

What is Adult Social Care?

Information leaflet produced by Healthwatch Sheffield Nov 2024

Social care differs from NHS health care, focusing on practical support to help people live independently. It's usually provided at home, in care homes, or in the community, rather than in hospitals.

If you or someone you know needs social care, it's important to understand what types of care and support are available, where to find the correct information and if financial support is available.



Who can access support?

If you're an older person, living with a disability, have a long-term condition, or recovering from hospital, you may be eligible for social care services. All adults over 18yrs are entitled to an assessment to determine eligibility.

Additionally, unpaid carers can also receive wellbeing support and training if eligible. A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.



What type of support is available?

Sheffield City Council is responsible for managing social care services in Sheffield. They may provide some services themselves, or they may buy services from other care providers.

Support can include help with things like:

- Personal care such as washing and dressing
- Preparing and eating meals
- Getting out and about and keeping in touch with friends and family
- Taking medication



How do I pay for social care?

A 'financial assessment' or 'means test' will determine whether you qualify for free social care or need to contribute towards the cost of your care. You can find out more here: <https://www.sheffield.gov.uk/social-care/adults/how-we-can-help/support-services/paying-social-care>

If you are eligible for financial support, Sheffield City Council will provide you with a 'personal budget' which you can spend on local services.

Some people can also qualify for free social care through NHS continuing healthcare. However, if your assessment finds you are not eligible, you might instead be eligible for 'NHS-funded nursing care', where the NHS will contribute to the cost of your nursing care, for example, in a care home. The organisation Beacon can provide free independent advice on NHS continuing healthcare. Telephone 0345 548 0300 or find out more here: <https://beaconhc.co.uk/>

Unpaid carers do not have to contribute towards the support services they can access following an assessment.



How do I access support?

To receive social care support, contact Sheffield City Council's Adult Social Care Team and ask for a Care Act assessment.

Tel: 0114 273 4908 Web: <https://www.sheffield.gov.uk/social-care/adults>

Unpaid carers over 18yrs can request a carer's assessment through Sheffield Carers Service: Tel 0114 2728362 Web: <https://www.sheffield-carers.org.uk/>

Carers under 18yrs can seek support from Sheffield Young Carers. Tel: 0114 258 4595 Web <https://www.sheffieldyoungcarers.org.uk/>



After hospital discharge, a home assessment may be offered. Those with complex needs may qualify for 'NHS Continuing Healthcare' via a separate NHS assessment. You can find out more here: <https://www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/nhs-continuing-healthcare/>

Healthwatch Sheffield is your local health and social care champion.

We make sure NHS leaders and other decision makers hear your voice and use your feedback to improve care.



healthwatch
Sheffield

Tel: 0114 253 6688

Mobile: 07415 249 657

Email: info@healthwatchsheffield.co.uk

Website: www.healthwatchsheffield.co.uk