



Occupational Therapy Service for adults – helping you to live independently at home

Can I get help?

You can get help if you are aged 18 or over and live in Nottinghamshire: phone 0300 500 80 80.

Phone 0115 915 5555 if you live in Nottingham City.

What help can I get?

Following an assessment you can get:

Advice and information

First have a look at our online directory:
www.nottshelpyourself.org.uk

Handy Person Adaptation Service (HPAS)

HPAS offers older or disabled people odd jobs and small adaptations to their home, such as putting up shelves and fitting grab rails and half steps. There is a charge of £15 for the service for up to four hours work.

For more information about HPAS visit
<http://www.nottinghamshire.gov.uk/hpas>
or phone 0300 500 80 80.

Support from the Council

If you can't find what you need we may be able to work with you, or anyone who cares for you, to find different and easier ways of doing things. You may need to have an assessment to find out if you are eligible for support from us.

The support that we might provide includes:

Rehabilitation

We can refer you for rehabilitation and other services.

Equipment

We can arrange for the loan of equipment to help you stay in your own home. For example: specialised shower seats, toilet equipment.

TeleCare Monitors and Alarms

We can provide:

- Sensors in your home, which are linked through a telephone line to a 24 hour monitoring centre and will automatically contact the centre if they detect danger.
- Standalone assistive technology; sensors in your home send an alarm to a portable pager unit, which a carer can carry with them
- Just checking, which uses a number of movement sensors to monitor which rooms you use and any times you leave the home.

Adaptations to your home

We can arrange or recommend adaptations to your home, which may help you, or anyone caring for you, to manage essential daily activities more easily. Minor adaptations could include stair rails, grab rails and half steps.

If major adaptations are recommended, such as a level-access shower, a stair-lift or a ramp for wheelchair use, we can explain how these are funded and what help you may be able to get.

Re-housing

We can advise you about options if you can no longer manage in your present home.

Can I have a direct payment for equipment?

You may be able to have a direct payment if your assessment shows that you need equipment but:

- you prefer different equipment to what we offer **and**
- your preferred equipment meets the same assessed need

A direct payment is a cash payment that would be the same as the amount it costs us to supply the standard equipment. You can then add your own money to it to buy your preferred piece of equipment.

We will explain all the details about using a direct payment for equipment during your assessment.

If you receive a direct payment to arrange your own care and support at home this **must not** be used to buy equipment.

Will I have to pay for the help I get?

Our information and advice is free. Any equipment we supply is on long-term loan, free of charge. You do have to pay for HPAS and you may be expected to pay something towards the cost of major adaptations through the Disabled Facilities Grant process via your local district council.

For further details about paying for adaptations, ask for our factsheet, 'Disabled Facilities Grants' or see the 'major adaptations' page on our website.

If you have equipment that you no longer use please return it to:

ICELS Community Equipment Store
Middleton Court
Glaisdale Parkway
Glaisdale Drive West
Nottingham, NG8 4GP

T: 0845 1272911

Contact the Council

If you need further advice and guidance phone: 0300 500 80 80 to speak to an advisor.

Minicom: 01623 434993

Lines are open Monday to Friday: 8am to 8pm
Saturday: 8am to 12 noon

Email: enquiries@nottscc.gov.uk

Emergency Duty Team (EDT): 0300 456 4546

The EDT operates: Mon – Thurs: 5pm – 8.30am; 24 hours at weekends from 4.30pm on Fridays to 8.30am on Mondays; and 24 hours during all public holidays.

Other sources of help

The Disabilities Living Centre

This provides information, advice and assessments on equipment and services for disabled people, elderly people, carers and professional staff. Contact the Centre to find out more information, including any charges that may be payable.

Tel/Minicom: **0115 985 5780**

Fax: **0115 978 8113**

Web: **www.dlcnotts.co.uk**