My Care My Home works in partnership with local authorities, hospitals and other statutory organisations across England and Wales. Our aim is to help you and your family consider all of your options and choices, as well as providing services to assist you with your short and long term needs.



"Thank you for being the calm knowledgeable voice that I needed today. I am very grateful for all your kindness and assistance"

Mrs W, April 2015

www.mycaremyhome.co.uk

MyCare MyHome

Contact us

1 Links Court, Links Business Park,
St Mellons, Cardiff CF3 0LT

Information & Advice

T: 0800 731 8470
E: info@mycaremyhome.co.uk

Website

www.mycaremyhome.co.uk

Social Media

@mycaremyhome

facebook.com/mycaremyhome

My Care

My Home

My Journey

Questions about care?

Providing free advice and guidance to anyone needing help navigating the care system in England and Wales

Contact the
My Care My Home team

0800 731 8470

info@mycaremyhome.co.uk
www.mycaremyhome.co.uk

MyCare MyHome

Do you have questions about care?

My Care My Home was set up to provide advice to anyone who has to pay for part or all of their care themselves.

Call our specialist care advisors today!

We are on hand to provide you with:

- Any information / guidance you require
- Advice on how to take care of home property matters from adaptations to rental and sales
- Support to build a tailor made personal care service which includes choosing your own carer
- A dedicated advocate to champion your care monitoring, ensuring it remains at a high standard
- An introductory service to specialist Independent Financial Advisors

"8/10 older people will have to pay for part or all of their care"

www.mycaremyhome.co.uk

MyCare MyHome

Call us free on
0800 731 8470



Finding care

With our database of over **50,000** care providers, you are able to source the care that's right for you. Listed by **quality** and **distance** this includes:

- **Care Homes**
- **Domiciliary Care Services**
- **Extra Care Schemes**

This database can be accessed for free via our website. Should you require assistance, we can do the leg work for you...

info@mycaremyhome.co.uk

MCMH offers free advice to anyone in their own home on:

- Personal care services
- Finding the right provider
- Measuring quality
- Monitoring quality
- Enforcing quality
- Adapting your home
- Paying for your care without selling your home
- Passing on your home – protecting your assets
- Help with renting / adapting / selling your home
- Calculating income and costs
- Insurance
- Accessing / sourcing available funding

0800 731 8470