

Hampshire Needs Checker - Useful Links

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To horsetail@protonmail.com

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PLEASE DO NOT REPLY TO THIS EMAIL AS RESPONSES ARE NOT MONITORED

Thank you for completing Hampshire County Council's online Needs Checker tool.

We would be very grateful if you could spare five minutes to [complete our feedback form](#) so that we can evaluate and

Below are the information and advice links which you requested. To find information and services quickly, you can also

Eating and drinking

- Our [Health and wellbeing](#) page has advice about *Eating well and staying hydrated*.
- You can choose to receive [Meals on Wheels](#) through a service organised by the Council if you have certain r
- There are companies who can [deliver fresh frozen meals](#) to your door for you to heat in a microwave.
- Our [Shopping](#) page has information which may help, including Shopmobility schemes and how to shop onlin
- There may be a [community transport scheme](#) in your area which you can use if you have no transport to go
- If you are having difficulty preparing food, there may be equipment which can help. [Visit the kitchen of our Ec](#)
- There are many [aids which you can buy](#) to help with eating and drinking.
- You could look for a [lunch club in your area](#). Some are able to provide transport.
- [Home care agencies](#) can provide a care worker in your home to meet a range of needs, including meal prep; [search for a home care agency covering your area here](#).
- You might consider hiring a [Personal Assistant in Care](#) to help you with certain tasks.

Personal care

- Our [Looking after yourself](#) information page has advice about dressing and undressing, washing and bathing
- There is a vast range of equipment which can help you with your personal care. [Visit the bathroom of our Eq](#)

- Some [adaptations to your home](#), such as installing a wet room, may help with bathing. You may be eligible for the cost of adaptations.
- An [occupational therapist](#) can carry out an assessment and advise on equipment which could help you.
- [Home care agencies](#) can provide a care worker in your home to meet a range of needs, including personal care. [Find a home care agency covering your area here.](#)
- You might consider hiring a [Personal Assistant in Care](#) to help you.
- Our [Health and wellbeing page](#) has information about incontinence and support which you can access.

Looking after your home and managing paperwork

- We have some information and advice about repairs, adaptations, domestic help and gardening on our [Home and garden page](#).
- You can find reliable tradespeople who have been vetted by Trading Standards in the [Buy with Confidence directory](#).
- Our [Community directory](#) lists voluntary or low-cost organisations who may be able to assist you with house repairs.
- You can look for domestic help, gardeners and handyman services in our [Marketplace directory](#).
- There are organisations that offer free advice on [debt management](#), [benefits claims](#) and [form-filling](#).
- You may find it easier to manage your finances and pay your bills online. Our [Staying independent](#) page has internet beginners, including [Barclays Digital Eagles](#).
- You might consider hiring a [Personal Assistant in Care](#) to help you.

Being able to use your home safely

- Explore our [Equipment House](#) for advice and ideas about equipment which can help you to stay safe and independent.
- [Care technology](#) – such as pendant alarms and falls sensors – can help to keep you safe and give you and your family peace of mind. [County Council recommends Argenti](#) – explore their [TECS House](#).
- Making some [adaptations to your home](#) may help and you may be eligible for a grant towards this.
- An [occupational therapist](#) can carry out an assessment in your home and recommend equipment and adaptations.
- Visit our [Staying safe in your home](#) page for advice about security, fire safety and scams.

- [Home care agencies](#) can provide a care worker in your home to meet a range of needs. You can [search for a care worker here](#).
- You might consider hiring a [Personal Assistant in Care](#) to help you with certain tasks.
- We have information and advice in relation to [specific conditions and disabilities](#). There may be local organisations that can help.

Work, learning and / or volunteering

- Your physical and learning disabilities need not prevent you finding a rewarding job. Read our information about [employment opportunities](#) and [find organisations that can provide employment support](#).
- Find out about [adult learning opportunities](#), including help for internet beginners to get online.
- Find [adult learning / training near you](#).
- Volunteering makes a positive impact in your community but it can also have many benefits for you. Read our [volunteering opportunities in your area](#).
- We have information and advice in relation to [specific conditions and disabilities](#). There may be local organisations that can help.

Personal relationships and getting out and about

- We have put together a number of information pages to help you with all aspects of [Getting out and about in your area](#)
 - [Driving and parking](#)
 - [Accessible holidays](#)
 - [Shopping](#)
 - [Public and community transport](#)
 - [Leisure activities](#)
 - [Concessions and discounts](#)
 - [Safe travel in your wheelchair](#)
 - [Volunteering](#)

- [Learning opportunities](#)
- Our [community directory](#) can help you to find groups and activities near you including:
 - [Lunch clubs](#)
 - [Social groups](#)
 - [Sports and exercise activities](#)
 - [Churches and religious groups](#)
 - [Community centres](#)
- We have information and advice in relation to [specific conditions and disabilities](#). There may be local organis

Caring / parenting

- The Council's [Family Information and Services Hub](#) has information about how to access services, organisat advice and support that is available, including:
 - [Childcare and Early Years education](#)
 - [Family support](#)
 - [Activities, leisure and play](#)
 - [Services and advice for young people](#)
 - [Services and information for children and young people with SEN and/or disabilities](#)

To access information and services for your own care needs, quickly and easily, use our [Information Finde](#)