

# Helping you



*Your local one stop shop to help you be at home safely and independently.*

## What is **Be@Home**?

**Be@Home** is your local one stop shop that offers you a range of practical services that can help you be at home with independence and confidence. Available to everyone living in Lochaber we offer:

- home aids and equipment
- telecare & technology enabled care
- energy efficiency and healthy home advice
- small repairs and general handyperson services
- housing adaptations and improvements
- advice and information if you want help with your housing options
- support for people living with dementia and their carers

## Where can I find **Be@Home**?

**Be@Home** is our new one stop shop and you can find it at Lochaber Care and Repair on the High Street in Fort William.

Together with The Highland Council, NHS Highland and Lochaber Housing Association, we've brought the key services you need into a one stop shop to help make it easier for you to get the help or advice you need to be at home independently and safely.



How do I get in touch with



You can call us directly for free information and advice on:

**01397 706444**

or email us at:

**be-at-home@lcr.org.uk**

Or, you can contact us through the Community Health and Social Care Team at NHS Highland on:

**01397 709837**



**Be@Home** with independence and confidence, give us a call!