

Hidden Disabilities & Blue Badge Support – Quick Guide

If you have a non-visible (hidden) disability that makes travelling difficult or unsafe, you may be entitled to a Blue Badge or other travel assistance. This guide explains how to apply and who can help.

Why Your GP Should NOT Complete This Form

GPs usually do NOT have enough detailed information about how your condition affects your daily travel. Blue Badge applications need ****functional evidence**** – how your disability impacts mobility, safety, or confidence in travel. This is best provided by:

- A specialist (psychologist, psychiatrist, or consultant)
- An occupational therapist or physiotherapist
- A specialist nurse or social worker involved in your care

These professionals can give a more accurate picture of your daily challenges, which improves your chances of a successful application.

How to Apply

- 1. Apply via GOV.UK for a Blue Badge.
- 2. Get medical evidence from the RIGHT professional (specialist, OT, nurse, social worker).
 - It should explain how your condition affects travel and mobility.
 - Must be on official headed paper.
- 3. Submit your application and evidence to your local council.
- 4. Council reviews (6–12 weeks).

Who Can Help You With the Form?

- ****Occupational therapists or social workers**** can describe how your disability affects your daily life.
- ****Specialist clinics**** (e.g. mental health teams, neurology clinics) can provide detailed reports.
- ****Disability support organisations**** can guide you through the process and check your evidence.

Local Support

Lambeth

- Disability Advice Service Lambeth (DASL)
Tel: 020 7738 5656 (Mon/Wed/Fri 10 am–1 pm)
Free advice on Blue Badges, benefits, social care.
- Lambeth Blue Badge Team: 020 7926 7777

Croydon

- Croydon Welfare Rights Team
Tel: 0800 731 5920 (Mon–Fri 9 am–4 pm)
Help with forms, benefits, appeals.
- Croydon Travel Service
Email: travel.service@croydon.gov.uk
Tel: 020 8726 7100 (Mon–Fri 10–12 & 2–4 pm)

Other Support

- TfL Travel Support Card & Mentoring – help planning and making safe journeys.
- Freedom Pass – free travel for eligible Londoners with disabilities.
- Events & Venues – many now recognise hidden disabilities; bring your badge for easier access.

Quick Recap

- ✓ DO: Get evidence from a specialist, OT, nurse, or social worker.
- ✗ DON'T: Ask your GP unless they are directly managing your disability.
- ✓ Contact your local disability advice service if you need help.

Key Contacts

Lambeth Blue Badge Team: 020 7926 7777
Croydon Travel Service: 020 8726 7100 | travel.service@croydon.gov.uk
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Croydon Welfare Rights: 0800 731 5920