



You and Your Home Equipped for Life

A Guide to Equipment to Help you to Stay Independent
and Safe at Home

We may all experience times in our lives when our everyday tasks, such as washing, dressing, cooking and moving around our home, become more difficult for us due to injury or illness.

There is a range of equipment available that can help to make these tasks easier for us and keep us independent, from preparing a drink or making a meal, to being safe getting on and off our toilet or in and out of our bath/shower. If we are caring for someone who is ill or has a disability, then equipment can make it easier and safer for us to be able to continue to care for our family and friends.

Many of these pieces of equipment, known as “community equipment” or “aids to daily living” cost between £10 and £100 and are available to buy from a range of high street and internet retailers and can be delivered straight to your door.

There are a number of websites you can search for either advice on equipment or which sell equipment online. We cannot recommend individual websites and no items displayed have been tested by us.

- The Living Made Easy website has advice on equipment available and a list of local suppliers (www.livingmadeeasy.org.uk)
- “Ask Sara” is a web based service that allows you to work out which equipment might best suit your particular situation (www.asksara.org.uk)
- The Disabled Living Foundation can give advice on the right type of equipment for you (www.dlf.org.uk), help line number 0300 999 0004
- Manage@home (from Medequip, who supply equipment on behalf of the local health services and councils) www.manageathome.co.uk

- Age UK's website provides a fact sheet called Disability equipment and home adaptations (www.ageuk.org.uk).
- Boots sell equipment both in store and online (www.boots.com)
- Argos sell equipment both in store and online (www.argos.co.uk)



Local pharmacies and GP surgeries often have information about where you can purchase equipment and if you have a health or social care professional working with you, they will be able to give you advice on what equipment may be suitable for you and how you can access this equipment.

If you are having difficulty with your mobility either inside or outside your home and you feel that you may benefit from a walking aid or wheelchair, then you need to contact your GP or health professional who will be able to provide you with information and advice and, if appropriate, make a referral to physiotherapy or to wheelchair services for an assessment.

If you need equipment, mobility aids or a wheelchair for a short period of time then you may be able to access this from the Red Cross (www.redcross.org.uk) Tel: **0344 871 1111**.

If you are unable to find a piece of equipment to help you or you are having more difficulty managing at home, you can contact Derbyshire County Council for more advice and to request an assessment. You should contact Call Derbyshire on **01629 533190** or email: **contactcentre@derbyshire.gov.uk**

The customer care agents will provide you with advice and information about equipment and community services that could support you and, if appropriate, provide you with some equipment through our “simple services”. If you have more intensive needs that cannot be addressed by the customer care agents at Call Derbyshire, they will refer you to one of our local teams for further assessment.

If you are provided with equipment from your local NHS service or Derbyshire County Council, it will be on a long term loan basis. This means that if you no longer require the equipment we would ask that you contact your health or social professional or Call Derbyshire to arrange for the equipment to be collected.

You can also take equipment back to Medequip’s depot by prior arrangement. Please contact Medequip to arrange this on **01773 604426** or email **derbycustomerservice@medequip-uk.com**. They are open Monday to Friday, 8:30am to 5:00pm.

Help your local NHS and Adult Care services to help others by returning equipment that you no longer need.

This leaflet can be made available in large print, Braille, audio or alternate languages by calling **01629 532237**.

Adult Care, Derbyshire County Council, County Hall, Matlock
DE4 3AG Call Derbyshire **01629 533190**