



Supporting independent living

Community Agents Essex

An innovative new partnership supporting older people and carers

- Promoting health and independence
- Reducing social isolation
- Finding practical solutions to daily living
- Providing confidential trusted Information
- Informing choice and reducing confusion
- Increasing individual and community resilience



Funded by  Essex County Council

A Community Agent will visit you at home to discuss and help with:

- **Mobility issues** – where equipment, adaptations, or technology could support independence, or where, travel, social interaction and physical activity could sustain and improve wellbeing
- **Practical living skills** – after a significant life event, such as bereavement or hospital stay, supporting people to gain or regain practical skills such as paying bills, taking medication or getting to appointments,
- **Social inclusion** – connecting people into one-to-one and group interactions or activities; or supporting the use of technology-based interaction and social media
- **Healthy living** – enabling or supporting people to prepare meals or linking individuals into community activities such as lunch clubs
- **Caring for someone** – for people new to caring or for people who have been caring for some time and struggling to cope in their changing role. Helping them to access practical support, information, advice and peer support
- **Individual resilience** - by providing advice and support that ensures correct entitlement to benefits and pension and increases personal safety and security.

For more information visit: www.communityagentsessex.org.uk
To arrange a free visit call: **08009 775858** or **01376 574341**
Alternatively you can email: enquiries@caessex.org.uk