



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.

**GFI provides the
key to unlock
your ability**



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

About our organisation

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

GFI focuses 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.

Services provided by Going For Independence include:

- 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, Treatment and Wellbeing 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.



Contact details:

Telephone: 0208 249 5515 or Helpline: 0800 612 8909

Email: info@goingforindependence.org

Website: www.goingforindependence.org

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 in Croydon

Croydon Council Contact Centre

Taberner House, Park Lane, Croydon CR9 3JS

Tel: 0208 726 6000 Website: www.croydon.gov.uk

Age UK

Handyman and gardening services, Advocacy, Advice, Help@home, Nail Care

2 Katharine Street, Croydon CR0 1NX

Tel: 0208 680 5450 Email: aukc@ageconcerncroydon.org.uk

Croydon Hearing Resource Centre (CHRC)

Support services for people with hearing impairments, hearing aid batteries and re-tubing.

Summit House, 50 Wandle Road, Croydon CR0 1DF

Tel: 0208 686 0049 Website: www.croydonhearing.org.uk

Croydon Deaf Children's Society(CDCS) and Croydon Disability Forum (CDF) are also located here.

Croydon Voluntary Association for the Blind (CVAB)

Counselling, mobility support, lunch clubs, art, keep fit, dancing and socials.

Bedford Hall, 72-74 Wellesley Road, Croydon CR0 2AR

Tel: 0208 688 2486 Email: cvab@croydon.plus.com

www.cavision.org/croydon-voluntary-association-for-the-blind.html

Centre of Excellence for Sensory Impairment (COESI)

An online resource for people of all ages with sensory and physical impairments.

Email: info@coesi.org.uk Website: www.coesi.org.uk

Disability Croydon

Advocacy, Information, Direct Payment Support Service.

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

Croydon Careline Telecare Service (CCTS)

CCTS will provide you with a careline unit with a button, which can be worn as a necklace or on a wrist strap.

Tel: 0208 654 7166 Email: careline@croydon.gov.uk

Aztec Independent Living Centre

See, try and buy equipment here

28 Boulogne Road, Croydon CR0 2QT Tel: 0208 664 8860
Open Mondays and Tuesdays 10.00 to 3.00.

This information 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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Local Equipment retailers

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 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

Please note: 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.

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