Useful sources of information and advice

The Disabled Living Foundation (DLF) 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.

www.dlf.org.uk
Tel: 0300 999 0004 (helpline)

AskSARA is a free online self assessment tool that will tell you what type of equipment may help you. Choose a topic (eg 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.

www.asksara.org.uk
Tel: 0300 999 0004 (helpline)

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

Hillylands Centre for Independent Living
Croft Road, Aberdeen AB16 6RB
Advice centre with kitchen, bathroom and bedroom areas, with every day and specialist equipment and occupational therapy staff available, to help people make informed choices.
Tel: 01224 666350

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: 0845 5194 734 (local rate)

NRS Healthcare
Online sales of a wide range of daily living aids.

www.nrs-uk.co.uk
Tel: 0845 121 8111

Boots the Chemist (Boots UK)
Stock a range of mobility and daily living aids, including kitchen, feeding and drinking aids.

www.boots.com
Tel: 0345 609 0055

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 Local Authority and Health Care services
- 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 Local Authority and Health Care services**

Local Authority and Health Care services 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 Local Authority or Health Care service, 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 Local Authority and Health Care services 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, Local Authority and Health Care services 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 the Customer Contact Centre on 0345 608 1206**

**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.

See the examples listed on the next pages for sources of information, advice and suppliers.