



Headway East London is a charity that helps people affected by brain injury.

This document helps outline some of the support available in your local area and how to access it.

Local Authority Support

If you have a brain injury, your local authority can provide several types of support to help with recovery and daily living.

City of London Adult Social Care

 020 7332 1224, 9am - 5pm Monday - Friday

Urgent Out of hours:

020 8356 2300 or 020 8356 8855

 Adult Social Care

Department of Community and Children's Services

Guildhall, North Wing, London, EC2P 2EJ

 www.cityoflondon.gov.uk/services/social-care-for-adults

Support Services include:

> Care Needs Assessment

A Care Needs Assessment is a free service that aims to identify care and support services that would help meet your needs. This could be more support at home, with engagement with the community, if your home is right for you, or if you are getting enough support to manage everyday tasks. For more information see

 www.cityoflondon.gov.uk/services/social-care-for-adults/contact-adult-social-care

> Council Tax Reduction

You may be able to get a Council Tax Reduction if you're on a low income or get benefits.

You can apply if you own your home, rent, are unemployed or working.

 For more information visit www.cityoflondon.gov.uk/services/council-tax/council-tax-discounts

> Housing Benefit

Housing Benefit can help you pay your rent if you're unemployed, on a low income, or claiming some benefits. Being eligible and the amount you receive depends on many different factors.

 For more information visit www.gov.uk/housing-benefit and www.cityoflondon.gov.uk/services/housing-and-homelessness/housing-benefits

> Discretionary housing payments (DHPs)

Discretionary Housing Payments are extra help given by local councils to people who are having trouble paying their rent. For more information visit

 www.cityoflondon.gov.uk/services/housing-and-homelessness/housing-benefits/further-discretionary-support-with-housing-costs

> Universal Credit

Universal Credit is managed by the Department of Work and Pensions (DWP).

It combines several welfare payments into one monthly payment to help with living and housing costs.

 For more information visit www.cityoflondon.gov.uk/services/housing-and-homelessness/housing-benefits/claiming-benefits-and-universal-credit



> Personal Independence Payment (PIP)

Personal Independence Payment (PIP) is a UK government benefit designed to help people with extra costs of living needs or mobility needs as a result of long-term disabilities or health conditions. The benefit is not means tested and anyone who is eligible, no matter what their financial circumstances are, can apply.



For more information visit www.gov.uk/pip/how-to-claim

> Cost of Living

The cost of living with a brain injury can be tough due to extra expenses like medical care, rehabilitation, therapies, special equipment, and possible loss of income. However, there are resources such as government benefits, charities, and financial programmes to help manage these costs.



For more information, visit www.cityoflondon.gov.uk/services/getting-help-with-the-cost-of-living

Those working and studying in the Square Mile, and those living in the Square Mile and on a City of London Corporation estate can get help with benefits, debts, housing costs and more by calling City Advice on



020 7392 2919 Monday - Friday, 10am - 1pm and 2 - 4pm

Text 07432 658 083



Email city.advice@toynbeehall.org.uk

> Carers

Carers for brain injury patients provide essential support by assisting with daily activities, managing medical needs, offering emotional care, helping with rehabilitation exercises, and ensuring the patient's safety and well-being.



Information for adult carers from the Local Authority can be found at

www.cityoflondon.gov.uk/services/social-care-for-adults/support-for-carers/support-and-information-for-adult-carers

> Brain Injury Identity Card

The complexities of brain injury can make it difficult for people to ask for support. Carrying a Headway Brain Injury Identity Card can provide you with the confidence to know that if you need help, your needs can be easily identified. You must live in the UK, aged 18 and have a verifiable brain injury.



For more information visit www.headway.org.uk/supporting-you/brain-injury-identity-card

> Headway E-Library

Headway's range of e-booklets and factsheets cover many of the symptoms and practical issues associated with a brain injury, including information to support you, your family members and carers.



Browse the online library at www.headway.org.uk/about-brain-injury/individuals/information-library

Headway East London

Headway East London provide a range of services and support for individuals and families affected by brain injury. Our services include a Day Service, Evening Service, Therapy Service, Community Support Service and a Casework Service, all offering specialist support and advocacy for brain injury survivors and their families. For more information about each service and how to refer, please visit www.headwayeastlondon.org