



Nottinghamshire
County Council

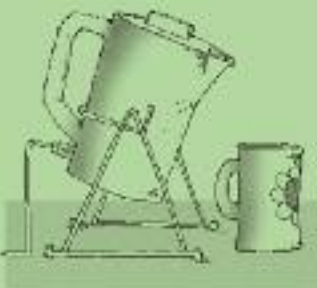
Everyday living equipment



How to get
simple items of
equipment...

... to help you
live independently
at home

January 2009





Are you finding it difficult to do some things at home?

Maybe its a struggle for you to pick something up from the floor or use a knife and fork?

Sometimes a little thing makes a big difference

A simple item of equipment, such as a 'helping hand' or adapted cutlery, can make everyday tasks so much easier and help you to be more independent at home.

Items of equipment available include:

- kettle tipper
- special cutlery
- helping hand
- raised toilet seat

It's so easy!

We can help if:

- using a small item of equipment **helps you to live independently at home**
- you are **aged 18 or over**
- you **live in Nottinghamshire** (except Nottingham City).

What next?

Simply contact us in one of the following 3 ways. We will then ask you a few straightforward questions to sort out the items of equipment you need.

Telephone

You can talk to a service advisor about the help you need. If you wish, the service advisor will take your number and ring you back.

- ▶ Telephone: **01623 43 44 57**

Email

Or you can contact us by email at:

- ▶ **equipment@nottsc.gov.uk**

Write

Fill in the slip overleaf and send it to us. We will then contact you directly.

- ▶ **Occupational Therapy Team, Lawn View House,
40 Station Road, Sutton in Ashfield. NG17 5GA**

www.nottinghamshire.gov.uk/smallitems

Name _____

Address _____

Tel _____ Date _____

I would like to find out more about getting small items of equipment to help me be more independent at home

If you have any questions about how to get small items of equipment don't hesitate to give us a call.

► Telephone: **01623 43 44 57**

Contact us if you need the information in a different language or format.

Customer Service Centre, PO Box 9320,
Nottingham. NG15 5BL

phone **08449 80 80 80**

Calls cost 3p/min from BT landlines. Mobile costs may vary.

e-mail customerservice.centre@nottsc.gov.uk

website www.nottinghamshire.gov.uk



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