



## Supporting independent living

The Community Agents Essex service began in July.

Community Agents builds upon the strengths of the Village Agent Project which was run in Mid Essex for the last four years and is an innovative new partnership approach creating a countywide network of agents and volunteers to support vulnerable older people and informal carers across Essex.

Agents and Volunteers will do this by promoting health, independence, reducing social isolation and helping to find practical solutions to daily living challenges faced by people in both rural and urban areas.

A partnership of four Voluntary and Community organisations - Rural Community Council of Essex, British Red Cross, Age UK Essex and Essex Neighbourhood Watch - has come together with Essex County Council to develop this targeted countywide solution to supporting older people to remain independent for as long as possible.

Community Agents will work with individuals to help them find/develop their own solutions to their issues from within their own networks/community.

To take advantage of this free, confidential and trusted information service, please contact: your Community Agent direct, Peter Darlington on 07540 720604 or Freephone 0800 977 5858 or local rate 01376 574341 to arrange a home visit. Alternatively, you can email direct on [peter.darlington@caessex.ork.uk](mailto:peter.darlington@caessex.ork.uk) or [enquiries@caessex.org.uk](mailto:enquiries@caessex.org.uk)

We look forward to hearing from you.





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## 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](http://www.communityagentsessex.org.uk)

To arrange a free visit call: **08009 775858** or **01376 574341**

Alternatively you can email: [enquiries@caessex.org.uk](mailto:enquiries@caessex.org.uk)