

Community Independence Team



Area covered: Whole of Hampshire

The Community Independence Team (CIT) support people aged 55 or over, who are experiencing difficulties maintaining their independence and who may be finding it harder to manage around the home or cope with everyday activities. CIT can help with the non medical needs of your patients and support them to be more independent, resilient older people by providing or linking them into that bit of help when they need it that will delay or prevent the need for more intensive health and social care services. They may be experiencing social isolation, bereavement, or loss of confidence, and it may be that their health and wellbeing is becoming a source of concern. The person may be showing early signs of dementia, have had a fall, returned from a stay in hospital or simply be a frequent visitor to your surgery but the individual does not yet need a care package or meet adult social care eligibility criteria. Community Independence Teams consist of social workers, occupational therapists and support workers who are located throughout Hampshire and there is one covering your local area.

WHO ARE OUR SERVICES FOR

People aged over 55

EXCLUSIONS TO OUR SERVICE

Clients who already have a package of care with Adult Services, those living in residential care.

WHO CAN REFER TO OUR SERVICE

Self referral; GPs and Health Care Providers; Adult Services; Community Provider; Voluntary Sector

WE ARE OPEN

Monday to Friday	9-5pm Monday to Thursday 9-4.30pm Friday
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	OUR CONTACT DETAILS:	THE BEST WAY TO CONTACT US IS BY:
Phone	01962 847198	Phone
Email	cit@hants.gov.uk	Email
Website	www.hants.gov.uk/community-independence	

Community Independence Team (continued)

OTHER USEFUL INFORMATION

Community Independence Teams consist of social workers, occupational therapists and support workers who are located throughout Hampshire. CIT can provide specialist help for people who may be experiencing difficulties around the home, or managing everyday activities, or if they are concerned about their wellbeing. Guidance can be provided on a range of issues such as keeping warm, safe, fit and eating well and provide information on what other services and support is available in the local community. CIT is funded and delivered through Hampshire County Council Adult Services as part of its preventative approach to promoting individuals independence, although clients may need to meet costs associated with any community resources and services they choose to access.

December 2014