

Practical matters – resources

Benefits, Money

Gov.uk – benefits information

www.gov.uk/browse/benefits

Help with Health Costs

www.nhs.uk/nhs-help-health-costs

Provides information and exemption certificates to those entitled and sells Prescription Pre-payment Certificates.

StepChange Debt Charity

www.stepchange.org

Turn2us

www.turn2us.org.uk

A charity that provides help for people accessing financial support, including welfare benefits, grants and other help.

Getting around

Blue badge scheme

www.gov.uk/blue-badge-scheme-information-council

Dial-a-Ride

Dial-a-Ride is a door-to-door service for disabled people who cannot use public transport. There is no national website as it is a local service. Contact details about it can be found in your local telephone directory or by searching online for Dial-a-ride and the name of the area where you live.

Dial-a-Ride – London

www.tfl.gov.uk/modes/dial-a-ride

Dial-a-Ride- London is a door-to-door service for disabled people who cannot use public transport in London.

Disabled Persons Railcard

www.disabledpersons-railcard.co.uk

For people to get an application form to apply for a disabled persons railcard. Proof of prescription for AEDs is needed to apply.

DVLA

www.gov.uk/browse/driving/disability-health-condition

Information about medical conditions and driving from DVLA.

Freedom pass

www.londoncouncils.gov.uk/services/freedom-pass

Free off-peak bus passes for the London area and the equivalent English National Scheme, both available for those who are registered disabled as well as those who have a condition that means they are not allowed to drive.

Motability

www.motability.co.uk

Tel: 0300 456 4566

Motability is a national charity to assist disabled people with their mobility needs. It oversees the Motability Scheme which enables disabled people to obtain a car, powered wheelchair or scooter by using their government-funded mobility allowances.

Mobility Centres

www.mobility-centres.org.uk

A network of independent organisations covering England, Scotland, Wales and Northern Ireland, who offer information, advice and assessment to individuals who have a medical condition or are recovering from an accident or injury which may affect their ability to drive, or to get in or out of their car.

Queen Elizabeth's Foundation for Disabled People

www.qef.org.uk/appeal/mobility-services-appeal

Queen Elizabeth's Foundation for Disabled People enables and supports disabled people to increase independence and improve life skills. This link takes you to information about their mobility services including training in driving mobility vehicles.

Accessibility

AbilityNet

www.abilitynet.org.uk

Provides advice, factsheets, assessments and training on assistive technology for people with disabilities.

British Red Cross

www.redcross.org.uk

Provides extra support and care at home and it is a service offered by volunteers. The services include: assistance with shopping, collecting prescriptions, companionship and helping to rebuild confidence. They also do short term loans of equipment such as wheelchairs. These services are available on a short-term basis and are provided free of charge. Referrals are accepted from GP's, primary care trusts, hospitals, social workers and individuals. For further information get in touch with your local Red Cross branch office.

Connect

www.ukconnect.org

The charity Connect offers advice, training and resources to help people with speech difficulties to communicate. Their main focus is people whose communication

problems are caused by stroke, but some of their resources are also useful for people living with other conditions.

Living made easy- Disabled Living Foundation

www.livingmadeeasy.org.uk

A UK charity providing expert and unbiased information and advice on disability equipment and ways of managing disability.

Remap

www.remap.org.uk

Remap is a national registered charity that has, for 60 years, their mission is to design and custom-make equipment to help people with disabilities live more independently. The equipment and adaptations made by volunteers aims to support mobility, aid you at home, manage personal care or enjoy sports and hobbies.

Stroke Association - Aphasia Support (Speakability)

www.stroke.org.uk/what-is-aphasia

The Stroke Association merged with Speakability a national charity for aphasia and together they support people with speech and communication difficulties and their carers through its information service and local support groups.

Talking Mats

www.talkingmats.com

Talking Mats are a communication tool, which uses a mat with pictures symbols attached as the basis for communication. It is designed to help people with communication difficulties to think about issues discussed with them, and provide them with a way to effectively express their opinions.

Leisure and holidays

Gardening with Disabilitites Trust

www.gardeningwithdisabilitiestrust.org.uk

The Trust gives grants to people all over the United Kingdom in order that they may continue to garden, despite advancing illness, age or disability.

Tourism For All

www.tourismforall.co.uk

Helps disabled and older people lead independent lives by enhancing their ability to travel. Provides information about transport, accommodation, visitor attractions, activity holidays and respite care establishments, both in the UK and overseas enables people with all kinds of disability to holiday where possible in a mainstream environment.

Revitalise

www.revitalise.org.uk

A national charity providing essential breaks for disabled and visually impaired people and their carers.

Parenthood

Disability, Pregnancy and Parenthood International

www.dppi.org.uk

DPPI promotes better awareness and support for disabled people considering, during and after pregnancy and as parents. They offer information and news for disabled parents and professionals.

Disabled Parents Network

www.disabledparentsnetwork.org.uk

Disabled Parents Network (DPN) is a national organisation of and for disabled people who are parents or who hope to become parents, and their families, friends and supporters. It offers advice, information and discussion forums.

Work and education

Disability Discrimination Act & “reasonable adjustments”

www.gov.uk/discrimination-your-rights/discrimination-at-work

The Disability Discrimination Act (DDA) aims to end discrimination against disabled people in a range of circumstances, including in employment, education and the provision of goods and services. If you have a mental health problem you may be covered by the DDA. This site provides information about your rights under the DDA, including information about rights at work and the kind of 'reasonable adjustments' you may be able to ask an employer to make to enable you to work.

Disability Rights UK

www.disabilityrightsuk.org

Disability Rights UK is run by and for people with lived experience of disability or health conditions. The charity campaigns on disability and offers advice and information about benefits, children, transport, law, work, education, housing and more.

National Careers Service

www.nationalcareers.service.gov.uk

Advice and careers support.

Housing

FirstStop Advice

www.firststopcareadvice.org.uk

FirstStop Advice is an independent, impartial and free service offering advice and information to older people, their families and carers about housing and care options for later life.

Advice and legal

AdviceNow

www.advicenow.org.uk

Advicenow is an independent, not-for-profit website providing accurate, helpful information on rights and legal issues for the general public.

Beacon Continuing Healthcare

www.beaconhc.co.uk

Beacon is a social enterprise that provides information and paralegal casework services for people applying for NHS Continuing Healthcare funding. Beacon is endorsed Age UK Oxfordshire.

Citizens' Advice Bureau

www.citizensadvice.org.uk

Helps people to resolve their legal, money and other problems by providing free information and advice. Local Citizen Advice Bureaux may be available through e-mail, telephone, home visits, surgeries and at community-based offices. For local contact details go to the Get Advice pages on the Citizens Advice Bureau website

Scope

www.scope.org.uk

A national charity striving for equality for disabled people who provide advice and support.

The Disability Law Service

www.dls.org.uk

The Disability Law Service is a national charity that provides confidential and free legal advice for disabled adults, their families and carers; and can provide a casework service.