

Independence and Wellbeing Consultation

KCIL hosted event

15 April 2008

United Reform Church, Kingston

What would help people to keep or become more independent?

- Education and training re healthy lifestyles and where to get support
- Help line in times of need
- Non-medical safe places to go and find out about mental health (e.g. depression) and get basic advice and support
- Financial advice, benefits checks
- Independent advocacy
- Help with filling in forms
- Social contact
- Accessible venues
- Directories/handbooks
- Menu of choice for different cultures
- GP staff need to be more aware of what's available in the locality
- Independent access officer
- On-going contact with a social worker/key worker
- Personal computer
- Adaptive equipment
- Mentoring schemes

What would help people to keep or become safe?

- Know and understand my illness/disability (or that of the person I care for)
- Regular advice re scams, bogus callers and numbers to contact if feel threatened
- More positive publicity – Kingston is a safe place to live
- Less changeover in Safer Neighbourhood Teams(SNT)
- SNTs aware of who vulnerable people are in their area

- More police newsletters
- Regular assessment of needs (medical, emotional, physical)
- Access to security checks of homes, smoke alarms etc
- Knowing volunteers have been CRB checked
- Continuity of contacts
- Mobility training
- Check on wellbeing and health and safety

What would help people to keep or become well?

- Maintain regular and nutritious diet
- Exercise/mobility, ways of dealing with frailty
- Sensitivity within the workplace and understanding of various conditions
- Access to stress management support
- Support with DIY, gardening, cleaning
- Food preparation
- Paid exercise on prescription
- Complementary therapies
- Access to advocacy, particularly with GP
- Awareness of which chemists will deliver prescriptions
- Make gyms wheelchair-friendly

How do people know what help they can get?

- Informed by GP and support groups
- Info at local pharmacy
- PLD need care manager/key worker support
- Places of worship
- Voluntary groups
- Thompson local!
- Council reception areas, information line

Where would people like to go to find out what help they can get?

- Places of worship
- Single point of contact
- GP
- Support groups
- Care workers
- Post offices
- Council offices
- Libraries

- Leisure Centres
- Pharmacies
- Info in workplace
- Use of local notice boards for information giving/sharing
- Transport advisor would be useful
- Trusted voluntary agencies
- Supermarkets
- Via a mentor
- Central Council access point

Is there anything that stops people getting help?

- Information, information, information!
- Mobility
- Lack of awareness
- Access to helplines
- Not feeling part of a community
- Lack of resources
- Cost of community activities
- Transport costs
- Getting there
- Appropriate formats for information
- Help getting to the bus stop