



# A guide to adult social care and support services



**Easy  
Read**



# Easy Read



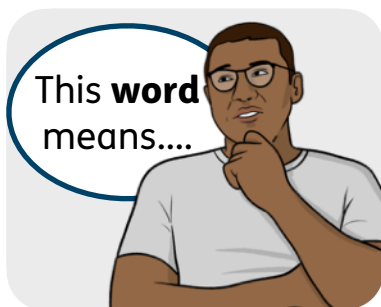
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



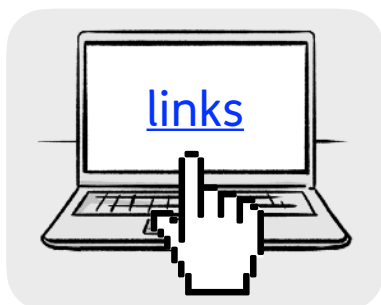
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.



# What is in this booklet

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# About this leaflet

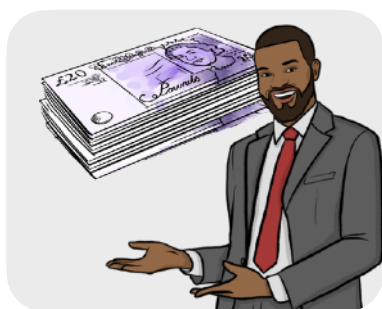
The City of London has written this leaflet to explain:



- What our care and support services do.



- Who can use our care and support services.



- What you will have to pay if you use these services.



- How to contact us.

# What is care and support?



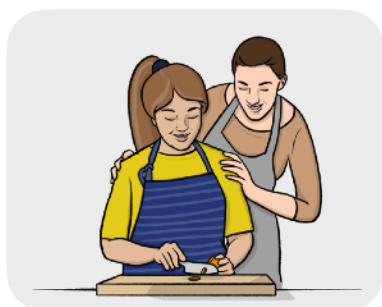
Some people need care and support to live independently.

This might be because of a disability or a health condition.

Care and support can include help with:



- Getting in and out of bed, washing and getting dressed.



- Going to work, making food, eating and spending time with others.



- Dealing with stress or worries.

# If you need care and support



If you are finding it hard to look after yourself at home, or going out is difficult for you, we can help.



The City of London Adult Social Care Team can talk to you about what you need.



We will talk about what is important to you and decide on the best way to help you. This is called an **assessment**.



We will think about your health and what is important to you and your family.



This is so you can stay healthy and look after yourself for as long as you can.



# Who can get care and support?



If you are finding things difficult without support, we will give you an assessment.



If we decide that you need help from us, we will give you the care and support that is right for you.



If we decide that you do not need care and support from us, we will tell you about other services that might be able to help you.

# Will I have to pay for my care and support?



If you get care and support from us, you might need to pay some money towards its cost.



We will work out how much money you need to pay by asking you about your savings and **income**.



**Income** is how much money you get each month, like from a job.



This will help us know if you can afford to help pay towards your care and support.

# Find out more

If you live in the City of London and you think you might need care and support, you can contact us by:



- Phone: 020 7332 1224



- Email:  
[adultsduty@cityoflondon.gov.uk](mailto:adultsduty@cityoflondon.gov.uk)



You can also talk to the City Advice Service.

They can give you advice and information about many different things, like money and housing.



You can call them on: 020 7392 2919

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