



**London Care**<sup>™</sup>  
Passion for Independence, Respect for Choice

# Supporting your independence

When you are used to leading an independent life, going home after a stay in hospital, or coping with an accident, illness or a temporary disability, can be a real challenge, particularly if you live alone.

You may be nervous about returning home and just need a little extra support for a few days or a few weeks. Or you may need longer term help over a number of months as you regain your daily living skills – and your confidence – or learn to do things in a different way, so that you can carry on leading the life that you want to.

That's where London Care can help. We'll discuss your needs and preferences with you and provide as much or as little support as you need as you work towards increased independence.

Our approach is not about doing things for you. Our focus is to help you regain your skills in everyday tasks such as washing, using the bathroom, dressing, housework or preparing a meal.

The ways we help to build your confidence and enhance your quality of life will be as individual as you are. It may mean asking us to support you in managing your finances for a time, while you can concentrate on the practicalities of day-to-day living. Or we could support you in walking to the corner shop for a newspaper, attending an evening class you enjoy or visiting family and friends. Whatever we do, we will provide ongoing care reviews for as long as we support you, to make sure we respond to changing needs.

When you are focusing on recovery and regaining independence, you want to feel safe and secure in your home. That is why all our staff are directly employed by London Care and undergo a complete Criminal Records Bureau (CRB) and reference check. They also receive full training and are supervised and monitored, with regular appraisals.

Our services include:

- mobility assistance
- life skills training
- rehabilitation/reablement services
- support for people that display challenging behaviour
- support for people with physical or sensory impairments
- escorting/accompanying services
- support with complex health tasks
- post-hospital care
- respite care
- personal hygiene.

## Financing your care

Paying for care may be a concern for you, which is why we will work with you to find the payment option that suits you best.

If your care qualifies to be fully or partly funded by your local council or NHS trust, they can commission and pay for some or all of the service we provide. Alternatively, you can control the funding yourself through a Direct Payment.

You can also pay for our service privately. We can set up a direct debit and send you regular statements of account so that you can see you are spending your money wisely.

We can also discuss other funding options available to make sure you are choosing the best option for your circumstances.



For more information please visit [www.londoncare.co.uk](http://www.londoncare.co.uk)

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