

Living With and Beyond Cancer Information Sheet

31. Housework or shopping

If you normally have a lot of energy, feeling tired all the time can be difficult. It isn't easy, but it is worth trying to make a few changes to your daily life so that you don't get too exhausted. If you are over tired, you may be more likely to feel sick and you will probably find it more difficult to cope. Listen to your body and rest if you need to.

- Try and restrict your activities. Do only what is necessary at the time
- Ask your family or friends to help with housework/ shopping if possible
- Have your shopping delivered if you can
- You may need to have some guidance from the Dietetic team may also be able to suggest ways of preparing and accessing nutritious meals—your CNS can make a referral
- If your needs are more complex a referral to North Devon social services may be needed

A social worker has responsibility for assessing what practical and social help you may need. If you don't already have a social worker, the GP or a nurse involved in the care of you can arrange a referral. Or you could contact the local social services department yourself.

Once the social worker has carried out an assessment, the local authority will decide whether or not they will provide or arrange the services that are needed. Each local authority has its own eligibility criteria, so the services that are provided will vary from area to area.

If the local authority agrees that your needs are high, it has a duty to provide services to meet those needs. Services that can be provided by social services or arranged to be given by other organisations, such as charities, include:

- meals on wheels /frozen meal service
- home care (home-helps and personal care assistants)
- sitting service (someone to sit with the person with cancer while you have some time to yourself)
- equipment and adaptations to your home
- benefits advice
- laundry service
- holidays

Some services will be paid for by the NHS, so they will be free of charge. In other cases, social services will do a financial assessment to calculate whether you have to make any financial contribution.

The social worker will stay in touch with you once the various services have been set up, to check that the arrangements are working and that your needs haven't changed.

As well as arranging services to meet your needs, many social workers are trained in counselling skills and can offer you emotional support.

Home care

There are different ways you can get help at home. Home care workers who provide this support have differing roles depending on what they do.

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Care assistants usually provide help with things like housework and shopping.

Personal care assistants usually provide help with tasks such as washing and dressing people, although they may also help out with housework and shopping if asked.

In many areas, home care is now mainly concerned with personal care tasks. If you only need help with the housework and shopping, it may be provided by social services through an agency, or you may have to make independent arrangements.

You may be asked to make a contribution towards the cost of this kind of help, if you can.

If you can afford it, you can get private domestic help by contacting a cleaning agency, or by putting an advertisement in a local paper or shop window.

If there is no local service, Macmillan will sometimes give grants to cover the cost of a private home-help.

Care attendant

A care attendant is a trained person who can come into your home and give a range of help including light housework, help with washing and dressing, sitting with the person you are caring for, or simply chatting to both of you. In some cases, a care attendant can stay overnight, letting you sleep undisturbed.

Care attendant schemes are run by voluntary organisations, health services, social services or a combination of these.

You may have to pay for a care attendant if you can afford it.

To find out more about having a care attendant, ask the GP, district nurse or social worker. You could also contact a national organisation that runs care attendant schemes. In some areas, there is a waiting list for getting help from a care attendant, so it's worth asking as soon as you think you might need one.

Laundry service

If you have to wash a lot of linen, the social services department may be able to help by providing a laundry service, or you may be able to get a grant for laundry charges. Ask the district nurses, GP or social worker about this.

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Local Resources:

Royal Voluntary Service Scheme—GoodSAM—referrals by healthcare professionals need to be made via the [referrers portal](#) It is important to select the correct support as this is matched to a volunteer with specific vetting for that role. **If you are self-referring please call on this number 0808 196 3646—need to meet specific criteria /considered to be medically vulnerable.**

Support can be given in 4 main areas: Check-in and Chat support, Community Support, Patient Transport Support and NHS Transport Support and a referral needs to be made for EACH support service required.

National Resources:

<p>Age UK 1 Manaton Court Matford Business Park Exeter EX2 8PF www.ageuk.org.uk</p> <p>National AgeUK Advice Line(Freephone) 0800 055 6112</p> <p>Information & Advice Team: 0333 241 2340 Monday –Thursday 9.00am– 4.00pm Friday 9.00am –3.00pm</p> <p>For ‘Enabling and Support Service’ packages and charges</p> <p>Devon Contact: Tel: 0333 241 2340 Email: homesupport@ageukdevon.co.uk</p>	<p>Able to offer support with the following tasks:</p> <ul style="list-style-type: none"> • Cleaning and housework • Shopping (escorted and non-escorted) • Companionship • Planning and preparation of light meals • Support with attending appointments • Organising household paperwork • Time off for carers • Holiday Package • Decluttering Package <p>Topics covered by the advice line:</p> <ul style="list-style-type: none"> • Social care—finding care homes, getting help at home and how it is funded • Your income—including benefit checks, help with applying for benefits and pension advice • Your home— information on staying warm at home, home adaptations and how to prevent falls
<p>Macmillan Cancer Support Line www.macmillan.org.uk Call 0808 808 00 00 — 7 days a week 8am—8pm</p>	<p>Calls are free of charge from all consumer landlines and mobile phones plus all mobile networks. Please note that calls to this number are not free when made from outside the UK. If you are calling from outside of the UK call on +44 207 091 2230</p>
<p>Marie Curie Support Line — Living with a terminal illness and looking for support www.mariecurie.org.uk/help/support/marie-curie-support-line</p>	<p>Calls are free of charge from all consumer landlines and mobile phones plus all mobile networks. The Support Line is open 8am – 6pm Monday to Friday and 11am – 5pm Saturday</p>

Other Resources :

<p>Pharmacy2U www.pharmacy2U.co.uk</p> <p>Echo- part of Lloyds Pharmacy group https://www.echo.co.uk/</p>	<p>Easy on-line ordering and delivery of repeat NHS prescriptions. They can also deliver other pharmacy items at the same time. The patient will need to register on website before deliveries can happen— the first order can take 10-14 days</p>
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