

# Stockton Independent Living Centre

## What is Stockton Independent Living Centre (SILC)?

### **A Centre Offering:**

- Holistic, functional assessment of peoples' level of independence in day to day life.
- Recommendations and demonstration of equipment and adaptations required to maximise peoples' independence and safety at home.
- Mobility assessments for Blue Badge Scheme applicants.
- Navigation to a wide range of public services, NHS/Stockton Borough Council services, and voluntary sector community services.
- Stroke education and support "drop in" group sessions.
- General public information and advice "drop in" clinic.
- Training facilities for a variety of professional groups within Stockton Borough Council.

### **Who is the centre for?**

The Services are available to Any Stockton Borough Council resident who "appears to have a need" arising from a health conditions, which has a significant impact on their day to day life

### **Examples of functional assessments and advice/recommendation**

Functional assessment comprises an initial discussion regarding the person's priorities and difficulties with activities of daily living at home & community followed by analysis of their performance in an activity of their choice i.e. observations of transferring on/off bed or chair.

The activity analysis may include, but is not limited to the following list:

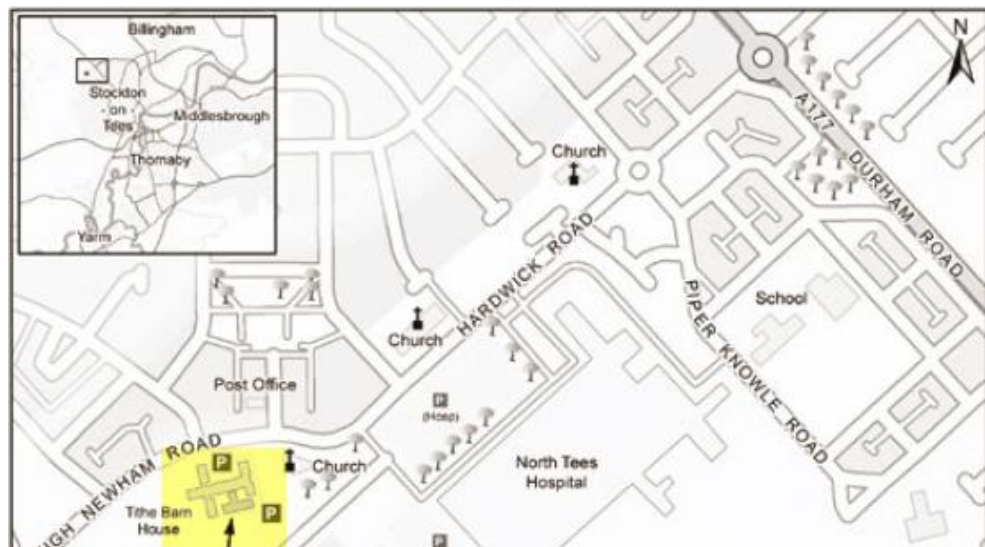
- Walking and use of stairs
- Sitting and rising to or from a chair, bed or sofa
- Getting in or out of a car
- Accessing bathroom facilities
- Performing some personal care tasks e.g. dressing
- Use of kitchen facilities
- Use of garden facilities

- Use of moving and handling techniques
- Use of a wide range of equipment e.g. shower chairs, bathing aids, toilet seats, walking aids, bed rails, height adjustable chairs, commode, stair lift, other.
- Discussion around participating in employment, education, training, leisure, and community life
- Social inclusion and integration in community life

## Our Facilities


We have a large training room, office rooms, and an apartment facility comprising kitchen, bedroom, and bathroom/toilet facilities. There are a wide range of disability equipment available for demonstration and assessment purposes. The centre has ramped access and ample parking for visitors.

## Where to find us




**To book an appointment please contact customer services:**

### Opening Hours

 Monday-Friday 9am – 4.30 pm

### Contact Details

 Stockton Independent Living Centre


Tithebarn House

High Newham Road

Hardwick

Stockton-on-Tees

TS19 8RH

 01642 526128

 [www.stockton.gov.uk](http://www.stockton.gov.uk)

If you would like this information in any other language or format, for example **large print** or audio please contact:

إذا كنت ترغب الحصول على هذه المعلومات بلغات أو بأشكال أخرى على سبيل المثال  
بالطبعة الكبيرة أو بالشريط المسجل فالرجاء الإتصال 'بدايفرستي تيم'  
على هاتف رقم 01642 527764

ARABIC

اگر شما این اطلاعات را به زبان یا شکل دیگری مثلا چاپ بزرگ یا بصورت صدا  
میخواهید لطفاً با تیم دایورسیتی (گوناگونی)  
با شماره 01642 527764 به تماس شوید

FARSI

Si vous souhaitez obtenir ces informations dans d'autres langues ou sous un  
autre format, par exemple, en gros caractères / version audio, veuillez  
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FRENCH

نه گهر جهرت لئ به نهم زانبار به دهه ستت بکهونت به زمانه کانی تریان به شنوه به کی تر بو نمونه  
چاپی گه وره/بان به تبهی تومارکراو نکابه به یوهندی بکه به 'نیمی دایفرستی'  
له سهر زماره ی نه له فون 01642 527764

KURDISH

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致電 01642 527764 接洽 '多元化隊'

CHINESE

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਬਣਤਰ ਜਾਂ ਖੋਲੀ ਵਿੱਚ, ਵੱਡੀ ਛਪਾਈ ਵਿੱਚ ਜਾਂ ਟੇਪ/ਸੀ ਡੀ 'ਤੇ  
ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ  
ਹੁੰ 01642 527764 ਨੰਬਰ ਉੱਤੇ ਫੋਨ ਕਰੋ।

PUNJABI

اگر آپ ان معلومات کو کسی بھی اور زبان یا انداز، مثلاً بڑے پرنٹ/آڈیو ٹیپ وغیرہ میں حاصل کرنا چاہیں، تو 'ڈایورسٹی ٹیم'  
کو اس نمبر پر فون کیجئے  
01642 527764

URDU