

Equipment for daily living

Helping you live more independently
and safely in your home.

**Introduction to
equipment**

Equipment for daily living

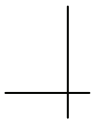
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**o you have difficulty
carrying out day-to-day
activities?**

**Do you sometimes feel
unsafe in your home?**

**Or do you care for
someone who
does?**





... helping you live safely at home

Introduction to
equipment



Equipment is available which can help you live more independently and confidently at home and in your community.

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Perching stools and other types of equipment can help you in the kitchen.



Equipment can help with things like:

- getting in and out of bed safely
- using the bath, shower or toilet
- getting closer to worktops and sinks in the kitchen
- managing the stairs or front steps
- remembering your medication
- letting someone know if you have a fall
- sounding the alarm if there is a fire or gas leak.

Whatever you're having difficulty with, chances are there is a piece of equipment that can help.



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What equipment
is available?

What equipment is available?

There are many types of equipment designed to help with different day-to-day activities. Here are just a few examples:

Around the home

- Bigger control knobs for the cooker or gas fire
- Trolleys for carrying things between rooms
- Kettle 'tippers' – to help you pour the kettle safely
- Perching stools – to help you remain in a semi-standing position so you can get closer to sinks, worktops etc.
- Chair raisers – to make a chair higher to help you get in and out of it more easily
- Bed raisers and bed poles – to help you get in and out of bed
- Specially adapted beds and chairs

What equipment is available?

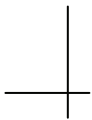
Equipment for daily living

- Mobile or ceiling-mounted hoists
- Raised toilet seats and commodes
- Shower stools and bath seats

Alarms, sensors and reminders ('telecare')

- Bed sensors and falls sensors
- Smoke, heat and gas detectors
- Sensors for wandering
- Personal/pendant alarms
- Medication reminders and pill dispensers





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What equipment
is available?

If you have a hearing impairment ...

- Amplified doorbells and phones

If you have a visual impairment ...

- Talking clocks

Getting about – mobility equipment

- Wheelchairs
- Walking equipment (e.g. walking sticks, walking frames and crutches)

See page 11 for more about getting wheelchairs and other mobility equipment.

Changes to your home to make it safer

You can also get changes made to your home so it's safer and more suitable for your needs. These kinds of changes are called **adaptations**.



What equipment is available?

Equipment for daily living

There are different kinds of adaptations – from small things (like having grab rails fitted around your bath or front door) to quite big things (like having a stair lift or ramps installed).

For more information about adaptations, see Leeds City Council's leaflet, *Housing Adaptations and You*, available from one-stop centres or from your OT or care manager.



Grab rails can be fitted to help you get in and out of the house.



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How can I get equipment?

How can I get equipment?

If you're having difficulty managing in your home and would like to find out if daily living equipment or adaptations could help, speak to:

- **your care manager, health visitor, physiotherapist or occupational therapist (if you have one)**
- **your GP**
- **NHS staff, if you are in hospital, or**
- **Leeds Adult Social Care Customer Services on 0113 222 4401**

You can also buy your own equipment from independent providers. If you do this, you should get impartial advice.

See page 16 for information about how to get impartial advice and assessment from the William Merritt Disabled Living Centre in Leeds.

How can I get equipment?

Equipment for daily living

What happens next?

Depending on how you get in touch, a health or social care professional will speak to you about any needs you may have. This is called an **assessment**.

You may like to have someone else with you during the assessment, such as a friend, family member or carer.

If it's agreed during the assessment that you would benefit from using equipment to help you live more independently, some more basic items such as a bath seat may be provided straight away.

If you need more specialised items, or changes to your home, an occupational therapist will visit you. They will talk with you in detail about what you find hard to do, and what things you are worried about.

Again, it's fine to have a friend, family member or carer present during this visit.

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When do I
get my
equipment?

When do I get my equipment?

After your assessment, your equipment will be delivered to you, and (if necessary) installed. The people installing it will be trained and experienced, and will wear name badges so you know who they are.

They will explain how to use any items you're not sure about, and answer any questions you may have.

If you have further questions, contact your occupational therapist (the person who carried out the assessment).

Getting wheelchairs and mobility equipment

If you will need to use a wheelchair, your GP (or in some cases your occupational therapist) can refer you to the Leeds Wheelchair Service. You can be assessed for the most suitable wheelchair from the NHS range.

Free transport can be provided to and from the centre.



Buying my own wheelchair

Equipment for daily living

What if I'd prefer to buy my own wheelchair?

If you decide that you would prefer to buy your own wheelchair or scooter you should get independent advice first.

Contact the William Merritt Disabled Living Centre on [0113 305 5332](tel:01133055332).



Equipment is available for children and young people too.

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How to return
unwanted
equipment

What if I don't need my equipment anymore?

Sometimes you might find that a piece of equipment is no longer suitable for your needs.

If this happens, speak first to your OT or care manager, or call Adult Social Care Customer Services on [0113 222 4401](tel:01132224401), as you may need a new assessment if your needs have changed.

Returning the equipment

You can return the equipment to Leeds Community Equipment Service by ringing [0113 247 7387](tel:01132477387). This means someone else can use it once it has been checked and cleaned. If you got your equipment from another provider, contact that organisation and they will advise you on how it can be returned.

Never pass equipment on to someone else – it may not be suitable for them.

What if I move home?

Equipment for daily living

What if I move home?

You can take things like wheelchairs, walking frames and commodes with you if you move home within Leeds – but not fixed items like stair lifts or handrails. Don't forget to let your equipment provider know if you move home and take equipment with you.

You will need to get advice about making sure your new home has the correct fittings for you. Before moving, contact your occupational therapist or Adult Social Care on [0113 222 4401](tel:01132224401) as soon as possible to arrange a new assessment.

How can I find out more?

If you would like further information:

- **speak to your occupational therapist or care manager, if you have one, or**
- **call Adult Social Care Customer Services on 0113 222 4401, or**
- **Children and Young People's Social Care on 0113 222 4403.**

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Finding other
equipment
suppliers

What if I want to choose and buy my own equipment?

You can buy different kinds of daily living equipment in shops around Leeds, by mail order and on the internet.

If you decide to buy your own equipment, you can get impartial, independent advice and assessments at William Merritt Disabled Living Centre and Mobility Service (see **page 16**). This is a good idea, especially if you are going to spend a lot of money on equipment.

Finding equipment suppliers

Here are some places and organisations that may be able to help you find local equipment suppliers.

Leeds Centre for Integrated Living

This organisation provides free advice and support to disabled and older people using a personal budget.

Telephone: 0113 214 3599

Website: www.leedscil.org.uk



Finding equipment suppliers *continued*

William Merritt Disabled Living Centre

Tel: **0113 305 5332**

Website: www.williammerrittleeds.org

Leeds Directory

A helpline and website to help you find local services in Leeds. You can also order a hard copy version of the directory.

Tel: **0113 391 8333**

Website: www.leedsdirectory.org

Care and Repair

Leeds home improvement agency providing advice and services to help people to live more independently.

Tel: **0113 240 6009**

Website: www.care-repair-leeds.org.uk

DIAL (Leeds)

Disability information and advice line.

Tel: **0113 214 3630**

Leeds City Council regrets it cannot take responsibility for the quality of advice or service offered by non-council organisations.

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For further copies of this booklet please call **0113 247 8630**.

If you do not speak English and would like help understanding this booklet please telephone 0113 222 4401 and state the name of your language. We will then contact an interpreter. This document can be provided in large print, Braille and audio – please telephone the number above.

