

'Daily Living Equipment'

What is daily living equipment?

These are items of equipment that can help you with your daily living tasks. Tasks such as:

- dressing
- taking medication
- washing
- preparing food and drink

What equipment could help me?

If you're not sure what equipment could help, visit Staffordshire County Council's 'Happy at Home' website:

staffordshire.gov.uk/HappyatHome

This includes an 'interactive house', where you can search for and buy useful products related to each room of your house.

As well as the simple **AskSARA** self-assessment tool. Answer a few questions and get expert advice and a personalised report on what equipment you might need and where to get it.



Need more help?

Pop down to your nearest **Community Help Point**.

These are trusted places in your community, like libraries or community centres. Their staff can talk to you about equipment and where to buy it. Most have a bag of daily living equipment, so you can look at the types of items that are available.

To find out where they are located, visit:

staffordshire.gov.uk/communityhelppoints

Alternatively, call Staffordshire Cares on **0300 111 8010**. They can put you in touch with your nearest Community Help Point.

Where can I buy daily living equipment?

Items can be bought from the local high street e.g., Argos, Wilko, pharmacies, pound shops and supermarkets, as well as online or at specialist high street stores. A list of local and national retailers can be found on:

staffordshire.gov.uk/HappyatHome

The items do not have to be expensive or technical, and many can be bought for less than £10. We encourage you to shop around for what you need.

**Doing
Our
Bit**

to live 
independently