

Smart life in Fife

Fife's self-assessment tool to help people live independently for longer

Fife has a new on-line based self-assessment tool. This will enable people to access advice, services, recommendations or simply purchase daily living solutions such as bathing and kitchen equipment or rails.

These vital services can make everyday activities easier and enable people to live more independently at home for longer.

MY LIVING RESULTS

5 SELF-HELP ASSESSMENTS
to help 'Walk a quarter of a mile'

When in bed, I have difficulty getting to the toilet in time	Start Assessment Help to choose	★
Getting into bed is difficult for me	Start Assessment Help to choose	★
When sitting on the edge of the bed I struggle to stand up	Start Assessment Help to choose	★
Sitting up in bed is difficult for me	Start Assessment Help to choose	★
Turning over in bed is difficult for me	Start Assessment Help to choose	★

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MY RESULT

ECONOMY JUG KETTLE TIPPER

PRODUCT INFORMATION

This wire kettle tipper allows accurate and safe pouring of water from jug kettles. The kettle is held in place with a tight Velcro strap. Dimensions: Height 19cm, max diameter of kettle 10.5cm, base 25 x 21cm L x W. **WARNING** - take care not to knock the kettle sideways in the tipper - this may result in spillage as the spout may not be straight.

life curve Living

Tailored for ADL Smartcare

PLEASE TELL US IF YOU CAN DO THE FOLLOWING...

CAN DO	CANNOT DO
DO YOUR OWN REFRIGERATOR	HAVE A BATH OR SHOWER
WALK A QUARTER OF A MILE	GO SHOPPING
USE STEPS	

BACK TO PREVIOUS STAGE

MY ASSESSMENT RESULTS

THANK YOU FOR COMPLETING THE ASSESSMENT. THE RESULTS BELOW HAVE ALL BEEN CHECKED TO WORK FOR YOU.

Caution when fitting rails to a wall that sounds hollow VIEW NOW

PRODUCT GROUPS 13

Combined showerchairs with commodes	Combined toilet seats and frames	Commodes and chemical toilets
Fold away and Drop down rails	Raised toilet seats	Toilet frames and surrounds
Grab rails	Tradesmen	Grab rail accessories
Powered toilet seats	Toiletting Accessories	Commode Accessories
Toilet seats with armrests		

IMPORTANT MESSAGES 13

HINTS & TIPS / SIGNPOSTS 1

Continence advice ★

BACK TO QUESTIONS ←

MY STARRED RESULTS ☆

START A NEW ASSESSMENT +

Developed together with a company called ADL Smartcare, this new web based system can help anyone who:

- would like control and choice over their personal situation
- is having difficulty in any aspect of their daily living and would like equipment solutions or professional advice to help them manage these more effectively
- is happy to pursue options and recommendations privately, for example purchasing equipment

The online system will allow you to select the area of the home which you, or your loved ones are having difficulties with. Step by step each person is guided through an easy assessment process to identify what solutions may be best for them.

Our new system can offer quick and easy access to a range of solutions. You will be advised if a further professional assessment is required.

For further information email:
smartlife@fife.gov.uk

www.smartlifeinfife.org