



ADULT SOCIAL CARE STEP BY STEP

Accessing information, advice, care and support.



Complete the [Self-assessment form](#) online and you'll get the right information and advice

Or you can contact Tower Hamlets Connect to talk to an advisor

enquiry@towerhamletsconnect.org
0300 303 6070



If the information and advice Tower Hamlets Connect provides is not sufficient:

the Initial Assessment Team will contact you to complete a Care Act assessment

3 The Initial Assessment Team will help you stay healthy, well and as independent as possible, exploring:

 Your social network (family, friends, etc.)	 Equipment and technology	 Services and organisations in your community	 Reablement
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When necessary, the Initial Assessment Team will help you creating your Care and Support Plan so you can meet your needs.