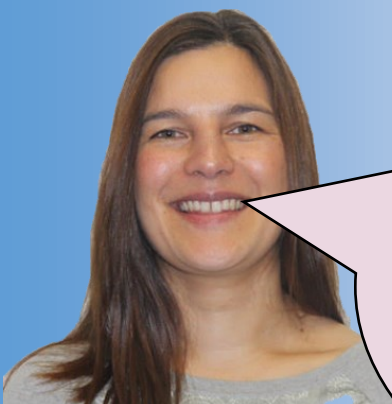


What to expect from an assessment...



Christine Bott
Occupational Therapist

“First of all we will sit down in our coffee lounge to have a discussion about your needs, and to form a plan for the assessment before going to try any equipment required.

This is an opportunity to discuss the areas you might find difficult around the home, such as: safety, mobility, meal preparation, bathing and transfers. The appointment will usually focus on one key area but may include a few other areas as per individual need and time allowing.”



“If you are finding it difficult to walk longer distances and you have a medical condition which stops you from being able to go out and get to places independently, a scooter may be appropriate. From our range of scooters for assessment, you will be able to try suitable models on our outside track. I will be able to give you professional guidance and advice, and talk through all the things you need to consider so that you can be sure you’re making the right choice.”

“Often people describe their walking aid as not meeting their needs. We have a wide selection of aids, including walking sticks, frames, trolleys and rollators. Some are different heights and widths, some have seats and/or baskets, and some have different styles of brakes. During your appointment I can assess your mobility and give you advice as to which walking aid would be most suitable for your needs.”



“When stair mobility becomes unsafe and unmanageable you may consider getting a stairlift. Here at the ILC we have 6 stairlifts on a short flight of stairs that you can try out. There are a lot of things to consider such as ability to get on/off the stairlift, whether you can manage the controls, and what type of lift is going to be best to meet your needs now and in the future. We also have a dummy model of a through floor lift here to give you an idea of size.”



“Having a chair to support correct posture and positioning can have a positive impact on your wellbeing and independence. During an assessment, I can measure you for the correct fitting chair. We will also try out different postural supports to establish what will best meet your needs.”

“The kitchen is fully equipped with aids for you to try during an appointment. We can look at areas you are finding difficult and focus on finding the right solution. Examples of things you can try include: adaptive cutlery, cups for easier drinking, aids to help you grip and open items, food preparation aids, adaptable work surfaces and other adaptive solutions.”



“Assistive technology is playing a growing part in supporting independence for all ages. From easy to use phones, easy to programme reminder aids, falls pendant alarms and sensors to support safety around the home. We will look at the needs facing you and your loved ones and be able to suggest aids and/or signpost you to arrange aids being fitted and monitored.”

“Often people experience difficulty with getting in and out of the bath, and safety can become a concern. For those who enjoy a relaxing bath, a bath lift may be a viable safe option to support continued bathing with independence. We have a range of lifts to cover differing needs, some offering more support to give the user increased confidence. During the appointment you will have the opportunity to try out and be assessed on suitable bathing lifts and other equipment such as grab rails. We do also have a walk in bath for comparison.

Level access showers are often a good long term solution for many people. We have a demonstration area which allows us to carefully think through with you which features you may benefit from or require.”



“If you would like to book an appointment to see any of the examples given above, or to see one of our other areas like wheelchairs or beds, just give us a call on **01380 871007** and we can make an appointment for you or your family member to visit the centre. For further details about how we can help please explore our website, or give us a ring and we will be happy to answer your questions.”