

## CARE AND REPAIR MONMOUTHSHIRE

### Advice for Monmouthshire pensioners



A road show for Monmouthshire pensioners is being hosted by a local agency that last year helped over 800 older people continue to live independently in their own homes for longer.

Care & Repair Monmouthshire carry out home adaptations, fit hand rails and give advice making it easier to continue to live independently. Staff from the agency are taking part in this week's road show to mark Care & Repair Week. Information stands will be at venues throughout Monmouthshire including supermarkets and doctors surgeries.

Care & Repair Monmouthshire Manager Shona Martin said: "We hope these events will

help more people know where they can get help. Care & Repair provides a range of services that can help to improve older people's quality of life. Many older people restrict their activities because of the risk of falling; Care & Repair helps to improve older people's levels of security, safety, comfort and independence."

"By investing in a hand rail that may cost £100, we could be saving the National Health Service £100,000 by preventing accidents," she added.

The Monmouthshire agency is one of 22 across Wales and it is hosted by Melin Homes.

Melin's Chief Executive Mark Gardner said: "Care & Repair has proved that by carrying out essential and small works it has helped people to stay in their homes, prevented accidents and helped prevent people going into hospital. It has a real impact on social services budgets and those of the health service. It makes a difference."

The road show is at the following venues from Monday 14<sup>th</sup> January;

- Monday – Somerfield in Monmouth with local PCSO's, and the Crime Reduction Disorder Officer from Gwent Police.
- Tuesday – Somerfield in Caldicot
- Wednesday – Hereford Road GP surgery, Abergavenny
- Thursday – Somerfield in Chepstow
- Friday – Market Hall, Abergavenny

Ends