

Referral Pathways



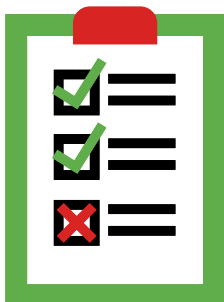
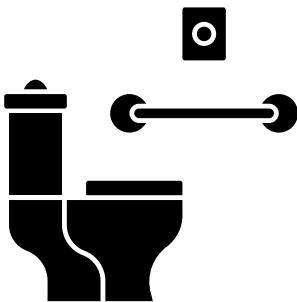
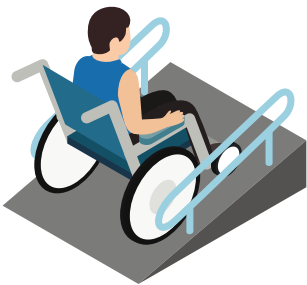
Redbridge Adult Social Services

If you or someone you know, or care for is finding it difficult to cope with everyday tasks you can request an assessment from Redbridge Adults Social Services.

A social care assessment will involve talking to you and any other people involved in your care and support so that they can find out what help you might need on a day to day basis.

You can request an assessment of your care needs by contacting Redbridge Adult Social Services on: **020 8708 7333**

Alternatively you can complete an online form at:
www.adultcare.redbridge.gov.uk/contact



Occupational Therapy

Occupational therapy can help you with practical tasks if you:

- are physically disabled
- are recovering from an illness or operation
- have learning disabilities
- have mental health problems
- are getting older

Occupational therapists work with people of all ages and can look at all aspects of daily life in your home, school or workplace. They look at activities you find difficult and see if there's another way you can do them.

You can get occupational therapy free through the NHS or social services, depending on your situation.

You can:

- Speak to your GP or Social Care professional about a referral
- Contact your local council to request an assessment. For people living in Redbridge you would need to contact **020 8708 7333**

Referral Pathways

London Borough of
Redbridge



Welfare Benefits

Are you receiving the correct Benefits? Do you need help to claim Benefits?

Redbridge Welfare Benefits Team are committed to assisting Redbridge residents to claim the benefits and credits which they may be entitled to.

Anyone can self refer to the team by contacting:

Telephone: 020 8708 4180 (Monday to Friday 9am to 12:30pm only)

Email: welfare.benefits@redbridge.gov.uk

Welfare Benefits

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