



AbleMe helps you feel like you again!

AbleMe is a Care Quality Commission (CQC) registered service in Wirral that helps people to stay independent for as long as possible.

Through friendly support and individual care plans, AbleMe's trained practitioners and social care staff can help you to stay active and age well.



AbleMe employs trained practitioners and social care staff to offer short term support via home visits. AbleMe staff can help with personal care, household tasks, taking medication, avoiding falls and more. The service focuses on preventing people from feeling lonely or needing to go to hospital due to avoidable injury or illness.

The service can also:

- provide special equipment to keep you safe and independent at home.
- help you connect with other services to help you.
- support the people who take care of you.

To use AbleMe, you should:

- have the potential to get better or become more independent.
- be willing to work on a plan to get better and stick to it.
- have not received care, or been assessed as requiring long term care, in the past year.
- be 18 or older and a Wirral resident.



Scan the QR code with your phone camera to find out more about AbleMe.

wirral.gov.uk/ableme