



Support for older people



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While providing care services to older people is the responsibility of [Hertfordshire County Council](#) we can help in certain ways and work with the county council to help residents access information.

Visit the [county council's website](#) on [support for adults](#) if you need information about additional support and care in older age, either for you or a loved one, such as:

- aids and adaptations to your own home to help you move around more easily or do the things you are no longer able to do
- a couple of hours support from a care worker
- permanent care in a care home or a move to sheltered housing or a care village.

If you don't qualify for state support and are responsible for paying for your own care costs there is still help available. Contact HertsHelp on 0300 123 4044 to be directed to advice and assistance.

Meals on Wheels

[Hertfordshire County Council](#) provides a delivered meal service for vulnerable people, who are unable to prepare meals for themselves. The meals on wheels service in Hertsmere is provided by Hertfordshire Independent Living Service. Hot meals, frozen meals, and a range of ethnic and special dietary meals are available seven days a week.

If you think you may be eligible and would like more information about the service, including details of how to apply, please visit [Hertfordshire Independent Living Service \(HILS\)](#) or contact Hertfordshire County Council Customer Service Centre on 0300 123 4042 and ask to speak to the Health and Community Services team.

Alternatively, you can arrange the delivery of meals yourself at full cost. Some companies below will be able to arrange this.

- [Wiltshire Farm Foods](#)

- [Oakhouse Foods](#)

Community Transport

[Communities 1st Transport Link](#) provide accessible, affordable door-to-door transport for people with mobility problems; helping promote better access to health care, greater community participation and increased social inclusion.

Safe and Well visits

The Safe and Well visit project is a joint initiative run by the county council's fire and rescue service and public health department. Crews from Borehamwood and Potters Bar fire stations have now been trained to give advice to vulnerable residents across the borough on a range of health issues - such as avoiding loneliness, keeping a home warm enough, eating and drinking properly and avoiding a fall - and point them towards the specialist support services available.

If you would like to request a free Safe and Well visit (which includes a home fire safety check) for you or someone you know, please visit www.hertfordshire.gov.uk/safeandwell

For information about other health initiatives in Hertfordshire, visit www.hertfordshire.gov.uk/healthinherts

Falls prevention

There are a number of ways you can reduce your chances of having a fall, including making simple changes to your home and doing special exercises.

If you have fallen in the past, making changes to reduce your chances of having a fall can also help you overcome any fear of falling:

- For local classes to help enhance mobility and strength or postural stability visit [Hertsmere Leisure's Generation Plus](#).
- These videos also provide some advice and real life experiences on Getting up from a fall safely and [Facing up to falls](#).

General information

[Which? Elderly Care](#) is a source of free and independent information and advice on care choices for older people across the UK.



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