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Sometimes it can be the simplest things like jar openers, grab sticks, long handled shoe horns or talking clocks that can make everyday living safer and easier, whether you need help permanently or just for a short while, perhaps after an operation or illness.

There is help and assistance available from social services and other local organisations.

The Disabled Living Foundation's free on-line, [self-assessment tool](#) AskSARA provides information and advice on equipment for daily living.

Hearing or sight impairment

For people with hearing loss, sight loss or both of these, we can offer advice and information on mobility issues and local services.

Following an assessment we can provide specialist equipment to help people of all ages who live in Blackpool, and to carers of people with sight and hearing loss.

For further information on the services we provide contact:

- The dual sensory loss and hearing impairment officer on 01253 476656
- The rehabilitation officer for visually impaired on 01253 477757

Large items of equipment or alterations to your home

If you are considering an expensive piece of equipment, such as a stair lift, or altering your home by building an extension or installing a level access shower, you can ask for an occupational therapist to visit you.

They will look at what you can and cannot do and recommend the right equipment or changes to your home to make your life easier.

You can do this through your GP or by contacting social services direct on 01253 477477, email:

social.servicesdirect@blackpool.gov.uk.

Additional information

[Blackpool Coastal Housing's Care and Repair service](#)

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