



Support for adults and older people

If you need information or advice on a range of issues such as care and support, health, staying safe, being independent, caring for others or things to do, **we can help.**

www.cambridgeshire.gov.uk/careandsupport



Cambridgeshire
County Council





Information and support



Everyone wants to live independently in their community, making their own decisions on care and support. We want to make it easier for you to do this.

We can provide information to help you plan for the future; to help you to stay healthy and retain your independence, and regain your independence or confidence after a crisis. We can also inform you on choices if care becomes a necessity.

We can tell you about voluntary services and things to do in your area.

For more information visit our website

www.cambridgeshire.gov.uk/careandsupport

If you want to find details on a specific service or support organisation you will find these on our directory.

www.cambridgeshire.gov.uk/careandsupportdirectory

You can contact us

By email: careinfo@cambridgeshire.gov.uk

By phone: 0345 045 5202

In person: visit a Cambridgeshire library

Are you a carer?

A carer is anyone who provides unpaid support to a partner, relative or friend who could not manage to live independently or whose health would deteriorate without this help. This might be due to frailty, disability, health condition, or substance misuse. **Contact us so we can look at the support that you might need as a carer.**

