

OUT and ABOUT (cont.) and EXERCISE P8

All-Terrain Mobility Scooters

These have been reported on several times in the Park magazine. Locally they are available to borrow at Wisley, Hatchlands and the RSPB site at Pulborough Brooks. Booking is essential. Experience not necessary as instruction will be given.

A varied holiday can be undertaken in Derbyshire and the Southwest as both areas have several sites where they can be hired. Derbyshire run a scheme 'Access for All' with seven sites and in the Southwest there is the scheme 'Countryside mobility' which has multiple sites.

Beamer, the company that makes the Tramper mobility scooter has a list on their website of places throughout the country where they are available to hire/borrow www.tramper.co.uk. For instance, the Lake District Mobility has three sites.

National Trust - Sheffield Park, East Sussex has a double seated mobility scooter so a Carer can do the driving.

EXERCISE

Foot Pedals These are neat little gadgets which enable exercise whilst sitting. A non-slip mat may be required under them.



Useful Aids and Other Suggestions for those with Parkinson's

TIP a piece of advice or expert or authoritative information

AID to help somebody/something to do something.



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CAR TRANSFER

Handicare AutoSlide transfer aid. This is for getting into a car safely. It is one of the items that the SAC Moving and Handling Team will demonstrate and loan. They will also advise on where to purchase one as internet prices are very varied.



Handy Bar. This fits on the D shape which most cars have on the door frame. It is very useful for getting in and out of the car. It has a seat belt cutter and glass breaker for emergencies. Widely available.

Driving Assessments

The Queen Elizabeth Foundation Mobility Services is a DVLA approved centre to which you can self-refer for a comprehensive assessment on your fitness to drive. Tel: 020 8770 115

Beach Wheelchairs

These Wheelchairs have large balloon-like wheels to cope with the sand. These were first mentioned in the September 2019 Park magazine when the only ones reported on were at West Wittering, the Pembroke Coast and the Gower Peninsular. On 'disability-grants.org' there are many more available throughout the U.K. to hire or loan for a deposit. Some of the nearest ones are at Poole, Lyme Regis and Margate.

Careline.

Waverley [tel: 01483 523535] and Guildford Borough [tel: 01483 502334] Councils run a 24-hour pendant careline system. This is particularly useful if you are having falls or live alone.

Fridge Bottle. This is available from the local Lions groups. A form is provided for you to fill in essential information for the emergency services. This should be put in the bottle, along with an up-to-date repeat prescription, and placed in a fridge door compartment. One of the stickers provided, to alert the emergency services of the bottles existence, is placed on the fridge door and the other at eye level on the inside of the front door to alert the Emergency Service of the tub's existence.

For further information contact—

Cranleigh & District 0845 833 2711

Godalming & Villages. email
cyrilnetley@talktalk.net

or Guildford Lions Club 0845 833 2884



discussions

Useful Aids and other suggestions!

As most of us are aware Parkinsons presents in many ways and therefore the aids and help one needs on the journey are varied. This leaflet is primarily intended to inform you of some of the lesser-known pieces of equipment available that other members have found useful. It includes some aids and suggestions that have already appeared in previous Park issues plus further additions.

It does not cover the standard equipment available from the NHS occupational therapists such as toilet surrounds, the L shaped bed bar to aid turning over in bed etc. Nor the larger items such as hoists, commodes etc. which are available through the SCC occupational therapists.

It is worth noting that Surrey Action for Carers (SAC) [03030401234] Manual Handling Team will loan several small pieces of equipment for you to try out before you purchase. You can self-refer to them and their advice is free.

Tips discussed at the Carers Zoom group!

Bed and Chair exit alarms to prevent falls. www.austinmedical.co.uk

Window and door alarms. Widely available and inexpensive.

Going into hospital – Parkinson's UK have an excellent booklet. It includes a double-sided page - one side with headings such as speech, walking, personal care etc. for you to fill in your particular issues and the other side is for medication. Pop it into a plastic sleeve for the bedside, www.parkinsons.org.uk - put 'Going into Hospital when you

Replace buttons with Velcro. This is a useful tip and if you feel daunted by the task one of our members has used Hannah Taiani. Mobile 07912286594

Prism Multiglove This helps with dressing such as putting on sweaters. A demonstration helps to explain this simple device; you could ask an Occupational Therapist or the ACS moving and handling team. Available from completECAshop.com.uk at only £9.44 without VAT.

EATING and DRINKING

Mighty Mug. Is a mug with a lid that does not fall over when knocked if it is placed on a smooth flat surface. It is dishwasher safe on the top shelf. It comes in two sizes but be aware the larger size may not fit on the top shelf of your dishwasher. Check mightymug.com

Metal straws are great for hot drinks and the angled ones are particularly useful if drinking from a cup is difficult. They come with cleaning brushes

Millie Mova. This is a set of wheels that are attached to a chair to enable you to push someone up to the table. To use, the wheels are lowered by a lever and then once in position the chair is stable. If you go online at The Complete Shop, you can see a video of a child using it to push an adult!



Etac Satin Sheet two directional.

This can help if moving up in bed is difficult. It fits over a single bed with elastic straps at the corners. It is machine washable on a high temperature. There is a drawsheet to go with the base sheet to enable a Carer/s to reposition a person in bed. They can be provided by an NHS or social care occupational therapist

Fall-out Bedside Mat

Various telecare alarms and mats available via the telecare services attached to each social care service in Surrey.

Baby Monitor useful if sleeping in a separate room.



FALLS

Mangar Elk Lifting Cushion

Designed to help a Carer lift someone up from the floor. Lightweight and compact when not inflated. Battery operated. The Elk is available from the social care Occupational Therapists following assessment.

