Aberdeenshire COUNCIL NHS Grampian

Aberdeenshire Health & Social Care Partnership

Equipment to help you do everyday things



Whether you are dealing with illness, recovering from an operation, have a disability, or just getting older and unable to do tasks you used to, there is widely available equipment that could help make your life easier. This may enable you to do more things for yourself, or help others who care for you

This leaflet provides information on getting advice and support, and how to access equipment that may help meet your daily living needs.

The information includes:

- Assistance available from Aberdeenshire Health & Social Care Partnership
- Buying equipment for yourself
- Finding out what's available and how to buy
- Useful sources of information and advice
- Examples of equipment suppliers

Assistance from Aberdeenshire Health and Social Care Partnership

Aberdeenshire Health and Social Care Partnership can assist you identify what could help you to carry out everyday activities.

Not everyone will need equipment to live independently and alternative ways of meeting your needs may be suggested.

If your needs have been assessed by a member of the Health and Social Care Partnership, you may be eligible for the provision of equipment. Equipment provided in this way is the property of Aberdeenshire Joint Equipment Service and will be on loan to you, free of charge, for the period you need it.

Buying Equipment for yourself

You may want to buy your own equipment. There will also be circumstances where the Health and Social Care Partnership cannot provide equipment, either because:

- This wouldn't be necessary to address the level of your current needs
- Or the specific type of equipment that could assist you, is not provided by the services (e.g. small readily available items).

In these circumstances, the Health and Social Care Partnership can give you advice, including details of local suppliers. This leaflet also provides guidance on where to find information, advice or suppliers that can help you.



To contact your local occupational therapy team for advice about equipment that could make everyday activities easier, or to request an assessment, call Customer Services on 03456 08 12 06 and choosing option 2 to make a referral to Occupational Therapy.

Finding out what's available and how to buy

Gather as much information as you can from different sources to help you make your choice.

Some specialist services have local showrooms where you can look at and try equipment, talk to staff who can give you advice, and in some cases also buy equipment.

National disability organisations will provide a wide range of good independent information, and many have excellent online guides where you can get information about equipment that could help you with specific daily tasks you find difficult.

You can also read about equipment in manufacturer and supplier catalogues and on websites. If you choose to buy you can order by phone or online and items can be posted and delivered to your door.

Some retailers are members of the British Health Trades Association (BHTA), which means they operate to a Code of Practice, which could help protect you if things go wrong.

Small household aids e.g. cutlery, jar openers, dressing aids, can often be bought from local chemists, or supermarkets.

Useful sources of information and advice

The **Stonehaven Independent Living Hub** is a drop-in Centre that is available on the first Thursday of every month at Forest View, Woodview Place, Stonehaven, AB39 2TD. It gives you an opportunity to explore equipment and technology that can help you stay safe and independent at home.

www.aberdeenshire.gov.uk/social-care-and-health/living-independently/technology-enabled-care



The **Living Made Easy Website** provides comprehensive information about equipment and where to get it. Their website includes clearly written guides and factsheets on a range of daily living equipment.

https://livingmadeeasy.org.uk

AskSARA is a free online self-assessment tool that will tell you what type of equipment may help you. Choose a topic (e.g. bathroom), answer a series of simple questions about your circumstances, and receive advice and product suggestions about what might help you. Their helpline will give you information by phone and they can send out printed guides.

https://asksara.livingmadeeasy.org.uk/about-ask-sara

The **British Healthcare Trades Association** (BHTA) for the healthcare industry. The BHTA has a code of practice with standards that its members must meet. Shops and suppliers will display their BHTA membership if they have one. The BHTA website will also list BHTA suppliers.

www.bhta.net

Tel: 020 7702 2141

Examples of equipment suppliers

Able Care

115 Loch Street, Aberdeen AB25 1DH

Information, advice and sales of a range of daily living aids, specialist furniture, stairlifts and mobility equipment.

www.ablecare.co.uk
Tel: 01224 636868

Complete Care Shop

Online information, advice and sales of a wide range of daily living aids and care equipment for the elderly and disabled.

www.completecareshop.co.uk
Tel: 0300 100 0248

Boots the Chemist (Boots UK)

Stock a range of mobility and daily living aids, including kitchen, feeding and drinking aids.

www.boots.com

Always follow manufactures instructions and consult a health professional if you are unsure about using equipment safely. This leaflet provides general information only.