

Assist Birmingham Centre (ABC)



Assessment and
demonstration facility



adults and
communities

September 2009

Introduction



If you have a disability, there is equipment that can make your day to day living easier, help you be more independent, and also information about what services are available to you. The **Assist Birmingham Centre** provides information, free assessment and demonstration facilities.

Our Services

Assistive technology

By using this kind of technology, you can be more independent and live the life you choose. Examples of this kind of technology include: pill dispensers & motion sensors.

The equipment is available for viewing and demonstration.

Benefits advice

Trained officers are available at the centre and for home visits to carry out benefit checks and to make sure that you know what benefits you are entitled to.



Blue Badges

The Blue Badge scheme offers parking concessions for people who have severe walking disabilities. We can give advice about this, take photographs for your badge and issue badges.



Housing advice

An improvement officer can give you advice on home adaptations and provide sketch plans if you wanted to undertake your own adaptations.

Information and advice

We have web-based kiosks in our information suite where you can look at the latest information on about living independently. We also offer a 'a self-assessment package' which can give you suggestions and possible solutions to details you enter about difficulties you may be experiencing.



Occupational therapy

A range of free assessments are carried out at the centre relating to, for example, bathing, toileting, moving around and getting up and down stairs.

Training

A conference suite is available at competitive rates. Contact the centre direct for further details.

Wheelchair advice and passenger assessment

We can offer advice about what is provided by the National Health Service.

The Centre

There are dedicated demonstration areas at the centre where you can see how minor adaptations and more complex equipment may improve your life and help you live more independently.



Moving around

When you feel unsteady on your feet or find it difficult to get around, everyday life can feel full of hazards. A wide range of mobility aids are available in the centre which can be used for indoor and outdoor use, including walking frames, wheeled walkers and walking sticks.

Reaching things

There are a variety of products that can help you get to things that are out of reach such as an extended photographer plug, remote control sockets or key turners. Window reachers and openers can help to pick up household items and open or close curtains.



Enjoying your food

If you have difficulties eating or preparing food, our range of useful devices may help you. These are on display in our kitchen area together with more ideas and information.

In the bathroom

Raised toilet seats and frames can make it easier to sit down and get up again. A step up and down to the bathroom can be made easier with a grab rail or half step. A push button or lever toilet flush mechanism can also make the toilet easier to use.

Visit the toilet room for more advice and to see the available equipment.



Bathing independence

To help you with safer and more comfortable bathing, there is a range of adaptations and other equipment available such as grab rails attached to the walls or a floor fixed rail for support. A reclining bath lift can also help with entering and leaving the bath.

Visit our bathroom area for more ideas and information.

Continence

There is a range of portable and fixed equipment and adaptations for use at home. For example, if reaching the toilet in the bathroom is difficult there are many types of commodes to assist.

Other helpful advice and literature is available at the centre.

Bedtime

A bed rail can help you relax in bed or rise up more easily and steadily. A mattress elevator provides support for sitting up in bed. A manual leg lifter helps you lift your legs onto bed, and a powered leg lifter can take the strain out of bedtime.

Visit the bedroom area for more information and demonstrations.



Safety and independence

The 'House at ABC' includes a lounge, a kitchen, bathroom and a bedroom area. It shows the most up to date technology and equipment that can help you.

Centre tours can be arranged by contacting the centre directly.

Assist Birmingham Centre (ABC)

More information

Assist Birmingham Centre
St Mark's Street, Springhill
Ladywood, Birmingham B1 2UH

phone: **0121 464 4942**

fax: **0121 464 4944**

Normal opening hours: Monday to Thursday, 9:00am-4:00pm,
Friday, 9:00am-3:00pm (for assessment purposes only),
Saturday, 9:30am-1:30pm.

For telephone enquiries: Monday to Thursday, 8:45am-5:15pm,
Friday, 8:45am-4:15pm.

Your right to be heard

If you have any comments, compliments or complaints about any of our services, please contact:

Birmingham City Council Adults and Communities
Customer Relations Service
Milton Grange
16 Handsworth Wood Road
Birmingham B20 2DR

phone: **0121 303 5161**

fax: **0121 303 7208**

email: **schcomplaintsteam@birmingham.gov.uk**

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and other formats, please contact the
Communications and Information Team on
0121 464 3123

www.birmingham.gov.uk/adults