



How do I access social care?



If you think you would benefit from social care at home we can assess you to find out if you fit the eligibility criteria. You can ask your GP or social worker to make a referral for you, or you can contact us directly.

If you would like an assessment of your needs to see if you are eligible to receive support, please contact our Early Intervention and Prevention Team on **0345 30 111 20** or email **AccessTeam@pkc.gov.uk**

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

www.pkc.gov.uk (PKC Design Team - 2018650)



Free personal care



What you need to know

From 1 April 2019 personal care is available to everyone aged over 16 years free of charge as part of their social care package (if assessed as eligible to receive personal care).



Perth and Kinross Health and Social Care Partnership

Supporting healthy and independent lives

Previously, free personal care was only available to (eligible) people aged 65 or over, however a change in the law means it is now free for (eligible) people over 16 years from April 2019.

If you are under 65 and currently receive personal care within your care and support package, your package will have been reviewed to take this change in the law into account.

For all new assessments for social care, the free personal care aspect will automatically be included.

What is free personal care?



The following are examples of personal care services that are free:

- *help with personal hygiene;*
- *assistance with eating;*
- *continence management;*
- *assistance with medication;*
- *assistance getting in/out of bed;*
- *help with dressing.*

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Here are some examples of non-personal care services:

- *housework;*
- *collecting pensions;*
- *shopping/running errands;*
- *making beds;*
- *Telecare services;*
- *day services;*
- *maintenance of occupational therapy equipment;*
- *transport.*

Will I pay anything for my care package?

It is important to recognise that while the personal care aspect of services will be supplied free of charge, non-personal care services will continue to be charged dependent on your income and savings.

We will carry out an assessment of your financial circumstances and, depending on your income, you may need to make a contribution to the cost of your care and support services.

You can find out more detail about social care packages, free personal care and eligibility for social care on our website at www.pkc.gov.uk