

## Practical matters – resources

### **Benefits, Money**

Benefits information on Gov.uk

<https://www.gov.uk/browse/benefits>

Links to information and numbers to call for all benefits (such as carers, disability, attendance, employment support allowance)

Help with Health Costs

<http://www.nhsbsa.nhs.uk/HelpWithHealthCosts.aspx>

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

StepChange Debt Charity

<http://www.stepchange.org/>

Turn2us

[www.turn2us.org.uk](http://www.turn2us.org.uk)

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

Welfare Rights

[www.welfarerights.net](http://www.welfarerights.net)

Dumfries Welfare Rights is an independent charity working for the people in the UK providing information on benefits.

### **Getting around**

Blue badge scheme

<https://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.

Disabled persons railcard

[www.disabledpersons-railcard.co.uk](http://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.dft.gov.uk/dvla/medical.aspx](http://www.dft.gov.uk/dvla/medical.aspx)

Information about medical conditions and driving from DVLA.

Freedom pass

[www.freedompass.org](http://www.freedompass.org)

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/](http://www.motability.co.uk/)

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/](http://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

<http://qef.org.uk/our-services/mobility-services/>

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](http://www.abilitynet.org.uk)

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

British Red Cross

[www.redcross.org.uk](http://www.redcross.org.uk)

Provides extra support and care at home and it is a service offered by volunteers. The services includes: 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](http://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.

Disabled Living Foundation

[www.dlf.org.uk](http://www.dlf.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/](http://www.remap.org.uk/)

Remap is a national registered charity that has, for 40 years, provided one-off technical aids which help disabled people of all ages to enjoy a better lifestyle. Every aid is given free of charge to the user. Remap operates through a network of 1,500 volunteers. The professional engineers, technicians, and craftspeople - along with medical and paramedical staff from community services and hospitals - all belong to approximately 100 panels (groups) linked to regions across the UK, with Scotland and the Isle of Man operating separately.

Speakability

[www.speakability.org.uk/](http://www.speakability.org.uk/)

Speakability supports people with speech and communication difficulties (aphasia) and their carers through its information service, national network of Self-Help Groups and programme of activities.

Talking Mats

[www.talkingmats.com](http://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 for the Disabled Trust

<http://gardeningfordisabledtrust.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.org.uk](http://www.tourismforall.org.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.

Vitalise

[www.vitalise.org.uk](http://www.vitalise.org.uk)

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

## **Parenthood**

Disability Pregnancy and Parenthood International

<http://disabledparent.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](http://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”

<https://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

<http://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.

Transition Information Network

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

Aims to improve the experience of young people with disabilities transition into adulthood.

## **Housing**

FirstStop Advice

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

An independent, free service provided by the national charity Elderly Accommodation Counsel (EAC) in partnership with other local and national organisations.

The service is for older people, their families and carers. It aims to help you get the help or care you need to live as independently and comfortably as possible.

## **Advice and legal**

AdviceNow

<http://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

<http://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](http://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

DIAL Network

<http://www.scope.org.uk/dial>

DIAL is an independent network of local disability information and advice services run by and for disabled people. DIAL offers practical advice on issues such as applying for benefits, mobility aids and accessible holiday accommodation.

The Disability Law Service

[www.dls.org.uk](http://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.

Disability Rights UK

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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.

## **Forums**

Youreable.com

[www.youreable.com](http://www.youreable.com)

An online community of disabled people, supporting and helping each other by sharing their experiences and offering advice.