

What services will I receive?

Once we have identified your needs, we will decide if you are eligible for a service. Priority is given to services that are essential to enable a person to remain in their home in the community.

We may be able to help you through:

- Giving advice
- Providing equipment
- Adapting your home

When can I visit the Independent Living Centre?

The Centre is open to the public from 9.30am to 1.00pm and 2.00pm to 4.00pm Monday to Friday.

You can visit without an appointment but we advise you phone first to make sure that staff will be available to assist you.

Where is the Independent Living Centre?



To find us:

- Turn into the Gremista Road
- Take 4th junction on the right
- Take 1st junction on the right

How to contact us:

Occupational Therapy
Independent Living Centre
Gremista
Lerwick
Shetland
ZE1 0XY

Tel: 01595 744 319

Email: dutyot@shetland.gov.uk



The Community Occupational Therapy Service



Helping you with
everyday tasks

What is Occupational Therapy?

We help people of any age with a range of disabilities to live independently in their own homes. If you have difficulty managing your daily activities, personal care or carrying out household tasks due to a disability you will be eligible for an assessment from us.

Who can ask for an assessment?

Anyone can - yourself, a friend or a relative using the contact details in this leaflet.

What happens next?

Using the information you give us about your needs, we will prioritise your case and place it on our waiting list for assessment. Those with the greatest need will be seen first.

Where will I be seen?

We try to meet with people in their own homes. You can also be seen at the Independent Living Centre or an alternative place if this is not suitable. A member of staff will contact you to arrange an appointment.

What is the Independent Living Centre?

The Independent Living Centre has a community equipment store, an equipment showroom for the public and office space.

What happens at the assessment?

We will ask you to show us how you carry out activities so that we can see the difficulties you have and work out possible solutions with you.

What activities might be assessed?

Getting about

- Walking about the house
- Negotiating steps and stairs
- Getting in and out of bed
- Getting on and off chair or toilet
- Using a wheelchair

Personal care

- Going to the toilet
- Dressing
- Bathing/ washing
- Feeding
- Grooming

Domestic activities

- Cooking
- Food preparation
- Cleaning

This leaflet is available in alternative formats including Braille, audio and an electronic format.