

Organising home for caring

Equipment, adaptations, alarms, telecare, housing repairs, housing with support

VOCAL - Voice of Carers Across Lothian ● August 2018

Alarms and monitors (Telecare)

Telecare allows you or the person you support to contact the community alarm service to get help if the person you care for needs it e.g. if they become ill or something is wrong. In addition to the community alarm service there is a range of equipment to monitor movement, heat, fire risks and if the person you support might wander.

A professional can arrange for a Telecare package to be installed or you can call **Social Care Direct on 0131 200 2324** and they will make arrangements for someone to visit and find out what kind of Telecare is needed. There is usually no charge for the installation, maintenance, repair or removal of any equipment but you may have to pay for the monitoring service.

Equipment to help in the home

Equipment for the home is available to help older people or those with disabilities manage bathing, dressing, toileting and moving around the home day to day. If you are leaving hospital, an occupational therapist or physiotherapist will assess your needs and arrange for the equipment you need. If the person is at home you can contact Social Care Direct on the number below.

Most equipment is ordered through the Community Equipment Service - some simple items can be ordered directly by you while others require a professional assessment before they can be ordered.

Contact Social Care Direct on 0131 200 2324 for advice or to arrange an assessment.

Ordering simple equipment items

Simple items such as pickup reachers, dressing sticks and grab rails can be ordered from the Council's directory of equipment (available online at: www.edinburgh.gov.uk/directory/15/ or by calling the Community Equipment Store on **0131 529 6300**). These items are free of charge and can be installed if required. If equipment is required for a child or young person under 16, please contact Social Care Direct on **0131 200 2324**.

Red Cross short term loan service

The British Red Cross provide short-term loans (free of charge) of mobility aids to people in need, including wheelchairs, commodes, walking sticks and frames. Call the local branch in Dalkeith on **0131 660 9372**.

Adaptations to the home

You may be eligible for support to make adaptations to your home such as changing the layout of your kitchen or bathroom or putting ramps inside or outside your property. The Council use a set of criteria to assess eligibility for a major adaptation - this is the same criteria used to assess eligibility for care at home services. An Occupational Therapist (OT) will visit and assess the needs of the person you care for.

To arrange for an assessment for an adaptation to your home contact Social Care Direct on 0131 200 2324.

Care and repair

Care and Repair provide a wide range of practical services and advice to assist elderly and disabled people in Edinburgh to live in their own homes in more comfort, security and with greater independence, including handy person, small repairs, home improvement and trade referral services.

Call **0131 337 1111**, email **reception@careandrepaiiredinburgh.org.uk** or visit: **www.careandrepaiiredinburgh.org.uk**

Housing with support

Support for people with learning disabilities

Housing support providers can help the person you care for to move into their own home and to live independently if this is suitable for them. City of Edinburgh Council has a list of housing support providers for people with learning disabilities - visit **www.edinburgh.gov.uk/info/20097/learning_disabilities**

Sheltered housing

City of Edinburgh Council has sheltered housing across Edinburgh. It is allocated based on individual needs; there is no age barrier but there must be a need for support or the alarm system. To apply for sheltered housing with the council and housing associations call **0131 529 5080**, email **edindex@edinburgh.gov.uk** or visit the website: **keytochoice.scotsman.com**

Managing home energy use and bills

VOCAL provide free energy use seminars, energy surgeries and 'switching labs' for carers to support them to get the best deal from energy suppliers and manage home energy use and bills. Contact VOCAL on **0131 622 6666** or visit **www.carerevents.co.uk** for more information.

Disabled Living Foundation

The Disabled Living Foundation offers advice and information for older and disabled people, as well as carers. You can get independent advice and guidance on equipment and adaptations. Contact **0300 999 0004** or visit: **www.dlf.org.uk**

Useful resources

Disabled Living Foundation

The Disabled Living Foundation's 'Living made easy' website - **www.livingmadeeasy.org.uk**

- can help you choose what daily living equipment will suit you best. They offer clear, practical advice.

You can also check 'Ask SARA', the Disabled Living Foundation's guided advice tool - **asksara.dlf.org.uk**

The Dementia Centre

Virtual Care Home is an online resource that demonstrates dementia-friendly design in people's own homes. For more details visit:

www.dementia.stir.ac.uk/design/virtual-care-home/virtual-care-home