



We understand that leaving children's services and becoming an adult can be confusing.

You probably have a lot of questions such as:

- Where do I get my special boots?
- How do I get new parts for my sleep system? Will
- I still be able to use a standing frame?
- How do I get a new wheelchair?

This leaflet can help answer some of these questions and tell you where to go for help.

Wheelchairs



Wheelchairs are provided by Ross Care.

- Ross Care can assess you for a new wheelchair Arrange
- repairs for NHS wheelchairs.

As an approved repairer for the NHS we provide a full & comprehensive free repair service, should your NHS wheelchair develop a fault. We operate Service Centres and Clinical Assessment Centres across England & Wales. This enables us to provide excellent local coverage and response times for our NHS wheelchair users. We have skilled Field Service Engineers out on the roads each day, each carrying large stocks of wheelchair parts and spares to achieve a very high percentage of first-visit-fixes.

Contact



**Ross
Care**

**Equipping
People For Life**



020 8090 3708



barnetwcs@rosscare.co.uk



<https://rosscare.co.uk/>

Orthotics

Footwear



Special shoes, boots, splints and insoles are supplied by Barnet Orthotic Services.

The Barnet Orthotics service provides assessment, advice and intervention for children and adults who have foot, lower limb and gait problems, and supportive difficulties.

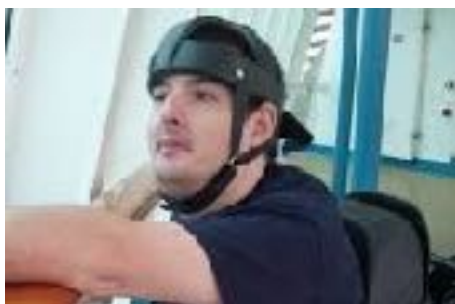
The health benefits of our orthotic devices can include: improved

- ◆ independence
- ◆ improved mobility
- ◆ pressure relief pain
- ◆ relief
- ◆ reduced ulceration rate

Do not wait until your shoes are worn out: It may take more than 6 months to get new shoes.

You can ask your GP to make a referral for you when you turn 18 years old.

Headwear



A protective orthotic helmet is generally supplied to offer protection to the skull from injury. This may either be intentional or unintentional. The helmet may be either made of fabric or hard plastic and will offer coverage to all areas of the head, to prevent injury where possible. Helmets can also be supplied by Barnet Orthotics

You can ask your GP to make a referral for you when you turn 18 years old.



Hand and Arm Splints



Arm orthoses serve a variety of purposes, they can correct posture and movement patterns, relieve strain on your upper arm or forearm, and stabilise, mobilise or immobilise certain regions of your arm.

The Barnet Orthotics Service are unable to supply hand and arm splints.

If you need a support or splint for your hand, or arm please contact your GP for advice.

Barnet Learning Disability Physiotherapists



Lycra Support Garments

The Lycra garments provide support and stability to aid function through compression. This support enables the user to 'feel' their arms, legs and body and then use this sensory information to improve their functional ability, this is commonly referred to as proprioception

If you use a Lycra support garment, Barnet Learning Disabilities Physiotherapy can help you get assessments and new suits.

Equipment



Specialist seating for activities



Seating to help you relax



Sleep systems



Standing Aids



Walking Aids

If you have any specialist equipment at home or would like to have equipment at home to help you with exercising or keeping comfortable, Barnet Learning Disabilities Physiotherapy Service will be happy to help you. If you have any specialist equipment at home the Barnet learning disabilities Physiotherapists can help you to:

- Adjust equipment.
- ◆ Arrange repairs.
- ◆ Arrange a replacement. Arrange servicing
- ◆ Assess you for suitable equipment. Show carers how to use the equipment.
- ◆

Contact the Barnet Learning Disabilities Duty Desk

Keeping Active



Exercises

We don't carry out routine visits for exercises but, we can provide exercises and advice for you, your carers and family, and help with access to physical activity.

Contact the Barnet Learning Disabilities Duty Desk



020 8359 6161



BLDSIntegratedDuty@Barnet.gov.uk



<https://clch.nhs.uk>

Other useful contacts

Provide – New Equipment provider for London Borough of Barnet

Telephone 0300 100 0253

NRS deliver, service and repair all standard equipment supplied by an Occupational Therapist.

Barnet Social Services Occupational Therapy

Telephone 0208 359 5000

Offer help with equipment and adaptations to help with daily living

For any questions about services provided by Barnet Learning Disabilities Physiotherapy

Contact the Barnet Learning Disabilities Duty Desk



020 8359 6161



BLDSIntegratedDuty@Barnet.gov.uk



<https://clch.nhs.uk>

If you have a new physical problem such a new pain or an increase in falls always consult your GP.