



Nottinghamshire  
County Council

# Signposts

Services for adults with  
a physical impairment

- **Daily living**
- **Transport**
- **Money**
- **Housing**
- **Advice & support**
- **Work**
- **Carers**



February 2006

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Nottinghamshire County Council has a section for people with a physical impairment on its web site.

[www.nottinghamshire.gov.uk/physicalimpairment](http://www.nottinghamshire.gov.uk/physicalimpairment)

Our web site is speech-enabled. Click on "Listen to this site" at the top of every page.

# Introduction

This leaflet lists a range of services available to adults with a physical impairment living in Nottinghamshire.

For more information on any of the services listed:

- telephone or email the contact provided
- visit the web site provided
- request a leaflet (if available).

## How do I get a service?

Use the telephone number provided to contact the service.

For some of the services you will need an assessment to see if you are eligible. If so, someone will explain this to you.

## How much will it cost?

You may have to pay for some of the services. Any charges will be explained to you before starting the service.

## Physical Disability Teams

These specialist teams work with adults 18-65 years old with a physical impairment. They aim to work with you to help you

- live safely and independently in your own home wherever possible AND
- improve your quality of life.

You must have a permanent and substantial disability with complex needs. You will need an assessment.

*telephone:* local Social Services office  
(see page 17).

*web site:* [www.nottinghamshire.gov.uk/  
physicalimpairment](http://www.nottinghamshire.gov.uk/physicalimpairment)

## Visual Impairment Team

The Team for Visual Impairment work with adults who have a visual impairment.

*telephone:* (01623) 433550

*web site:* [www.nottinghamshire.gov.uk/  
visualimpairment](http://www.nottinghamshire.gov.uk/visualimpairment)

*Leaflet available*

## County Deaf Team

We have a specialist team that understands the issues surrounding deafness. Some of them are deaf and all of them can sign.

*telephone:* (01623) 433413 (Minicom)  
(01623) 433433 (Voice)

*web site:* [www.nottinghamshire.gov.uk/  
deafpeople](http://www.nottinghamshire.gov.uk/deafpeople)

*Leaflet available*

## Protection of vulnerable adults

Vulnerable adults can be physically, psychologically, financially and sexually abused. If the safety or welfare of a vulnerable adult is causing you concern you can report this by contacting your local Social Services office (see page 17) or the Police.

## Day and Community Support Services

These services for adults aged 18–65 provide a range of opportunities to help develop your skills and become more independent in the community.

*telephone:* local Social Services office  
(see page 17).

*web site:* [www.nottinghamshire.gov.uk/dayservices](http://www.nottinghamshire.gov.uk/dayservices)

*Leaflet available*

## Home Care

Home Care is support provided to you in your own home to help you with personal care, for example dressing or washing, or practical tasks such as laundry or shopping.

*telephone:* local Social Services office  
(see page 17).

*web site:* [www.nottinghamshire.gov.uk/homecare](http://www.nottinghamshire.gov.uk/homecare)

*Leaflet available*

## Meals at Home

This is a delivery service of ready-made meals, direct to your own home.

*telephone:* (01623) 490015

*email:* [kerry.severn@nottsc.gov.uk](mailto:kerry.severn@nottsc.gov.uk)

*web site:* [www.nottinghamshire.gov.uk/mealsathome](http://www.nottinghamshire.gov.uk/mealsathome)

*Leaflet available*

## Occupational Therapy

This service helps people find solutions to practical difficulties of living at home. This might include advice and information, how to get adaptations to your home and the loan of specialised equipment.

### Direct Payment for equipment

If you have been assessed as needing a piece of equipment but would prefer something over and above that which Social Services would supply, you may be able to apply for a direct payment.

*telephone:* local Social Services office  
(see page 17).

*web site:* [www.nottinghamshire.gov.uk/occupationaltherapy](http://www.nottinghamshire.gov.uk/occupationaltherapy)

*Leaflet available*

## Residential Services

If you are unable to continue living in your own home and need residential care, Social Services can arrange this for you. This can be either short or long-term in a care home.

*telephone:* local Social Services office  
(see page 17).

*web site:* [www.nottinghamshire.gov.uk/carehomes](http://www.nottinghamshire.gov.uk/carehomes)

*Leaflet available*

## Short Breaks

We provide several options for people with a physical impairment aged 18-65 to have a break. We also offer short breaks to carers.

*telephone:* local Social Services office  
(see page 17).

*web site:* [www.nottinghamshire.gov.uk/holidays](http://www.nottinghamshire.gov.uk/holidays)  
[www.nottinghamshire.gov.uk/carersbreaks](http://www.nottinghamshire.gov.uk/carersbreaks)

*Leaflet available*

## Telephones

In certain situations we may pay for a telephone to be installed in your home. For example if:

- you are at risk of a medical emergency
- you have a disability
- you live alone (or spend most of the day alone)
- you are unable to leave the house unaided.

*telephone:* local Social Services office  
(see page 17).

*web site:* [www.nottinghamshire.gov.uk/telephones](http://www.nottinghamshire.gov.uk/telephones)

## Disabilities Living Centre

The Centre provides information, advice and assessments for equipment and services for disabled and elderly people, carers and professional staff. There is a comprehensive range of equipment on permanent display in the centre. You can visit the centre by appointment or arrange to have someone come to your home to discuss your needs.

*telephone:* (0115) 985 5780 (9am – 3pm)

*email:* [info@dlcnotts.co.uk](mailto:info@dlcnotts.co.uk)

*web site:* [www.dlcnotts.co.uk](http://www.dlcnotts.co.uk)

## Dial-A-Ride

This scheme offers a specialised door-to-door travel service if you are unable to use public transport.

*telephone:* the contact telephone number depends upon where you live:

- Mansfield & Ashfield - 0800 626217
- Bassetlaw and Newark - 0800 626254
- Broxtowe, Gedling & Rushcliffe - 0800 526103

*email:* [dialaride@nottscc.gov.uk](mailto:dialaride@nottscc.gov.uk)

*web site:* [www.nottinghamshire.gov.uk/dialaride](http://www.nottinghamshire.gov.uk/dialaride)

*Leaflet available*

## Disabled Parking Badges

These badges allow people who:

- are very severely disabled
- are registered blind
- would otherwise find it impossible to visit shops, public buildings or other buildings

to park their cars near shops, stations and other facilities.

*telephone:* local Social Services office (see page 17).

*web site:* [www.nottinghamshire.gov.uk/bluebadge](http://www.nottinghamshire.gov.uk/bluebadge)

## Special Access Permit Scheme

This scheme is for people who have particular mobility difficulties. The permit allows vehicles into pedestrianised areas within the County.

*telephone:* (01623) 443 939

*email:* [etwall@nottscc.gov.uk](mailto:etwall@nottscc.gov.uk)

*web site:* [www.nottinghamshire.gov.uk/specialaccess](http://www.nottinghamshire.gov.uk/specialaccess)

*Leaflet available*

## Shopmobility Schemes

These independent schemes lend wheelchairs and scooters for shopping, leisure and business trips within their area. You can use the schemes if you have a long-term or temporary disability and you do not need to be registered disabled.

The Nottinghamshire schemes are:

- Broxtowe (0115) 917 3788
- Gedling (0115) 981 5451
- Mansfield (01623) 655 222
- Nottingham City (0115) 915 3888
- Retford (01777) 705 432
- Rushcliffe (0115) 981 5451
- Worksop (01909) 479 070

*web site:* [www.justmobility.co.uk/shop/](http://www.justmobility.co.uk/shop/)

## Direct Payment Scheme

A direct payment is money you can use to arrange your own care and support at home instead of Social Services providing it.

*telephone:* local Social Services office  
(see page 17).

*web site:* [www.nottinghamshire.gov.uk/  
directpaymentsadults](http://www.nottinghamshire.gov.uk/directpaymentsadults)

*Leaflet available*

**Direct Payment for equipment – see page 6.**

## Direct Payment Support Service

Independent information, advice and practical help can be given to anyone who is considering asking for a direct payment.

*telephone:* 0845 601 4261

*email:* [dpsnotts@tiscali.co.uk](mailto:dpsnotts@tiscali.co.uk)

*web site:* [www.directpayments-notts.org.uk](http://www.directpayments-notts.org.uk)

## Age Concern

If you are aged 65 or over, Age Concern can offer you independent advice and help about direct payments.

*telephone:* (01623) 488 212

*email:*

[directpayments@ageconcernnotts.org.uk](mailto:directpayments@ageconcernnotts.org.uk)

*web site:* [www.ace.org.uk](http://www.ace.org.uk)

## Fund for Disabled People

The County Council has a fund for small grants to help pay for a wide range of items. These items should aim to improve a disabled person's lifestyle and independence. Grants cannot be used to pay for items funded by other departments or agencies.

*telephone:* (0115) 977 3016

*email:* [janet.lowe@nottsc.gov.uk](mailto:janet.lowe@nottsc.gov.uk)

*web site:* [www.nottinghamshire.gov.uk/  
fundfordisabledpeople](http://www.nottinghamshire.gov.uk/fundfordisabledpeople)

*Leaflet available*

## Independent Living Fund (ILF)

The Fund makes regular payments to provide the support you need to remain living at home. To qualify you must:

- be aged 65 or under
- meet ILF criteria
- already receive at least £200 worth of services a week from social services.

*telephone:* 0845 601 8815

*email:* [funds@ilf.org.uk](mailto:funds@ilf.org.uk)

*web site:* [www.ilf.org.uk](http://www.ilf.org.uk)

## Accommodation

For re-housing you should contact your local district council, housing association or your local Social Services office.

*telephone:* look in your local phone book for your district council or housing association.

local Social Services office  
(see page 17).

*web site:* [www.nottinghamshire.gov.uk/districtcouncils](http://www.nottinghamshire.gov.uk/districtcouncils)  
(for contact details of your district council)

## Disabled Facilities Grant

This grant pays towards the cost of adapting your home. You may be entitled to a grant if you are unable to manage certain daily living tasks at home. This grant is means tested.

*telephone:* local Social Services office  
(see page 17).

*web site:* [www.nottinghamshire.gov.uk/disabledfacilitiesgrant](http://www.nottinghamshire.gov.uk/disabledfacilitiesgrant)

*Leaflet available*

## Welfare Rights Service

The Welfare Rights Service provides free independent information, advice and advocacy on welfare benefits.

*telephone:* 0845 601 5943

*email:* [welfare.rights@nottsc.gov.uk](mailto:welfare.rights@nottsc.gov.uk)

*web site:* [www.nottinghamshire.gov.uk/benefitsadvice](http://www.nottinghamshire.gov.uk/benefitsadvice)

*Leaflet available*

## DIAL (Disability Information Advice Line)

Provides free independent, confidential and impartial information and advice on any aspect of disability.

*telephone:* (01623) 625 891

*email:* [advice@dialmansfield.org.uk](mailto:advice@dialmansfield.org.uk)

*minicom:* (01623) 656 556

*web site:* [www.dialmansfield.org.uk](http://www.dialmansfield.org.uk)

## Advocacy

Independent advocates help people to express their views. They can help you when dealing with Social Services and other organisations.

*web site:* [www.nottinghamshire.gov.uk/independentadvocacy](http://www.nottinghamshire.gov.uk/independentadvocacy)

*Leaflet available as a pdf on the above web site*

## Ready4Work

This scheme offers a range of opportunities to gain the skills necessary to obtain or retain paid employment for 16 hours or more. They also give support to people once they have found a job. Advice for employers on employing disabled people is also available.

*telephone:* (0115) 977 3278

*email:* supported.employment.programme@nottsc.gov.uk

*web site:* www.nottinghamshire.gov.uk/supportedemployment

*Leaflet available*

## Access to Work

Provides information and advice on the practical issues involved at work to both disabled people and employers. Can also provide a grant towards any extra employment costs that result from a person's disability.

*telephone:* contact your nearest Jobcentre/Jobcentre Plus office.

*web site:* www.jobcentreplus.gov.uk/JCP/Customers/HelpForDisabledPeople/AccessToWork/index.html

## Carers Assessment

If you are providing a regular, unpaid and substantial amount of care for someone else you may be entitled to a carers assessment.

*telephone:* local Social Services office (see page 17).

*web site:*

www.nottinghamshire.gov.uk/carers

*Leaflet available*

## Carers Unit

The Social Services Carers Unit offer advice and information for carers. You can also sign up for the:

- County emergency card for carers. Carers carry this card so that in an emergency, care may be provided on their behalf
- 'Connect' mailing list. Carers receive newsletters and other information.

*telephone:* (0115) 9678 1063

*email:* carersunit.ss@nottsc.gov.uk

*web site:* www.nottinghamshire.gov.uk/carers

*Leaflet available*

For more information on how to get help from Social Services contact:

- **Your local Social Services office**  
(see opposite)

- **County Contact**

Gedling  
☎ (0115) 901 3868  
minicom: (0115) 901 3935

Mansfield  
☎ (01623) 476800  
minicom: (01623) 476820

Retford  
☎ (01777) 713800  
minicom: (01777) 713820

Sutton-in-Ashfield  
☎ (01623) 476800  
minicom: (01623) 476820

- **If you are Deaf/deafened**

County Deaf Team  
minicom: (01623) 433653  
fax: (01623) 433141  
☎ (01623) 433433

- **If you have a visual impairment**

Team for Visual Impairment  
☎ (01623) 433550

## Local Social Services offices

The map shows Nottinghamshire divided into several districts: Mansfield, Ashfield, Broxtowe, Gedling, Newark & Sherwood, and Rushcliffe. The City of Nottingham is also marked. Callout boxes provide contact information for each district and an Emergency Duty Team.

**Newark**  
☎ (01636) 654654  
minicom: (01636) 654450

**Gedling**  
☎ (0115) 854 6000  
minicom: (0115) 854 6210

**West Bridgford**  
☎ (0115) 914 1500  
minicom: (0115) 914 1646

**Beeston**  
☎ (0115) 917 5800  
minicom: (0115) 917 5808

**Emergency Duty Team**  
☎ 0115 844 7333  
Available between:  
5.00pm and 8.30am or on  
a weekend/bank holiday

Please contact us if you would like further copies of this publication, or you need the information in a different language or format:



Service Information Team, Social Services  
Department, County Hall, West Bridgford,  
Nottingham NG2 7QP

phone **(0115) 977 4025**

e-mail **communications.ssd@nottscc.gov.uk**

web site **www.nottinghamshire.gov.uk**



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