

Carers Information Sheet 12

Mobility Information

TRANSPORT SCHEMES FOR PEOPLE WITH MOBILITY PROBLEMS

DIAL A RIDE

Offers a transport service to people who are unable to use public transport. You are able to use it to travel anywhere within South East London and up to one mile outside. In certain circumstances they may be able to arrange trips to other London destinations. There is a charge for the user and the person accompanying them, depending on the distance travelled. **Tel: 020 8314 2142**

BLUE BADGE SCHEME

This scheme allows people with mobility problems to have parking concessions in some areas.

For more information please contact the **Blue Badge Section** Tel: 020 8314 9844

OTHER HELP WITH MOBILITY PROBLEMS

LEWISHAM SHOPMOBILITY

This scheme provides the use of electric wheelchairs, scooters or manual wheelchairs to enable people with disabilities to use the Lewisham Shopping Centre. The scheme will also provide a volunteer escort if requested in advance. At present the scheme does not organise transport to get you to the Centre.

For more information contact the scheme at the **Lewisham Shopmobility**
Tel: 020 8297 2735

TRANSPORT TO HOSPITAL

The schemes above do not provide transport to hospital for outpatient visits. If you need transport to enable the person you care for to attend appointments please contact your GP or speak to your Hospital Outpatient Department and they will arrange transport to pick up your cared for person.

WHEELCHAIRS

How to get a permanent chair

If someone you care for has a permanent need for a wheelchair they can get one supplied through the NHS. The application will have to be made by your GP, Occupational Therapist, Physiotherapist or Hospital Consultant. The kinds of chairs available are ones controlled by the user, ones pushed by a helper and



under certain circumstances electric powered ones. User controlled electric powered wheelchairs for outdoor use are not supplied by the NHS.

Where to borrow a wheelchair

You are able to borrow a push wheelchair for short term use from the Red Cross at 230-234 Brixton Rd, Brixton, SW9 6AH

Tel: 020 7733 1006 They will charge a small deposit.

How to push a Wheelchair

It is easy for carers to damage their backs when pushing wheelchairs. The disabled Motorists Club produce a useful leaflet called "How to push a wheelchair" available from RADAR.

For more information about the price contact RADAR on Tel : 020 7250 3222.

The Red Cross also publish a leaflet "People in wheelchairs - hints for the helpers".

Tel: 020 7235 5454.

How to get a wheelchair mended

Kings Healthcare Wheelchair maintenance.

Contact Tel: 020 7978 8064

Wheelchair Service

0207 346 5210 9am-1pm

WALKING STICKS AND ZIMMER FRAMES

Where to get a Zimmer Frame

Ask for the Lewisham Occupational Therapy Department
Tel : 020 8314 6000

Or Ask at Lewisham Hospital at your Outpatients Clinic
Tel : 020 8333 3000

Where to get replacement parts for walking sticks and for all Walking Stick enquiries
Every Tuesday, Laurence House, Catford between 11am and 12noon. Ask at Reception.
Tel: 020 8314 6421

HELP WITH USING PUBLIC TRANSPORT

MOBILITY BUSES

There are a number of normal buses which have been adapted to enable easier use by people with disabilities and their carers. They have wheelchair lifts, and passenger attendants. There are also routes which can take you to the Central London Mainline Rail Stations.

For further information about routes, times and fares please Tel: 020 7918 3312 (**also for Minicom**)

TRAVEL PASSES

Travel passes are available to disabled people under pension age and allow you to travel for free on all London buses, trains and underground.

For more information contact the Finance Group

Tel: 020 8314 8300

For enquiries about travel passes for people over 65 ask at your local post office.

RAIL TRAVEL

Disabled Persons Rail Card

This will cost around £15 and enables the disabled person (and any accompanying adults) to travel by train at considerably reduced fares. Ask at your nearest rail station for a booklet and application form.

HELP WITH USING PRIVATE TRANSPORT

MOBILITY ADVICE AND VEHICLE INFORMATION SERVICE

This is a Department of Transport Service to offer practical advice on driving, car adaptations and car choice for disabled drivers. There is a charge for this service. They also offer information on all aspects of transport (public and private) and outdoor mobility for people with disabilities. This service is free.

Contact them for more information

Tel : 01344 770456

MOTABILITY

If you or your child are receiving Mobility Allowance or Higher rate mobility component of the Disability Living Allowance you may be able to arrange to hire or lease a car. The DSS will then use all your mobility money (with your consent) to pay the necessary instalments on your behalf.

Motability may also be able to help if you wish to purchase an out-door electric powered wheelchair.
For more information Tel: 01279 635666

ROAD TAX

If the person you care for is between 5 and 66 years old and gets a mobility allowance at the higher rate they may be able to get a road tax exemption or you may get one on their behalf if you are the main driver.

For more information write to the DVLA, Swansea, SA99 1BL.

FINANCIAL BENEFITS

DISABILITY LIVING ALLOWANCE MOBILITY COMPONENT

To claim a Mobility Allowance you must be under the age of 65 and complete the second section of the Disability Living Allowance Form. The Mobility Allowance is to enable people to get out because they either have severe difficulty walking or they need to be watched over due to confusion, behaviour problems, blindness etc. There are two levels of benefit which can be claimed under this section:

- High for people with severe difficulties
- Low for people with less severe difficulties, who may need someone to keep an eye on them when they are outside, or who have difficulty finding their way around a new place.

This benefit is not means tested and does not stop your cared for person claiming other benefits. Ask for leaflet **DS706** from your local **DSS**. Get advice from a reputable advice agency before completing the form.

PARKING BAYS

In Lewisham you are now only entitled to a Parking Bay at your home if you are a disabled driver yourself. If you are caring for someone who, due to age or disability, cannot drive the Council may at their discretion provide a Disabled Parking Bay. They will assess your situation to decide if you are eligible.

For more information please contact Lesley Brookes of Park Direct Tel: 020 8314 2126

DISABLED DRIVERS CLUB

Tel: 020 8690 6450