



A Personalised Approach to Independence in Leicester

At Leicester City Council, our social care services use a strengths-based approach. We know you are the expert in your own life and will help you to remain independent where possible. If you need support, we take time to listen and understand what matters to you by considering your skills, resources and the people and activities around you.

My Choice

MyChoice is an online directory that provides you with information about services and groups that are available to help you live a healthy and independent life. It includes services to support you with social care, health, debt and benefits, families and children, education, employment, training and volunteering. Visit <https://mychoice.leicester.gov.uk/> to see the full range of services and support available to Leicester residents.

Are You a Carer?

If you are looking after someone regularly to help them with their daily life because they're ill or disabled, or can't manage without your support, then you may be a Carer. Caring can leave you physically and emotionally exhausted or lonely. For more information on the help and support you can get, contact the Leicester Carers Support Service email enquiries@ageukleics.org.uk or call on 0116 299 2233.

Assistive Technology

Technology can help you to remain independent at home. Assistive Technology can support with many tasks, for example, reminding you to make

a drink or take medication. There is a wide range of applications available that can help you. Many of these are free to download and available on the NHS app Library. For more information visit www.nhs.uk/apps-library/.

Telecare – Help when you need it

A special type of Assistive Technology is called Telecare. It uses discreet automatic sensors around the home or on a person to detect risks. It can help if you are at risk of falling, wandering away from home or at risk of causing fires when cooking. When the system is activated (by pressing a help button) or if a risk is detected, an alert will be sent so that an appropriate response can be organised to contact you. For more information please visit our website at <https://mychoice.leicester.gov.uk/Services/1379> or call 0116 454 0230.