# Equipment and gadgets

| **Image** | **Equipment** |
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| Decorative | Some equipment can help you to live independently at home if you have:   * a physical disability * a learning disability * problems getting around |
| Decorative | This equipment also known as **telecare** includes the following: |
| Decorative | **an alarm pendant** is worn around the neck or wrist. Help arrives at your home if you press a button on the pendant. |
| Decorative | **Sensors** – an alarm will sound if:   * there is a fire or smoke |
| Decorative | * there is a gas or carbon monoxide leak |
| Decorative | * sink or bath overflows. |
| Decorative | **A fall detector**, **bed sensor** and **epilepsy sensor**  This equipment calls for help if you have a fit or fall over. |
| Decorative | Some equipment can tell your family or friends when you fall or get out of bed. |
|  | **Equipment for daily tasks** |
| Decorative | * **bath board** and **grab rails** in the   bathroom can help you to get safely in and out of the bath. |
| Decorative | * **chair raisers** can help you to sit   down or get up from your chair. |
| Decorative | * **raised toilet seats** and **commodes** can help you to use the toilet. |
| Decorative | * **hoists, specialist beds** and **chairs** help you to get around at home. |
| Decorative | * **forearm supports** and **stabilisers** to help you eat |
| Decorative | * **medication dispensers** give you reminders that can be seen or heard so that you take medication at the right time. |
|  | **Equipment for people with dementia** |
| Decorative | * **memory aids** such as memo minders play messages out loud to remind you to take medication or eat meals. |
| Decorative | * **a device that turns the bedroom light on** to help you if you need to get out of bed at night time |
| Decorative | * **a key reminder device** reminds you to take your keys with you when you leave home |
| Decorative | * **a safer walking device** to help you get home. |
| Decorative | **Where to buy equipment**  You can buy this equipment from many shops, such as: |
| Decorative | [Age UK](https://www.ageuk.org.uk/) |
| Decorative | [Careline 365](https://www.careline.co.uk/?gclid=CjwKCAjw9NeXBhAMEiwAbaY4lpxBI8kiNB7ScL0sp7sDzF7egK1OV99gDdun-u1qhQWKD5t3l8BTKhoCwA8QAvD_BwE) |
| Decorative | [Living Made Easy](https://livingmadeeasy.org.uk/?gclid=CjwKCAjw9NeXBhAMEiwAbaY4lp2eCs0UC86oJzpfrYIZRzZDsBXElV_tOtAM7cJii9096-0DClPwzxoCK8YQAvD_BwE) |
| Decorative | **Telecare equipment**  **Telecare** is equipment linked to 24- hour call centres where trained staff  can contact: |
| Decorative | * your family |
| Decorative | * emergency services if they need to |
|  | **You can buy telecare from:** |
| Decorative | [Living Made Easy](https://livingmadeeasy.org.uk/?gclid=CjwKCAjw9NeXBhAMEiwAbaY4lp2eCs0UC86oJzpfrYIZRzZDsBXElV_tOtAM7cJii9096-0DClPwzxoCK8YQAvD_BwE) |
| Decorative | [AskSARA](https://asksara.livingmadeeasy.org.uk/selector) |
| Decorative | [TelMeNow](https://telmenow.com/) – is an website that helps  you find the best equipment |
|  | We will carry out an assessment (for more information go to our [can we help with your care and support needs](https://www.southwark.gov.uk/social-care-and-support/adult-social-care/care-and-support-from-the-council/carers/can-we-help-with-your-support-needs) page if you would like to find out if you need to pay for **telecare**. |
| Decorative | You could pay up to **£5.75** every week. |
|  | For more information go to our [Paying for your care](https://www.southwark.gov.uk/social-care-and-support/adult-social-care/care-and-support-from-the-council/adults-with-care-needs/charging/paying-for-your-care-and-support) page |
| Decorative | **BBefore you buy equipment**  It is a good idea to get independent  advice to check that the equipment meet your needs. |
| DecorativeDecorative | **MMaking it easier to live at home**  You could make it easier to live  independently at home by fitting, for example:   * a stair lift * grab rails |
| Decorative | You can get a local tradesperson to do  this work (not stair lift) or contact the [Southwark Handyman service](https://www.ageuk.org.uk/lewishamandsouthwark/services/handyperson/). |
| Decorative | The Handyman service can help you fit small adaptations at home. |
| Decorative | **Information and support**  [Southwark Disablement Association](https://www.sdail.org/) (SDA) provide information and advice for people with: |
| Decorative | * a physical disability. |
| DecorativeDecorative | * hearing or sight problems. |
| Decorative | NHS Choices provide a [Guide to Care Equipment, Aids & Adaptations.](https://www.nhs.uk/conditions/social-care-and-support-guide/care-services-equipment-and-care-homes/household-gadgets-and-equipment-to-make-life-easier/) |
| Decorative | [Turn2us](https://www.turn2us.org.uk/?gclid=CjwKCAjw9NeXBhAMEiwAbaY4likAk_iuN_Pl30gUO9yzQQBo8_t6wOnr9iPrKIh2a8fUXVGpmHuaihoCebYQAvD_BwE) provides information on grants to help you buy equipment. |