

## Who is running this service?

The *HomeHealth* service will be delivered by the *HomeHealth* team **not** your GP practice. The *HomeHealth* team are based at University College London and Age UK Camden and will be working with local services.



## Who has funded this work?

The Department of Health and Social Care has funded this study through the National Institute for Health Research Health Technology Assessment Programme.

**This information is available in larger font size and electronically, and we can arrange an interpreter to discuss the study with you if you cannot speak English. Please contact us for further information**

**Staying healthy and independent for longer**

# What is the *HomeHealth* Service?

## Summary leaflet

### For more information contact:

Shelley Campbell (Research Assistant)

Tel: 020 8016 8147

Email: [Homehealth@ucl.ac.uk](mailto:Homehealth@ucl.ac.uk)

Dr Rachael Frost (Trial Manager)

Tel: 020 8016 7958

Email: [Homehealth@ucl.ac.uk](mailto:Homehealth@ucl.ac.uk)



## What is the *HomeHealth* service?

It is a new service designed to support people aged 65 and over who are beginning to find it difficult to do the things they like to do for themselves. The *HomeHealth* service aims to help people stay independent and healthy for as long as possible as they get older.

We are testing the *HomeHealth* service in a trial. This will compare whether the new service is better than existing support.

## How does the service work?

A member of the *HomeHealth* team will arrange to visit you at home, at a time convenient for you. If this is not possible (e.g. due to Covid-19) they will arrange to talk to you by phone or videoconference. A tablet device (similar to an i-Pad) with built-in internet can be loaned to you for this during the study if needed.

## What can the service help me with?

The *HomeHealth* worker will ask you about:

- the things that are important for you to keep doing
- the things that are becoming difficult for you to do



They will work with you to develop a tailored programme of support and advice. This will be different for everyone but may include:

- developing a home exercise programme with you to increase your energy and muscle strength
- finding ways to manage things that are becoming more of a struggle
- looking at ways to improve your diet to keep up your energy levels
- helping you plan ahead to keep doing what you want to do.

## How long will the service last?

The *HomeHealth* worker will be available to work with you over 6 appointments for up to 6 months – you may or may not need to see them for that long. They will arrange regular meetings with you, either at your home, by phone or videoconference (e.g. skype).

## Can I contact the service between appointments?

Yes, the *HomeHealth* worker will give you a phone number you can call between appointments.

