

Independent Living Centre

catalogue

A selection of aids and devices to help you with daily tasks and keep you safe and independent at home or out and about.



1. Four wheeled rollator
Superb quality, height adjustable, lightweight with padded storage seat. Colours may vary. **£63**



2. Walking stick holder
Attach the holder to your rollator to keep your walking stick close at hand. **£5.50**



3. Walking stick wrist strap
Strong nylon walking stick wrist strap. **£2**



4. Walking stick clip
This handy clip allows the stick to be balanced on a table or other flat surface. **£2.50**



5. Elastic laces
Convert your lace-up shoes into slip-ons with these elastic laces (includes 2 pairs). **£9**



6. Adjustable wide-based walking stick
Broad base for stability, height adjustable, left or right handed. **£23**



7. Leg lifter strap
A stiffened strap enables the user to move a stiff or immobile leg. **£9**



8. Walking frame caddy
Fits onto a standard walking frame to help you carry drinks, meals and other objects. **£26.50**



9. Purse dipping bell

Attach the bell to your purse or keys to ward off pickpockets. **60p**



14. Medium pill organiser

7 day single dose, easy-to-read pill organiser. **£3.50**



19. Plate surround

A flexible plate guard to assist with one handed eating. Dishwasher safe. **£3.50**



10. Car handy bar

An aid to help with getting out of a vehicle. Fits into the door bracket of any car. **£28**



15. Small pill organiser

Small 7 day single dose pill organiser. **£3.50**



20. Easy grip cutlery.

Lightweight foam handled cutlery. Suitable for people with arthritis, joint pain or tender hands. **£23**



11. Soft swivel car disc

Revolving car seat provides help getting in and out of the car. **£18**



16. Twister jar opener

Fluted finger grips and ribbing on the inside give a good grip to help twist off jar lids. **£5**



21. Ring pull can opener

Easy to use, just hook the end under the can ring, roll forwards and then back. **£3.50**



12. Key turner

Just fit your key into the ergonomic holder for easy door opening. **£4.50**



17. Bottle opener

Maximise grip on small bottle tops or medicine containers. **£4.50**



22. Plug pulls

Set of 3 adhesive, easy grip plug pulls. **£5.50**



13. Large pill organiser

Each daily tray has four labelled compartments. **£6**



18. Sure grip beaker

Ergonomically designed mug. Flow control valve in lid will prevent spills. **£4.50 – lid and beaker available separately on request.**



23. 24hr timer

Used to switch lamps and appliances on/off automatically. **£5**

Living solutions at home – how the latest technology can help you

Living independently can sometimes seem a daunting prospect, especially if you're not used to living alone, but our Community Alarm Team is on hand with a range of equipment to keep you safe, supported and independent.

Community Alarm

At the touch of a button you can receive assistance in an emergency 24 hours a day. Our alarm will give you the reassurance you need without having to reach for your phone. Many people tell us that the Community Alarm gives them the confidence to live independently.



ElmAssist

The ElmAssist from Elmbridge Community Alarm gives you peace of mind, knowing assistance can be there at the press of a button. This compact mobile alarm connects directly to our 24 hour monitoring centre, who can offer support, contact family or emergency services if you have an accident at home or when you are out and about.



Memory Diary

The new Memory Diary is a valuable reminder tool for people with a memory loss condition. The Memory Diary is easily programmed to display one off events such as appointment dates, along with regular reminders about locking doors and taking medication.



Pathfinder GPS Watch

Pathfinder is a GPS watch, ideal for those with a memory loss condition, the Pathfinder allows freedom of movement with GPS tracking in case of emergency.



Telecare

Telecare equipment includes basic items such as smoke detectors to more targeted equipment including bed sensors and electronic pill dispensers. The telecare range has over 22 different pieces of equipment, all connected to the 24 hour monitoring centre through the central community alarm unit.



To find out more about our technology solutions call the Community Alarm team on 01372 474 560 or visit our website:

www.elmbridge.gov.uk/communityalarm

Care and Repair – home adaptations to help keep you independent

Need a little extra help to keep yourself independent at home? Elmbridge's Care and Repair service can assist with home improvements and major adaptations. From grab rails and wheelchair ramps to level access showers.

They also provide a project management service, helping with design and planning through to overseeing the work.

For further information contact Care and Repair on 01372 474 645 or visit www.elmbridge.gov.uk/housing/care-and-repair-elmbridge





24. PIR LED light

Battery operated motion sensitive light. Illuminates when motion is detected. **£6**



29. Handy reach grabber

Lightweight handy grabber. **£6**



34. Sock and stocking puller

Simple but effective device to pull on socks and stockings. **£7**



25. Amplified big button telephone

Idea for those with a visual or hearing impairment. Rings up to 4 times louder than a normal telephone. **£36**



30. Full page magnifier

Handy whole page magnifying sheet. Ideal for letter reading. **£4.50**



35. Button hook

Ideal for one handed dressing. Pull the button through the hole with this hook. **£4.50**



26. Automatic night light

Simple mains operated dusk till dawn night light. **£5.50**



31. Pen grips

Set of 3 easy grip pen/pencil holders. Ideal for those with limited grip. **£2.50**



36. Shower perching stool

Durable and lightweight stool with adjustable legs. **£29**



27. Back rest

A comfortable, fully adjustable back rest which enables the user to sit upright in bed. **£20**



32. Long handled shoe horn

A long handled plastic shoe horn. **£3.50**



37. Anti-slip bath mat

A long non-slip rubber bath mat. **£8**



28. Bed tray table

Adjustable to five angles for reading, eating and other uses. **£20**



33. Dressing stick

A specifically designed multi-functional stick to help with dressing. **£7**



38. Shower mat

Non-slip, square shower mat. **£7**



39. Inflatable shampoo/washing basin

Simple to use inflatable basin with drain hole. **£20**



44. Washable single size bed pad.

Machine washable, highly absorbent bed pad. Double available on request. **£11.50**



40. Bath step

A 4-inch bath step with a non-slip surface. Can be stacked to increase height. **£13**



45. Raised toilet seat

Easy fitting raised 4-inch toilet seat with lid. **£18**



41. Net washer

Long handled net body washer. **£4.50**



46. Long handled lotion/cream applicator

Ideal for applying creams and lotions to hard to reach areas. **£8**

Clearance Items

Last stock reduced to clear, so order soon!



C1. Safe Can

Store keys or other small valuables in this safe disguised as a can of beans. **£2**



C2. Remote controlled sockets

A pack of four sockets with remote control. **£9**



C3. Tap turners

Easy to use tap turners for crosshead and crystal traps. Hot and cold supplied. **£5**



42. Toe washer

Long handled toe washer. **£9**



47. Panic alarm

Emits a loud noise to attract attention in case of danger. Can be worn or wall mounted. **£5**



C4. Optical smoke alarm

Compact 4-inch design, easy to install. Requires 9v battery **£5.75**



43. Male urinal

Male urinal bottle with handle. Female urinals available as a special order. **£3**



C5. Carbon monoxide alarm

Requires 3 AA batteries (not included). Model not as shown. **£8.50**

How to order

Items can be ordered from any of our 7 Centres for the Community. Simply pop in or give them a ring and items can be ordered for collection from the Centre within 7 days. Payment can be made by cash or cheque (made payable to Elmbridge Borough Council).

Items are usually in stock, but you can call us on 01372 474 552 or email commservices@elmbridge.gov.uk to check availability before making your order.

Our 7 Centres for the Community are situated across Elmbridge so you can place your order from the one most convenient for you:

Claygate Centre

Elm Road, Claygate, KT10 0EN

Tel: 01372 463 476

Email: claygatecentre@elmbridge.gov.uk

Hersham Centre

Queens Road, Hersham, KT12 5LU

Tel: 01932 246 267

Email: hershamcentre@elmbridge.gov.uk

Thames Ditton Centre

Mercer Closer, Thames Ditton, KT7 0BS

Tel: 0208 398 5921

Email: thamesdittoncentre@elmbridge.gov.uk

Weybridge Centre

Churchfield Place, Weybridge, KT13 8DB

Tel: 01932 844 391

Email: weybridgecentre@elmbridge.gov.uk

Cobham Centre

Oakdene Road, Cobham, KT11 2LY

Tel: 01932 596 031

Email: cobhamcentre@elmbridge.gov.uk

Molesey Centre

Bishop Fox Way, East Molesey, KT8 2AS

Tel: 0208 979 5773

Email: moleseycentre@elmbridge.gov.uk

Walton Centre

Manor Road, Walton-on-Thames, KT12 2PB

Tel: 01932 247 549

Email: waltoncentre@elmbridge.gov.uk

Community Support Services – here to support you

There's more than just aids and adaptations to Community Support Services. We offer a range of services to help Elmbridge residents live happy and independent lives:

- Our 7 Centres for the Community offer a full range of activities, classes and services. Pop round for an art class, have your hair done at one of our salons or enjoy a freshly cooked 3-course lunch.
- Elmbridge Community Transport provides door-to-door assistance for people with a mobility impairment. From journeys to our Centres to shopping trips, group outings or just visiting friends and family. Our Community Cab Scheme can also help with medical appointments. Call 01372 474 551 to book your journey.
- Our Meals on Wheels Service provides a hot lunchtime meal delivery 7 days a week, for those residents who have more difficulty getting out and about. Cold supper and breakfast services also available. Call 01372 474 552 for more information.
- Our Dementia Services Team offer social clubs, sitting services and support groups to help residents living with dementia, their carers and friends. Call 01372 474 547 to find out more.

For more information on all of our services, check out our website at www.elmbridge.gov.uk/css, call us on 01372 474 552 or email commservices@elmbridge.gov.uk.