Keep Safe

It's that time of year again. The Keep Well this Winter campaign has launched and the key message this year is keeping warm in the face of increased fuel prices and fuel poverty.

Rooms should ideally be heated to a temperature of 18°C-21°C. Top tips to keep your homes warm and to keep costs down include:

- ❖ contacting the Home Energy Efficiency Scheme to get help with central heating or insulation.
- ❖ being energy efficient to make energy bills more affordable. Contact the Energy Saving Trust on 0800 512 012 for more information.
- ❖ ensuring all benefits are claimed.
- ❖ paying gas and electricity bills together can save money in some instances.
- ❖ making sure bills are accurate by providing suppliers with an up to date meter reading.
- ❖ lagging hot water tanks can reduce bills by about £25 per year.
- ❖ ensuring windows and doors are draught proofed to prevent heat loss.

Care & Repair can help access energy efficiency measures to ensure that your home is warm and secure.



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Our Caseworkers can give you advice on housing and may be able to assist with the following:

details of reputable contractors

estimates from reputable contractors and assistance with overseeing the completion of work

impartial advice about house repairs

a healthy homes assessment

energy efficiency advice

grant / benevolent fundraising assistance

help with welfare benefit claims, providing a benefits check and assistance with relevant applications

information and advice about other available services

**Please feel free to contact us on:
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