



## Equipment to help you at home

If you are having difficulty managing certain tasks at home (for example getting in/out of the bath, dressing yourself, walking safely or standing up from your chair/bed) then you may benefit from some equipment to help.

Some independent living aids may be obtained free of charge so check with your GP or health care professional before buying products. You can also contact your local borough Social Services and ask to speak with a Community Occupational Therapist for advice about obtaining equipment or to be assessed for changes in the home.

The list below provides information about organisations who offer advice, loan or sell equipment to help you cope at home. We also have catalogues in the Lynda Jackson Macmillan Centre about various organisations, local chemists and pharmacies where you can obtain equipment.

For more information about what care and support can be arranged for you, please ask for Macmillan's booklet "Going home from hospital".

### AgeUK

Advice and information.

Tel: 020 8756 3040 (Hayes office)

Mon - Fri: 9.30am - 5.30pm

[www.ageuk.org.uk](http://www.ageuk.org.uk)

### British Red Cross

Short-term loans of equipment such as wheelchairs\* and medical equipment.

The nearest service location to Mount Vernon Hospital is:

Community Way  
Croxley Green  
WD3 3HB

Tel: 01923 720 485

To find your nearest centre tel: 0344 871 1111

[www.redcross.org.uk](http://www.redcross.org.uk)

### Disabled Living Foundation

Provides advice and information on aids and equipment, including a directory of suppliers.

Helpline: 0300 999 0004

Mon - Fri: 10am - 4pm

[www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk)

### Manage at home

Mobility aids and products available via the online Medequip retail store.

Freephone helpline: 0800 910 1864

Mon - Fri: 8am - 5pm

[www.manageathome.co.uk](http://www.manageathome.co.uk)

### Mobility Equipment Hire Direct

Will deliver equipment needed for a holiday trip in UK or abroad to your destination.

Freephone helpline: 0800 994 9000

Mon - Fri: 9am - 5pm, Sat: 9am - 2pm

[www.mobilityequipmenthiredirect.com](http://www.mobilityequipmenthiredirect.com)

### Mount Vernon Hospital Comforts Fund shop

Sells a variety of small aids including long-handled grabbers, stocking aids, long-handled shoe horns and sponges.

Mon - Fri: 10am - 3.30pm

Rickmansworth Road

Northwood

HA6 2RN

Tel: 01923 826111, ask for ext: 4269

## Scope

Offers information, advice and support for people living with a disability.

Tel: 0808 800 3333

Mon - Fri: 9am - 5pm

[www.scope.org.uk](http://www.scope.org.uk)

## Ways and Means

Specialise in equipment and aids.

Mail order catalogue available on request.

Tel: 0345 606 0911

Mon - Fri: 8.30am - 5pm

[www.waysandmeans.co.uk](http://www.waysandmeans.co.uk)

\* If you wish to be assessed for a long term wheelchair then please contact your local wheelchair service via your local borough social services.

