

Assistive Equipment

There are a number of pieces of equipment that can assist you in day to day life. Many items are available in local high street shops. You could also visit the following website for more ideas and information.

www.livingmadeeasy.org.uk.

Assistive Technology is a range of equipment and sensors that support people to gain independence. It can provide peace of mind to the individual and to their loved ones/carers.

There are some very simple but effective high street solutions; for example:

- **Remote control plugs** – This product enables you to turn appliances on/off remotely from anywhere in the room. They are very helpful for people who may struggle to bend/reach to the plug sockets.
- **One cup kettle** – this is very similar to a normal kettle but it boils and dispenses one cup of water at a time. This is a great solution for someone who may struggle to lift and tip a heavy boiling kettle.
- **Motion sensor light** – this is a light with the added bonus of a motion sensor. The light comes on automatically when it detects movement. This makes going to the toilet at night much easier and reduces the risk of falls.

There are also more high tech examples such as:

- **Epilepsy Sensors** – These will alert a carer or loved one when there is seizure activity.
- **Reminder clocks** – these can store reminders for almost anything but medication is the one thing that a lot of people need to be prompted about.
- **Bed sensors** – these let a carer know if a loved one is up and about at night time. The person may need some help to go to the toilet in order to prevent falls.

If you feel that your needs or the needs of a loved one are quite complex then you may benefit from speaking to Wellbeing Independence Partnership (WIP) who are an information, advice and advocacy service. Wellbeing Independence Partnership (WIP) may be able to identify services within the community that you could contact or purchase equipment from. This would give an opportunity for you to discuss some of the more advanced equipment that may support you.

You may also be interested in learning about lifeline services; these are sometimes called community alarms. There is a fact sheet about Lifeline.