



Sitting comfortably?



Moving around?



Getting to the toilet?



Eating and drinking?

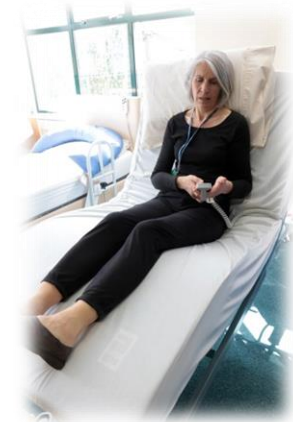
Are any of these activities becoming a struggle?



Preparing meals?



Having a bath or shower?



Getting in and out of bed?



Choosing the RIGHT equipment can help you stay safe and independent

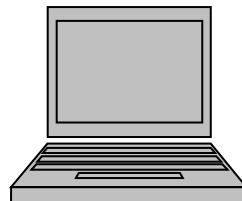


Beware of rogue traders





Where can I get equipment for independence?



What will it cost?

Devon's Independent Living Centre Can help!

Assessment, impartial advice
and information from
NHS Occupational Therapists

A **free service**
for adults in
Devon



'Try before you buy'

Try equipment to keep
you safe and
independent in our
demonstration centre

**Independent
Living Centre**

Find out where
you can get
equipment & how
much it should
cost!



Contact us...

Bookable Appointments Monday-Friday



01392 380181



llc-exeter@devon.gov.uk



www.independentlivingcentre.org.uk



Devon House, Brunel Road, Newton Abbot
TQ12 4PB

Follow us on social media:



@ILCdevon



@DevonILC