

# Elaine



Elaine spent most of her day indoors waiting for her meals on wheels service...

Elaine has bought a microwave out of her personal budget and now goes shopping with a personal assistant. Elaine's personal budget gave her the freedom to choose her food each week and get out of the house, as well as having regular contact with her PA.

**your life your choice**



Adult social care in Bradford is changing. If you need help and support, and are eligible to receive it, you will now get access to services at a time and place that suits you, with more choice and control over the service you receive.

For more information about adult social care in Bradford:

Call **01274 435400** or  
e-mail [adultservicesdirect@bradford.gov.uk](mailto:adultservicesdirect@bradford.gov.uk)  
[www.bradford.gov.uk/adultcare](http://www.bradford.gov.uk/adultcare)

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