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| NEWS RELEASE  | # |

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| 10 September 2024  |
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| **Supporting your care choices – latest Care Guide now available**  |
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| The [West Sussex Care Guide 2024/25](http://www2.westsussex.gov.uk/socialcareandhealth/adults/careguide2025/flipbook/index.html?page=1) is designed to provide essential information to help adults and their families make informed decisions about care options. The guide supports a wide range of needs, including older adults requiring immediate care or planning for future needs, those considering long-term care options, and individuals looking to take proactive steps to maintain health and independence. It also offers guidance for adults with learning disabilities and their families seeking specialised services, as well as family members and caregivers navigating the complexities of adult social care. The guide is a comprehensive resource covering a wide range of services, including:* **Home Care:** Assistance provided in your own home, helping with daily tasks such as cooking, cleaning, and personal care.
* **Day Services:** Community-based support during the day, offering social interaction and respite for caregivers.
* **Extra care housing & supported living:** Housing that offers more independence, with access to additional support services as needed.
* **Residential Care:** Full-time care in a residential setting for those who require more intensive support.

 Councillor Amanda Jupp, West Sussex County Council’s Cabinet Member for Adults Services, said: “One of our key priorities, as outlined in [Our Council Plan](https://www.westsussex.gov.uk/about-the-council/policies-and-reports/corporate-policy-and-reports/our-council-plan/), is to help people fulfil their potential by giving residents the information they need to make decisions that support their wish to stay independent and live fulfilling lives. We also understand the importance of having clear, accessible information. That’s why this guide is available both as an interactive eBook and in printed form. Whether you’re starting to consider care options or exploring new possibilities, the West Sussex Care Guide is there to help you make well-informed decisions.” “In these challenging times, with increasing demand and complexity in adult social care, it’s vital that we provide clear, accessible information. This guide not only helps people navigate their care options but also enables us as a County Council and our partners to focus resources on supporting the most vulnerable in our communities.” To view the guide online, you can access it as an interactive eBook. If you prefer a printed copy, simply email socialcare@westsussex.gov.uk or call 01243 642121 to request one.**ENDS** **For further information please contact the news desk on 0330 222 8090 or email** **pressoffice@westsussex.gov.uk****. For urgent out-of-hours enquiries please call 07767 098415.** Facebook  Twitter |

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| [Click to Unsubscribe](http://tracking.vuelio.westsussex.gov.uk/tracking/unsubscribe?d=GFoAExSPjEVBaA-eF6SlMPXFvpErZRxbXdmIh1Wud9MCg8QiqazazEPS8e23cTQb0oMyM90UZlSBy1TnVdBpVjmsp-dasmm5Ccy8_XiNyiA_0) |

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