**Small Aids Information leaflet**

**Personal Care aids:**

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| **Type of Aid** | **Description of what it does** | **Variable cost expected**  | **Photo** | **Supplier information** | *Additional Information advice* |
| Sock aid | This will help you to put on your stockings. It is suitable for someone who cannot bend forward or who has been advised to not bend forward. | £4- £15 |  | Lloyds, Boots, argos, online, local mobility shops. | *If elastic compression stockings are prescribed you may be able to get an actiglide to assist with these, This can be prescribed by your GP.* |
| Tights Aid | These will help you to put on your tights. They are suitable for someone who cannot bend forward or who has been advised to not bend forward | £4- £15 |  | Lloyds, Boots, argos, online, local mobility shops |  |
| Dressing Stick | This stick is designed to help you to dress yourself, for example, to pull on a jacket or to push off socks. | £6-£12 |  | Boots, online and local mobility shops. |  |
| Long handled shoe horn | Designed to help you put on or take off your shoes. It is suitable for someone who cannot bend forward or who has been advised to not bend forward. | £2- £10 |  | Lloyds, Boots, co-operative pharmacy, argos, online, local mobility shops. |  |

**Kitchen and Feeding aids:**

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| **Type of Aid** | **Description of what it does** | **Variable cost expected** | **Photo** | **Supplier information** | *Additional Information/Advice* |
| Large-handled or curved handled cutlery (knife, fork and spoon) | Designed for people who have difficulty holding conventional cutlery. Also suitable for people with reduced range of movement. | £12- £30 |  | Lloyds, Boots, Co-Operative pharmacy, online, local mobility shops. |  |
| Beaker | Helps you to grip and prevents spills. | £7- £12 |  | Boots, online and local mobility shops. |  |
| Adapted plates | Helps you to pick up food with cutlery | Plate guards: £2- £4.Adapted plate: £10- £20. |  | Boots, Lloyds, Co-operative Pharmacy, online and local mobility shops. |  |
| Tap turner | Helps you to turn on and off taps. Suitable for people with joint pain or weak grip. | £7- £20 for set |  | Boots, Lloyds, Co-operative Pharmacy, online and local mobility shops. |  |

**Daily living aids:**

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| **Type of Aid** | **Description of what it does** | **Variable cost expected** | **Photo** | **Supplier information** | *Additional Information/ advice* |
| Key turner & knob turner | Designed to help you grip and turn keys and door knobs. | £5 |  | Llyods, Boots, Co-operative pharmacy, online and local mobility shops. |  |
| Non-slip material | Helps you to grip items on moving surfaces. | £10- £15 per metre |  | Onine and local mobility shops. |  |
| Pick up reacher | Helps you to reach and retrieve lightweight items. Reduces need for bending and reaching. | £5- £15 |  | Boots, Lloyds, Co-operative Pharmacy, Argos, online and local mobility shops. |  |
| Tap Shower Spray | Attaches to taps to enable Hair washing rinsing, or for use when seated on a shower board swivel bather. Not thermostatic and requires risk assessment. | £8-£20 |  | Boots, Lloyds, Co-operative Pharmacy, Argos, online and local mobility shops. |  |

VAT- *You may be able to save VAT on certain aids and equipment. For more info contact the local tax office: Elgin House, 20 Haymarket Yards, Edinburgh, EH12 5WN Tel- 0300 200 3700 or online*- <http://www.hmrc.gov.uk/vat/sectors/consumers/disabled.htm>

**LIST OF SUPPLIERS OF SMALL AIDS:**

**LOCAL MOBILITY SHOPS:**

**ALL MOBILITY** -187 North High St, Musselburgh, EH21 6AN. Ph: 0131 629 0081.Online- [www.all-mobility.co.uk](http://www.all-mobility.co.uk)

**WHISTLING** **TORTOISE**  - 42a Hamilton Place, Edinburgh, EH3 5AX. Ph: 0131 225 6365.Online- [www.whistlingtortoise.co.uk](http://www.whistlingtortoise.co.uk)

**MED-ECOSSE** - Unit 13, 32 Dryden Road, Bilsten Glen Industrial Estate, Loanhead, EH20 9LZ. Ph: 0131 440 4225.

 Online- [www.med-ecosse.co.uk](http://www.med-ecosse.co.uk)

**ABLE WORLD**  - 2 Dunnet Way,East Mains Industrial EstateBroxburn, West Lothian EH52 5NN. Ph: 01506 856565

Online- [www.ableworld.co.uk](http://www.ableworld.co.uk)

**GLENMORE MOBILITY** -108b Dalry Road, Edinburgh, EH11 2DR. Ph- 0131 337 2333 Online- [www.glenmoremobility.com](http://www.glenmoremobility.com)

**FAST AID MEDICAL & MOBILITY** - 24/3 Dryden Road, Bilston Glen Industrial Estate, Loanhead, Midlothian, EH20 9HX Tel- 0131 440 3929

 Online- [www.fastaidproducts.com](http://www.fastaidproducts.com)

**HIGH STREET CHEMISTS**

**LLOYDS PHARMACY** - **Mobility & Daily Living** Online- <http://www.lloydspharmacy.com/en/mobility-daily-living/>

**BOOTS PHARMACY** -**Mobility & Daily Living aids** Online- <http://www.boots.com/en/Pharmacy-Health/Health-shop/Mobility-daily-living-aids/>

**CO-OOPERATIVE PHARMACY** Online- [www.co-operativepharmacy.co.uk](http://www.co-operativepharmacy.co.uk)

**MAJOR HIGH STREET STORES:**

**ARGOS**

[**Edinburgh Craigleith -**](http://www.argos.co.uk/webapp/wcs/stores/servlet/QASStoreLocator?strnbr=256&postcode=EH143DU&townName=EH143DU&distance=3.87&qasDisplayTerm=EH143DU&qasSearchTerm=322643,674659&nextView=ArgosStoreLocatorMainMap) Unit 7, Craigleith Retail Park, South Groathill Road

Edinburgh, City Of Edinburgh

EH4 2LN

[**Edinburgh North Bridge**](http://www.argos.co.uk/webapp/wcs/stores/servlet/QASStoreLocator?strnbr=183&postcode=EH143DU&townName=EH143DU&distance=4.91&qasDisplayTerm=EH143DU&qasSearchTerm=325942,673741&nextView=ArgosStoreLocatorMainMap)

11-15 North Bridge

Edinburgh, City Of Edinburgh

EH1 1SB

**Straiton**

Unit 3, Pentland Retail Park, Straiton

Loanhead, Midlothian

EH20 9QY

[**Edinburgh Kinnaird Retail Park**](http://www.argos.co.uk/webapp/wcs/stores/servlet/QASStoreLocator?strnbr=889&postcode=EH143DU&townName=EH143DU&distance=7.45&qasDisplayTerm=EH143DU&qasSearchTerm=331199,671972&nextView=ArgosStoreLocatorMainMap)

Unit 10, Kinnaird Retail Park

Edinburgh,

EH15 3RD

 **Online**- [www.argos.co.uk](http://www.argos.co.uk)

**IKEA** -Straiton Rd  Edinburgh, Midlothian EH20 9PW. Tel- 0131 440 6600

 Online- [www.ikea.co.uk](http://www.ikea.co.uk)

**LAKELAND** - 55 Hanover Street, Edinburgh, EH2 2PJ. Tel- 0131 220 3947

- Dobbies Garden World, Melville Nursery, Edinburgh EH18 1AZ Tel -0131 660 2127

 Online- [www.lakeland.co.uk](http://www.lakeland.co.uk)

**ONLINE ONLY:**

**AMAZON**- [www.amazon.co.uk](http://www.amazon.co.uk)

**PATTERSON MEDICAL LTD -** Nunn Brook Rd, Huthwaite, Nottinghamshire, NG17 2HU. Ph: 08444 124 330.

Online: [www.pattersonmedical.co.uk](http://www.pattersonmedical.co.uk)

**NOTTINGHAM REHAB SUPPLIES -** Sherwood House, Cartwright Way, Forest Business Park, **Leicestershire, LE67 1UB. Ph:** 0845 805 2236.

Online: [www.nrs-uk.co.uk](http://www.nrs-uk.co.uk)

**SMALL AID TRIAL AND ADVICE:**

**SMART CENTRE**, Astley Ainslie Hospital, 133 Grange Loan, Edinburgh, EH9 2HL. Ph: 0131 537 9445. Please contact prior to visiting as appointment is **essential.**

Other independent advice and a list of companies who provide can be found at the following - <http://www.livingmadeeasy.org.uk/>

The companies listed above are not exclusive.