

# Helping you live independently at home (occupational therapy)



This easy read document tells you about some of the ways our occupational therapy service for adults can help you to live independently at home.

## Helping you live independently at home.



You can get help from our occupational therapy service for adults if you are aged over 18 and live in Nottinghamshire.



You can contact our occupational therapists by telephone: 0300 500 80 80.



We may be able to help you or your carers find easier ways of doing things.



You may need an occupational therapy assessment to see if we can help you.



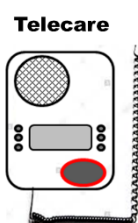
Our information and advice are free. Any equipment we give to you to borrow is on long-term loan and is also free of charge.



We might be able to refer you for rehabilitation and other services.



We can help you to borrow equipment such as shower seats and toilet equipment so you can stay in your own home.



We can provide TeleCare monitors, alarms and home sensors in which will contact a 24 hour monitoring centre if they sense danger.



We can give you standalone assistive technology such as room sensors and portable pager units which a carer can carry with them, so they know if you need help.



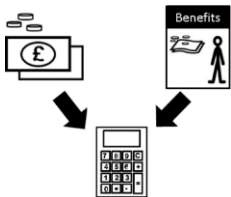
We can assess what equipment and adaptations to your home may help you and your carers do daily activities more easily.



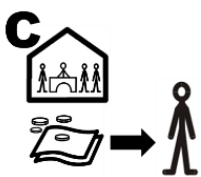
Minor adaptations are small changes, and include things like stair rails, grab rails and half steps.



Major adaptations are big changes, like a level access shower, stairlift or wheelchair ramp.



We can work with your district or borough council to give you some money towards the costs of major adaptations.



We call this a Disabled Facilities Grant.



We have information on [Disabled Facilities Grants in easy read format](#).



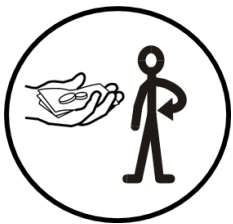
Information is also [available in plain English format](#).



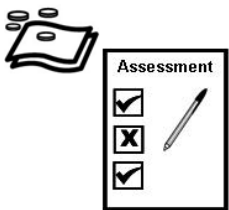
We can tell you how major adaptations are funded and what help you may be able to get.



We can also give you advice about what you can do if you can't manage in your own home and need to be rehoused.



Sometimes we can give you a Direct Payment to help you buy equipment that you need.



We might give you a Direct Payment if your assessment shows that you need equipment but you would like a different type to what we can give you.



The equipment you choose must meet the needs the assessment has shown you have.



If we give a Direct Payment, the amount will be what it would cost us to buy standard equipment.



If you want, you can add your own money to this money to buy a more expensive version of the equipment.



If you are given a Direct Payment for your own care and support at home this must not be used to buy equipment.



We have an online directory, [Notts Help Yourself](#), where you can find more help and information.



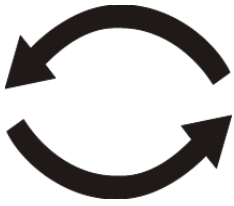
The Handy Person Adaptation Service (HPAS) helps older and disabled people by doing odd jobs and making small changes to people's homes, such as fitting grab rails and half steps.



It costs £15 for one job which can be up to four hours' work.



For more information is available on the [HPAS webpage](#).



If you have any accessibility equipment that you no longer need, please telephone:  
0845 127 2911

or return it to:



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

## **Customer Service Centre**



Our Customer Service Centre can help by answering questions or helping with form filling.

There are several ways to contact them, including:



**Web:** [Use our online contact form](#)



**Telephone:** 0300 500 80 80



**Relay UK**

**Text Relay:** 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).

 **SignVideo**

**Sign Video**

People who use British Sign Language to communicate can use [the SignVideo app](#) to speak with us.

## Emergency Duty Team



If you need urgent help when our offices are closed, you can contact our Emergency Duty Team (EDT).



You can telephone them on  
0300 456 4546



The EDT are available to talk to in the evenings, overnight, at weekends and public holidays.

## **Links in this document**

### **Disabled Facilities Grant (easy read)**

[nottinghamshire.gov.uk/global-content/easy-read-library/disabled-facilities-grant-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/disabled-facilities-grant-easy-read)

### **Disabled Facilities Grant (plain English)**

[nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/disabled-facilities-grant](https://nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/disabled-facilities-grant)

### **Notts Help Yourself online directory**

[nottshelpyourself.org.uk](https://nottshelpyourself.org.uk)

### **Handy Person Adaptation Service**

[nottinghamshire.gov.uk/care/adult-social-care/help-living-at-home/adapting-your-home/handy-person-adaptation-service](https://nottinghamshire.gov.uk/care/adult-social-care/help-living-at-home/adapting-your-home/handy-person-adaptation-service)



## **Nottinghamshire County Council – contact us form**

[nottinghamshire.gov.uk/contactform](https://nottinghamshire.gov.uk/contactform)

## **Relay UK app**

[www.relayuk.bt.com/how-to-use-relay-uk/download-app.html](https://www.relayuk.bt.com/how-to-use-relay-uk/download-app.html)

## **SignVideo app**

[signvideo.co.uk/download](https://signvideo.co.uk/download)

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For plain English web page version of this information, go to:

[Occupational Therapy Service for adults | Nottinghamshire County Council](https://nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/occupational-therapy)

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