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Online self help-guide

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ASKSARA is an online assessment that provides personalised information based on your responses to questions.

1. Choose which subject you would like help and support with
2. Answer some questions about yourself and your environment
3. AskSARA will produce a free personalised report providing advice on equipment and aids to help at home with links to information on how/where to get them

[For advice and support with equipment for daily living, Ask SARA.](#)

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