

Services provided by Going For Independence

- a helpline
- a one-to-one confidential consultation at home or in the workplace
- advice on a range of solutions including access to the garden and to leisure, work and learning
- information on equipment and adaptations including electronic technology and telecare
- Occupational Therapy Rehabilitation and Treatment programmes for adults and children
- joint visits with company representatives for large and expensive equipment or adaptations (e.g. stairlifts)
- an equipment prescription collection and shopping support service.



Take the 5 steps to independence:

- 1 Read** (and keep) this brochure – you never know when you will need it!
- 2 Telephone** GFI for information on local and national services.
- 3 Arrange** a home (or workplace) visit with a trained and police checked GFI Assessor on a weekday, evening or weekend to suit you and your family.
- 4 Discuss** your situation and concerns on a one-to one basis in confidence in your own home.
- 5 Be empowered** to take control of your life using the knowledge and support GFI can give you.



Key support organisations

CROYDON

Croydon Council
Contact Centre

Taberner House, Park Lane, Croydon CR9 3JS
Tel: 0208 726 6000 Website: www.croydon.gov.uk

Age UK Croydon

2 Katharine Street, Croydon CR0 1NX
Tel: 0208 680 5450 Email: auc@ageconcerncroydon.org.uk
Handyman and gardening services, Advocacy, Advice, Help@home, Nail Care.

Croydon Hearing Resource Centre (CHRC)
Croydon Disability Forum
Croydon Deaf Children's Society

Summit House, 50 Wandle Road, Croydon CR0 1DF
Tel: 0208 686 0049 Website: www.croydonhearing.org.uk
Support services for people with hearing impairments, hearing aid batteries and re-tubing.

Centre of Excellence for Sensory Impairment (COESI)

Email: info@coesi.org.uk
Website: www.coesi.org.uk
An online resource for people with sensory and physical impairments.

Croydon Voluntary Association for the Blind (CVAB)

Bedford Hall, 72-74 Wellesley Road, Croydon CR0 2AR
Tel: 0208 688 2486 Email: cvab@croydon.plus.com
Counselling, mobility support, lunch clubs, art, keep fit, dancing and socials.
www.cavision.org/croydon-voluntary-association-for-the-blind.html

Disability Croydon

Strand House, Room 2.07 Zion Road, Thornton Heath, CR7 8RG
Tel: 0208 684 5538 Website: www.disabilitycroydon.org.uk
Advocacy, Direct Payment Support Service.

Croydon Careline Telecare Service (CCTS)

Tel: 0208 654 7166
Email: careline@croydon.gov.uk
CCTS will provide you with a careline unit with a button, which can be worn as a necklace or on a wrist strap.

Equipment Retailers:

Aztec Independent Living Centre

28 Boulogne Road, Croydon CR0 2QT
Tel: 0208 664 8860 *See, try and buy equipment here.*

The Mobility Providers

169 Shirley Road, Croydon, CR0 8SS
Tel: 0208 656 4627 Website: www.care-providers.co.uk

Aidapt Bathrooms

5 Vulcan Way, New Addington CR0 9UG
Tel: 01689 800 820 Website: www.aidapt.org.uk

HSL Chairs (High Seat Ltd)

46-48 Chaldon Road, Caterham-on-the-Hill, CR3 5PE
Tel: 01883 332 998 Website: www.hslchairs.com

Mediworld

444-446 Streatham High Road, London SW16 3PX
Tel: 0208 764 1806 Website: www.mediworld.co.uk

Going For Independence is not able to recommend any particular supplier. This information is not comprehensive and was correct at time of going to print.



Information in this brochure about the services provided by GFI is available in Braille, PDF, audio, and large print in English and in Urdu and Gujarati. The GFI website uses Google translate for other languages.
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Going For Independence



Most people will be affected by disability at some time in their lives, either directly through accident, illness or injury, or because of the experiences of a close relative or friend.

Specialist equipment and home adaptations and adjustments may provide solutions that help people to maintain their independence and stay in their home for longer.

People need a way to get information about these in a timely way so that they can help themselves to stay safe and active, at home and in the community.

About our organisation

Going for Independence (GFI) is a Community Interest Company, a national organisation driven by social and environmental objectives.

We focus on providing information on 'assistive technology' (a range of equipment to help people live more independently) and adaptations that can make the environment more accessible.

GFI has a trained, experienced and police checked team of Occupational Therapists and independent assessors who work to the highest standards.

Going For Independence provides services for individuals, families, businesses and employers, and people wanting to get back into work following an accident or illness.

Contact



Going For Independence



Telephone: 0208 249 5515

or
Helpline: 0800 612 8909



info@goingforindependence.org



Visit our website at
www.goingforindependence.org

Our vision is for people to be empowered to live independently with choice and control over their lives



Long handled sponges



Bathboard and seat



Toe washer



Magi-plug to prevent overflow



Tap turners



Swivel bather and step



Control to lift pillow

Bed rail



Leg lifter



Sock aid



High back chairs



Wheeled walker with caddy



Telecare Memo Minder



Children's bath and toilet seats



Large button telephone



Chopping board with hinged knife



Bread slicing board



Kettle Tipper - models to suit all kinds of kettles



Jar holder

