

Who the service is aimed at

Waltham Forest residents, in particular those over 60, or those over 18 with a disability, who would benefit from some support to manage their health whilst living at home.

The next step

Please email, call or write to us (contact details below) to find out more about the service. Other people can contact us on your behalf too, such as your GP, District Nurses, friends and family.

Wellbeing at Home

Metropolitan
58 Falmouth Way
Waltham Forest
London E17 7NZ

Find out more

t: 020 8520 9856

e: wellbeingathome@metropolitan.org.uk

Metropolitan, The Grange, 100 High Street, London N14 6PW

Metropolitan is a leading provider of integrated housing services, care and support and community regeneration.

In association with



Metropolitan



Wellbeing at Home

Supporting you to live independently at home

**FREE
support
service!**

From time to time people can find living at home a bit of a struggle; perhaps you've had a bout of illness, or feel anxious about going out, maybe you've been feeling lonely, or money's a bit tight. If you are finding it difficult to cope, for whatever reason, the **Wellbeing at Home** service can help.

Practical support can make all the difference

As everyone is different, with their own individual needs, our service is completely flexible. This means we can provide you with the support that's right for you, taking the stress out of all kinds of practical things, for example:

- Putting you in touch with all health services you need
- Making sure you get all the benefits you're entitled to
- Dealing with correspondence and filling in forms, such as housing benefit, council tax, Attendance Allowance
- Supporting you to obtain reliable services you may need using benefits you receive
- Registering with a GP, Dial-a-Ride, and other services
- Making sure your home environment is safe
- Accessing aids & adaptations
- Speaking to other agencies on your behalf, e.g. your landlord about getting repairs sorted

What's more, the service is **free** so paying for some dedicated support to help you stay at home is one thing you *don't* have to worry about.

How long does the service last?

The Wellbeing at Home service aims to help you remain independent at home and avoid unnecessary stays in hospital. Depending on your particular circumstances and the level of support you need, our dedicated support workers can work with you for up to 12 weeks.

Who we work with

We work closely with all kinds of agencies and have lots of experience coordinating care, which many customers find very reassuring. The people we deal with include: GPs, NHS health teams, hospitals, social services, dementia services, advocacy and cultural groups.

