

11. GETTING AROUND

Getting around independently is important.



Reviewed September 2023. Free to use for personal use and with people you support. **This checklist can be downloaded from www.surreypb.org.uk**

If you have mobility problems you may qualify for a blue badge and use disabled parking bays.

You don't have to be a driver, you can have a blue badge if you are a passenger.



To find out more go to: www.gov.uk/apply-blue-badge

THINGS TO CHECK

1

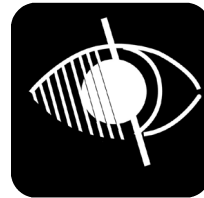
Have you started to have more falls?



This could be caused by:



A physical disability or illness



A sight or hearing loss



Not having the right shoes



Not having the right aids



Loss of confidence

It is important to have a check up at your doctor's surgery if you have any problems.

You may have a health problem that needs treating.

2

Do you need advice about aids to help you get around?



An occupational therapist can give you advice.

Their job is to help people to be as independent as possible. Talk to your doctor who may be able to refer you to your local team.



They can advise on aids like a walking stick, walking frame, or a stairlift.



They can advise on changes to your home to make it easier for you to get around.



Make sure you have had a recent eye test. See Checklist 1 for more advice.

Your social worker may be able to plan some extra support to help you get more independent again. This is called 'reablement'.

3

If you use a wheelchair is it faulty or uncomfortable?



It is important to have your chair checked by your local wheelchair service.

USEFUL WEBSITES

Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are Easy Read leaflets about 'occupational therapy' designed by many different organisations.

Look in the 'Health Leaflets' section.



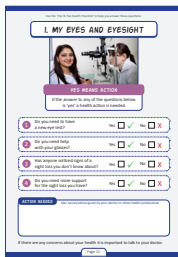
www.easyhealth.org.uk

USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from www.surreypb.org.uk

The Health Action Planning toolkit is free to use.

- There are 20 other checklists in the series covering a wide range of health issues.
- There is a Health Action Plan template for your checklist answers.



The Health Action Planning Toolkit was developed by Mike Leat from The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

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The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

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- Some photosymbols used - go to www.photosymbols.com



The **Clear Communication** People Ltd

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