

Help outside of the house...

At the Independent Living Centre we have a large range of equipment for assessment, including wheelchairs, power chairs, scooters and rollators. We also have an outside area with different terrains for test driving the equipment. Give us a call on **01380 871007** to book an appointment with our Occupational Therapist to find out what would be suitable for you.

Things to consider when buying a rollator:

- Would you like a seat to perch on? 3-wheeled models are not as stable as 4-wheeled walkers, and most of them do not offer a seat.
- Would you like to carry items as you walk? Some models come with baskets or trays.
- Have you tried the walker over different surface types? E.g. carpets, gravel, grass.
- Can you lift the walker, or fold it to fit in a car?
- Can you work the brakes easily? Some rollators have brakes which can be used with one hand.
- Can you adjust the height of the handles?

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Things to consider when buying a wheelchair:

- If you will be using the wheelchair most days of the year, you may be eligible for a free one from your local wheelchair service.
- Will someone be pushing you, will you be self propelling, or do you need an electric wheelchair? Did you know you can get electric motors for some manual wheelchairs?
- Will the chair fit in the car? Are you or your helper able to lift it?
- Does the seat fit you properly, and are your feet supported firmly by the footrest? Is the back comfortable, and will you need a cushion?
- Some wheelchairs can have additional features such as a reclining back, or elevated leg rests.
- Will you need ramps for your front/back door?
- Is there a local repair service able to provide maintenance?

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Things to consider when buying a scooter:

- Where will you be using the scooter, and how far will you want to travel each day? 4mph scooters can only travel on the pavement, while 8mph scooters can travel on the road. Will you need to go over rough ground or grass? Will you need to use it indoors? E.g. shops, restaurants.
- When trying different scooters, do they feel safe, sturdy and comfortable? Can you work the controls easily, and get on/off independently?
- Will the scooter fit in the car? Are you or your helper able to lift it, or will you need a ramp or hoist?
- Is there a local repair service able to provide maintenance? We advise getting insurance & breakdown cover.

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Before buying anything from a magazine, TV advert or the internet, can you say yes to the following questions?

- Have you asked a friend or family member to be with you when the salesperson visits?
- Have you been told the complete price? Delivery and fitting may be extra.
- Have you compared prices with other companies?
- Have you checked the item will fit and work in your home? Can you try before you buy?
- Are you being offered a guarantee? Is the repair service local?
- Have you been given all the information in writing? Are there contact details in case of a problem?

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