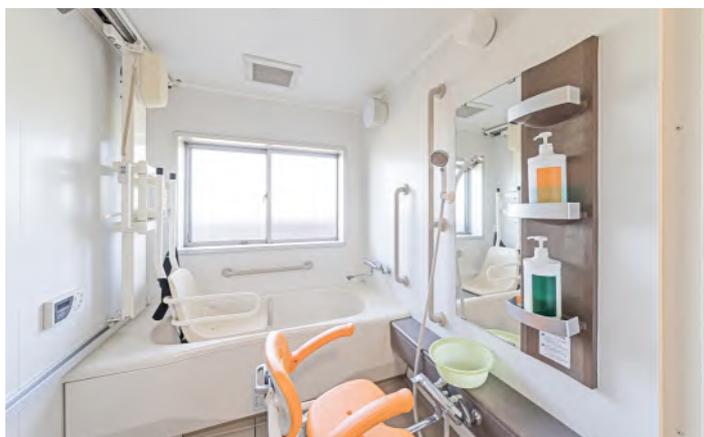


5. I want an assessment



If you think you need help and support because of your disability, then Social Services will carry out a health and social care assessment.



You might be able to get healthcare, special equipment, help in your home, or support in a care setting.



Where do I start?

Adult Social Care support adults of all ages, backgrounds and disabilities to live happy and fulfilling lives.

We want you to be as independent as possible.



We are here to help you make the changes you need to make, so that you can still be independent in your home, and when you are out and about.



Finding support for yourself

There is already some support available for you in your community.

This includes advice about activities, equipment, and local support.



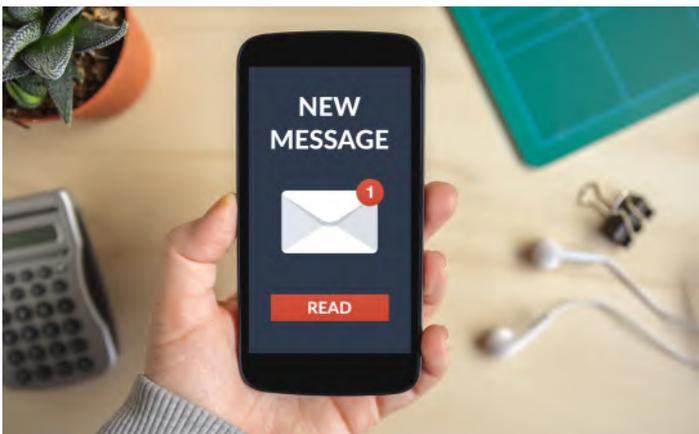
If you visit the [able4life website](#) you will find advice and support to help you to keep living independently.

If you think that you need further support, then you should contact Adult Social Care.



Contacting Adult Social care

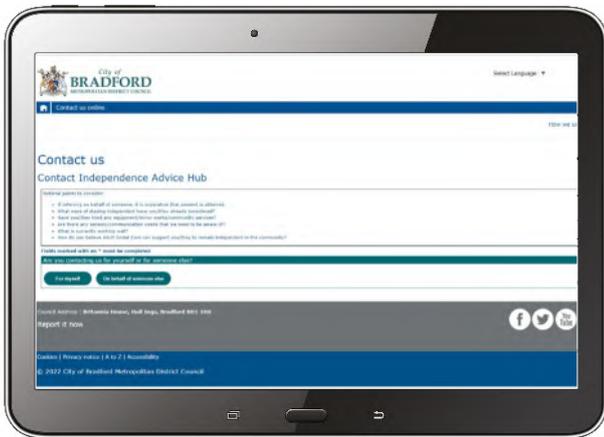
Social Care supports adults of all ages, disabilities and backgrounds to help them to live happy and fulfilling lives. We can support you at home and in the community.



If you have tried ways to stay independent and still need more support, then you should contact us to talk about what to do next.



If you are over 18 years old, then you should talk to the Independence Advice Hub.



-You can use this [online form](#)
-Or you can call us on 01274435400

Monday to Thursday:
8.30am to 5pm

and Friday:
8.30am to 4.30pm



Our Independence Advisors will talk to you about the best options for you.

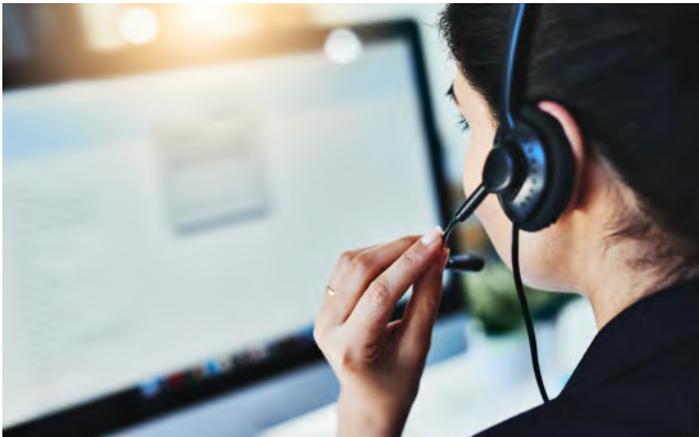


We might guide you to community-based support, get you some equipment, or talk more about your needs with you.



In an Emergency

You can contact the Emergency Duty Team on 01274 431010.



When can I contact the Emergency Team?

- Monday to Thursday:
5pm to 7.30am the following morning.



- Friday 4:30pm to 7.30am Monday.
24-hour cover at weekends and Bank Holidays.

The emergency team will respond to all calls as soon as possible.



Sometimes the emergency team will be very busy helping other people.

If they are too busy to help you straight away, they will call you back as soon as they can.