


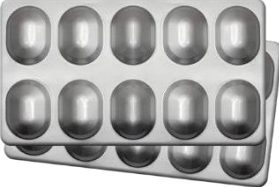




Help with mobility

	<p>If you fall over or worry about falling over it could:</p> <ul style="list-style-type: none">• make you worry about getting around
	<ul style="list-style-type: none">• affect your health and wellbeing
	<p>Your GP or other health workers such as a district nurse may be able to help. They could:</p>
	<ul style="list-style-type: none">• find out what is making you fall. This could be the medication you take.
	<ul style="list-style-type: none">• check how strong you are and give you exercises to stop you falling over.
	<ul style="list-style-type: none">• suggest equipment that could help you, such as grab rails



Health and social care workers can:

- give you advice



- carry out an **assessment**



- refer you to your local falls clinic.



Southwark Community Rehabilitation and Falls Service



This service can help if you need:

- a walking stick or other equipment



- help to stop falling over

Write to:

Townley Road Clinic
121 Townley Road
London SE22 8SW



Call **020 3049 8960**



Go to [their website](#).



Wheelchairs

If you need a wheelchair your GP can refer you to the local NHS Wheelchair Service at the Bowley Close Rehabilitation Centre.



If you do not have a GP, call the centre for advice on **020 3049 7760**.








Powered mobility equipment



The Motability Scheme can provide disabled people with **mobility equipment** such as:



- a new car

	<ul style="list-style-type: none"> • a powered wheelchair
	<ul style="list-style-type: none"> • a scooter.
	<p>For more information go to the Motability Scheme website.</p>
	<p>Queen Elizabeth Foundation</p>
	<p>The Queen Elizabeth Foundation can:</p> <ul style="list-style-type: none"> • provide information and advice on mobility equipment
	<ul style="list-style-type: none"> • carry out an assessment - there is a charge for this.
	<ul style="list-style-type: none"> • help you try out scooters and other mobility equipment.



Go to the website [here](#).



Buying a scooter



Before you buy a scooter, you need to:

- find a safe place to store it.



- work out where you can charge the battery



- find out what it will cost to run.



- buy insurance too.



Before you buy or hire any mobility equipment you can get free advice from the [Disabled Living Foundation](#).



Getting around Southwark



[Southwark Disablement Association](#) provide information and advice if you have a



physical disability, sight problems or hearing problems.



You can get [a range of Factsheets](#) from the [Disabled Living Foundation](#) to help you choose equipment for daily tasks.



You can call the Disabled Living Foundation helpline **0300 999 0004**.



- NHS Choices provide a [Guide to Care Equipment, Aids & Adaptations](#)



- [National charity Rica](#) carries out research and provides information about independent living.



- [Turn2us](#) provides information on grants and help you buy equipment.