

Information & Advice on Equipment for Daily Living

Fact sheet

For some people, as their needs change and they require more help, simple home adaptations and equipment can support them with daily living tasks. Even if you are waiting for a more formal assessment of your needs buying yourself some types of low level daily living aids can make everyday living a little easier whilst you wait. These are often available in local shops or online at very reasonable prices.

What is daily living equipment?

Daily living equipment generally refers to items of equipment to help people with everyday tasks and to help them live their lives as independently as possible. The range of daily living equipment varies greatly from low level kitchen aids that cost less than a pound to useful gadgets, technology and adaptations that exist to make everyday tasks easier.

There are four main types of equipment:

- Items designed specifically for older and/or disabled people to overcome a particular difficulty, e.g. a wheelchair, bath board, raised toilet seat;
- Standard equipment with a particularly helpful feature, e.g. an electric tin opener, vacuum cleaner, food processor or computer. All of these can take the physical effort out of an activity;
- Standard equipment that has been adapted, e.g. an extension on a comb for a person with limited reach, or suckers on a nail brush for someone who has the use of only one hand;
- Custom-made items specially designed for the particular needs of one person. This could be home or commercially made, or produced by a local charity and volunteers.

For general information and useful demonstrations of equipment for daily living go to www.staffordshirecares.info/livingindependently

How do I know what sort of equipment or products I will need?

In Staffordshire we have a local version of [AskSARA](#) which is an easy-to-use, online self-help guide developed by the Disabled Living Foundation that is particularly useful if you are not sure what items might help you. There are three easy steps:

1. Choose from a list of topics
2. Answer some questions
3. Receive a personalised report with impartial advice and relevant product suggestions

If based on your answers specialist equipment is required that requires a formal Occupational Therapists (OT) assessment, the report will highlight this and give guidance on how to start the referral process. It will also identify some types of equipment that you may be able to purchase in the meantime to support you. To use Ask Sara go to: <http://asksara.dlf.org.uk/?auth=staff>

If you want to discuss your report and what to do next you can call a Staffordshire Cares advisor on **0300 111 8010** who will be able to

go through it with you or visit www.staffordshirecares.info for a local overview of what's happening and available locally with regards to adaptations, equipment and assistive technology.

How do I know I'm buying/loaning the right thing?

Before you buy or loan any equipment it's worth getting independent advice to make sure that the type of equipment you're getting is going to best meet your needs. The following organisations are good sources of information and advice:

- The Disabled Living Foundation**
 The [Disabled Living Foundation \(DLF\)](http://www.dlf.org.uk) is a national charity that provides free, impartial advice about all types of home adaptation and mobility products for disabled adults and children, older people, their carers and families. They have produced a range of Factsheets that provide **general advice** about things to consider when choosing a wide range of daily living equipment, which can be found on their website at: <http://www.dlf.org.uk/content/factsheets-groups>
 If you would rather speak to someone the DLF have a Helpline where you can get free, impartial advice about mobility products or other types of **daily living equipment** as well as information on where you can buy or hire items or details of local organisations that can help you. To get in touch call **0300 999 0004**.
- NHS Choices** provides guide to Care Equipment, Aids & Adaptations which can be found at: <http://www.nhs.uk/>

[Conditions/social-care-and-support-guide/Pages/equipment-aids-adaptations.aspx](http://www.staffordshirecares.info/Conditions/social-care-and-support-guide/Pages/equipment-aids-adaptations.aspx)

- Staffordshire Cares** offers a local overview of what's happening and available locally with regards to adaptations, equipment and assistive technology. For more information go to www.staffordshirecares.info/living-independently
- The Money Advice Service** has further advice about [shopping around for disability aids and equipment](http://www.moneyadviceservice.org.uk/en/articles/shopping-around-for-disability-aids-and-equipment) including how and where to shop around for the most suitable product at the cheapest price. To find out more go to: <https://www.moneyadviceservice.org.uk/en/articles/shopping-around-for-disability-aids-and-equipment>

How can I be sure what I'm buying is good quality?

When choosing a product it is important you do checks both in terms of the quality of the product and the company you are buying from. One useful check for consumers is to see if the company is registered with the British Healthcare Trades Association (BHTA). Whilst there are many perfectly reputable companies who are not registered, membership to the BHTA offers a greater level of protection to buyers. They have almost 500 members who make or sell healthcare and assistive technology products and who have all signed up to the BHTA [Code of Practice](#). This means that you can be sure of being given the very best customer care, advice and assessment before you buy

and afterwards. Most importantly the BHTA can give you clear information about your rights and have access to an independent complaints process. To check if a company is a member go to their website at: <http://www.bhta.net/find-a-member> or call 020 7702 2141 or email bhta@bhta.com

Where Can I Buy or Loan Daily Living Equipment?

National Online Retailers

Ability Superstore

Comprehensive ranges of mobility aids and healthcare products online, over 12,000 products to choose from at: <http://www.abilitysuperstore.com/index.php/page/contact>

Age UK Mobility

Supply mobility equipment and disability aids for independent daily living. Shop for mobility aids such as grab rails, rollators etc. at: <https://www.ageukmobilityaids.co.uk/>

Amazon now offers an extensive range of products from a variety of retailers and allows you to compare products and prices easily at www.amazon.co.uk -select the Health and Personal Care category and click on "Mobility and daily living aids" from the list on the left hand side.

Manage @ Home (Medequip online store)

Specialising in home care products such as **mobility aids** and disability equipment, Manage At Home's range of products are designed to promote **independence at home** and manage daily living more easily. For more information go to: <http://www.manageathome.co.uk/>

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NRS

National provider of products and services designed to support independent living. They offer a comprehensive range including daily living aids, mobility equipment, disability equipment and therapeutic resources. For more information go to: <http://www.nrs-uk.co.uk/>

Staffordshire Marketplace

Launched by Staffordshire County Council the Staffordshire Marketplace has hundreds of daily living aids from a range of providers all in one place. To find out more go to: <https://www.staffordshiremarketplace.co.uk>

Online Retailers with local shops

The following retailers have a website where you can search for equipment but also have local shops where you can look at the products in person:

Argos

You can search for items at: www.argos.co.uk and then go to the Health and Beauty section and select "mobility aids"

Boots

<http://www.boots.com/en/Pharmacy-Health/Health-shop/Mobility-daily-living-aids/>

Lloyds Chemist

<http://www.lloydspharmacy.com/en/mobility-daily-living/keeping-mobile/>

Tesco

<http://www.tesco.com/direct/health-beauty/mobility-aids/cat3376527.cat>

Local shops

BURTON UPON TRENT

Ableworld are the largest mobility and stair lift retailers in the country. Employing professionals who have been in either Mobility (including engineering) or Nursing and Care Home settings.

Address: Second Avenue, Centrum One Hundred, Burton on Trent. DE14 2WF
Telephone: 01283 546867
Website: <http://www.ableworld.co.uk/categories/>

Burton Premier Mobility is an independent family run business with showrooms located at Russell Street in Burton on Trent and High Street in Coalville. All products are sourced from the best suppliers available and they also offer insurance & warranties, spares & batteries in addition to scooter repairs & servicing, carried out on site.

Address: 2, Russell Street, Burton Upon Trent. DE14 1EN
Telephone: 01283 547726
Website: <http://www.burtonpremiermobility.com/>

LICHFIELD

Care Necessities supply a wide range of products and complimentary services which include disability aids and mobility equipment supported with product demonstrations and assessments.

Address: Unit 7 Titan Way, Britannia Enterprise Park, Lichfield. **WS14 9TT**
Telephone: 07918 522 222
Website: <http://www.carenecessities.co.uk/mobilityshop/>

Easy Living Mobility stock a wide range of mobility aids.

Address: 12 City Arcade, Lichfield. WS13 6LY
Telephone: 01543 263 096
Website: <http://www.easylivingmobility.co.uk/>

TAMWORTH **Tamworth Co-operative Society**

Address: Colehill, Tamworth. B79 7HA
Telephone: 01827 216111
Website: <http://www.mobilityandlifestyle.co.uk/index.php>

Mercian Ability Partnership is a User led Organisation run by disabled volunteers for disabled people of all ages and their carers in South Staffordshire and North Warwickshire. They have a selection of aids and equipment designed to support your independence at home and when you are out and about. They also have an Independent Living centre where you can try out equipment.

Address: Silica Road, Amington Industrial Estate, Tamworth. B77 4DT
Telephone: 01827 307712
Website: <http://www.mercian-ability.org.uk>

Where Can I Loan Daily Living Equipment?

British Red Cross
Short-term loans of wheelchairs and other equipment at 1,000 outlets in the UK. For more information go to <http://www.redcross.org.uk/en/What-we-do/Health-and-social-care/Independent-living/Mobility-aids> or **Telephone:** 01785 279847.

Disabled Living Foundation Loan Library

The DLF have a library of simple electronic aids where you can borrow equipment for two weeks to see if they work for you. You have to pay a returnable deposit and the return postage to send it back to them, but otherwise the library is free to use. To find out more go to: <http://www.dlf.org.uk/library>

Still Not Sure What You Need?

We appreciate all this information can be a bit confusing and hard to take in, therefore if you would rather talk to someone about this please call one of our friendly Staffordshire Cares advisors who will be happy to talk you through it on 0300 111 8010.