

New guide to care and support in East Sussex

A new, updated East Sussex, Brighton and Hove Care and Support Services Directory has been published today in association with East Sussex County Council. It gives readers crucial information on how to access and pay for care services throughout East Sussex and Brighton and Hove.

With information to help you understand your options, where to go for advice and how the paying for care system works, the East Sussex and Brighton and Hove Care and Support Services Directory can support you to make informed decisions about your care choices.

The new edition of the directory and accompanying website gives information on all aspects of arranging care and support in East Sussex and Brighton and Hove. It includes how to stay independent for as long as possible, the different care and support options available and what to look for when choosing a care provider. It also offers guidance on important issues such as paying for care and what financial assistance may be available from the local authority. There are comprehensive listings of all registered care services throughout the area, plus checklists to help you ask the right questions when visiting services.

For a free copy of East Sussex and Brighton and Hove Care and Support Services Directory contact Health and Social Care Connect at East Sussex County Council on 0345 608 0191 or contact the Adult Social Care Access Point at Brighton and Hove City Council on 01273 295555. It is also available throughout the region from outlets including carers' centres, hospitals, GP surgeries, Age UK and the Alzheimer's Society. It can be downloaded from www.carechoices.co.uk and is available in spoken word.

Robert Chamberlain, Managing Director of the directory's publisher, Care Choices, commented: "This is an invaluable source of information for anyone considering short or long-term care in East Sussex and Brighton and Hove, and contains vital information to help people decide what type of care and support is best for them.

“Finding a care service for yourself or a loved one that meets their needs and is affordable can be a daunting and unfamiliar task. This new East Sussex and Brighton and Hove Care and Support Services Directory has been compiled to help people understand the process and offer them reassurance at every step of their journey.”

Care Choices is the UK’s largest independent publisher for social care and adults with additional needs. It is also the largest publisher of care directories for local authorities in England.

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Notes to editors:

Care Choices works alongside industry governing bodies, local authorities and providers to publish impartial guidance for individuals and their families. Care Choices provides unbiased, comprehensive information on choosing care and support.

Care Choices also publishes its directories online at www.carechoices.co.uk which contains a searchable database of all care providers in England.

Care Choices publishes leading social care magazine, Care Management Matters www.caremanagementmatters.co.uk.

Care Choices also arranges care sector events.

3rd Sector Care Awards www.3rdsectorcareawards.co.uk

CMM Insight www.caremanagementmatters.co.uk/events

The Transition Event www.myfamilyourneeds.co.uk/events/category/the-transition-event/list

BAPs Blogging Awards www.myfamilyourneeds.co.uk/baps

The listings of care providers contained in Care Choices’ publications are supplied by the regulatory body, the Care Quality Commission.