



## Getting Outside at all Stages

### Where can we get to?

#### Accessible

Accessible has reviewed 10,000's of venues and locations in the UK and Ireland including shops, pubs, restaurants, cinemas etc. Use Accessible to find wheelchair friendly venues or check out disabled access and facilities. Visit the website and type in a postcode or town name.

<https://www.accessable.co.uk/>

### What do we need to get there?

If the person you care for is struggling with mobility, then please speak with an occupational therapist or physiotherapist to discuss possible aids, wheelchairs, seating, pressure cushions, strategies that may be of help.

For basic information on assistance visit the NHS guidance on assistance for mobility.

<https://www.nhs.uk/conditions/social-care-and-support-guide/care-services-equipment-and-care-homes/walking-aids-wheelchairs-and-mobility-scooters/>

If you need a wheelchair there will be an NHS Wheelchair Service in your area who you can contact directly for support on how the process works.

### Looking after yourself

When obtaining a wheelchair or similar mobility support, make sure it also works for you, preserving your back and avoiding injuries like repetitive strains. Consider the following:

- Handlebars height and grip, think about your joints – knees, wrists, shoulders
- Don't overload a wheelchair with extra shopping or other increases of weight
- Always use drop-kerbs and ramps where available
- Look forwards and keep your head up, it can be easy to hunch over talking to your loved one

- Pushing a wheelchair can be like having a workout, have a good stretch afterwards to keep your muscles flexible.

Attendant controlled power wheelchairs can help take the strain. The availability of these varies across the country but if you cannot manage a standard wheelchair on your own, and perhaps the chair will then go unused, you are in a strong position to advocate for what is required to meet both of your needs.



## How can we get there? - Transport Services

**Age UK Door-to-Door Service** is for older people to support maintaining independence. Includes wheelchair accessible minibuses Check if this is available in your area:

<https://www.ageuk.org.uk/services/in-your-area/transport/>

**Dial a Ride** schemes run in different parts of the country from Edinburgh to Surrey, Denbighshire to Bristol, East Lancashire and London to name a few. There does not appear to be a national website for this. Please search the internet for Dial a Ride and your area to see if this is available for you.

**Taxicard** – Some cities have reduced payment schemes for disabled residents. For example, those living in London Boroughs can apply for Taxicard, see if you are eligible for taking cabs across the Capital.

<https://www.londoncouncils.gov.uk/services/taxicard>

**The Royal Voluntary Service** provides community and patient transport. Search via:

<https://www.royalvoluntaryservice.org.uk/our-services/getting-out-about/>

## Hire Services

**The British Red Cross** offers safe and reliable manual wheelchairs whether you're looking for self-propelled, transit or bariatric (wider seating, higher weight capacity). Available in a wide range of sizes, with fitted footrests as standard and free accessories such as leg elevators, cushions and stump support. Costs £20 per week including any additional accessories. Add door to door delivery and collection for a £25 fee. Minimum hire period is one week.

<https://www.redcross.org.uk/get-help/hire-a-wheelchair>

**Shopmobility UK** coordinates all the local Shopmobility services. Provides power chairs, wheelchairs and mobility scooters to hire at low cost, discretionary donation or for free.

<https://www.shopmobilityuk.org/>

## Buying Independently

Choose a sales team with expert support who are approved assessors and look out for opportunities to buy pre-used equipment.

A useful advisory body is the Research Institute for Disabled Consumers (RICA)

<http://www.rica.org.uk/>

WHICH? Have articles on purchasing: <https://www.which.co.uk/reviews/mobility-equipment/article/choosing-the-best-wheelchair-aAfTd2J7ji39>

The following companies are renowned for their clearance sales and help:

Better Mobility [https://www.bettermobility.co.uk/about\\_us.php](https://www.bettermobility.co.uk/about_us.php)

CareCo <https://www.careco.co.uk/>

Mobility Smart <https://www.mobilitysmart.co.uk/wheelchairs/used-wheelchairs.html>

## Financial Support

**Motability** – Exchange your qualifying mobility allowance for a brand-new car, Wheelchair Accessible Vehicle (WAV Wheelchair Accessible Vehicle), scooter or powered wheelchair, so you can enjoy more freedom and independence. Those eligible should be receiving any of the following:

PIP – Higher rate mobility part of Personal Independence Payment. Helps with the extra costs of living with a long-term health condition or disability. It is not means-tested or affected by earnings or savings.

Social Security Scotland – Enhanced rate mobility part of Adult Disability Payment. This is replacing PIP for people living in Scotland aged between 16 and State Pension age.

AFIP – Armed Forces Independence Payment - This is for service personnel and veterans who have been seriously injured in service on or after 6 April 2005.

WPMS – War Pensioners' Mobility Supplement - Veterans UK provide this allowance. If you have it, you're eligible to join the Scheme.

Learn more at: <https://www.motability.co.uk/>

**VAT Exemption** - Goods need to be for sole use of a person with difficulties to be eligible and determined as 'zero rated'. Items include adapted motor vehicles, mobility scooters, wheelchairs, specialist footwear, and home modifications including ramps, door widening etc. Please note, golf buggies are not eligible 😊.

There is a UK VAT Disabled Relief Helpline on 0300 123 1073 to help answer questions.  
<https://www.gov.uk/guidance/reliefs-from-vat-for-disabled-and-older-people-notice-7017#goodseligible>

**PSPA Support Grants** We provide grants for up to £250 towards an item or a service. For more information go to:  
<https://www.pspassociation.org.uk/information-and-support/for-professionals/support-grants/>

## Other Help

**Remap** is a charity that helps disabled people of all ages to live more independent lives. They have a network of skilled volunteers who design and custom-make equipment free of charge, providing solutions to everyday problems when there is nothing commercially available. Their network of skilled volunteers responds to thousands of requests for our help every year and we provide our service free of charge.  
<https://www.remap.org.uk/>

Examples of Remap's work can be found on the next page.





Raised ramp for balcony access.

...and a ball thrower for the dog:

