

# Towards Independent Living

Independence at Home is a charity that exists to increase independence at home for people of all ages with long term illness and disability.

We do this by providing grants to those who need them most. This financial help goes towards the purchase of mobility and disability equipment, home adaptations and other essential items to make an immediate, practical and positive effect on daily life at home.

The charity was founded in October 1965. Since then the grants have improved independence, freedom and quality of life for over 40,000 people from all parts of the UK.

## Transforming Lives

A grant could be towards the cost of

- A powered wheelchair, improving mobility in and around the home and in the local community
- A riser-recliner chair, to be able to sit comfortably and go from sitting to standing more easily
- A wet room, to be able to have a shower independently and safely
- An electronic scanner to enable someone with a visual impairment to read

The grants improve independence and quality of life for so many people, not only the individual beneficiaries but also those family members and carers who are involved in the everyday challenges of coping with illness and disability at home.



*I write on behalf of my wife to say a very big thank you to Independence at Home.*

*We now have the power pack fitted to my wife's wheelchair and it is a godsend. I can now more easily get my wife around - inclines are much easier*

## Steven's Story

Steven, who is 38, lives with his wife and their five children. He has major difficulties walking out of doors since he was involved in a road traffic accident over 10 years ago. He broke his neck, right leg and left ankle and fractured his skull in several places.

Steven is also carer for his wife who suffers from a severe form of depression. In order to go out Steven required someone to push him in a second hand manual wheelchair that he bought from ebay.

As he is a large man of 17 stone it was physically demanding to take him out in the chair. Independence at Home made a grant towards the cost of a powered wheelchair.

Steven can now take the children to school, do some shopping and make his own way out in his local community.

## Mary's Story

Mary is 61 years old and has Multiple Sclerosis. She lives with her granddaughter who is 13 years old. Mary currently uses a standard bed but is finding it difficult to get in and out of bed as she has difficulty lifting her legs. She is now dependent on her granddaughter to do this for her.

Independence at Home made a grant towards the cost of a profiling bed which is adjustable. This will enable Mary to retain her independence, reduce the strain on a young girl and ensure Mary's safety and comfort.

*Thank you so much I feel like I have been given some quality of life again now.*

## Jason's Story

Jason is seven years old and lives with his father and younger brother. He has cerebral palsy, global development delay and severe learning difficulties. His brother is also disabled and his father is raising both boys alone.

Jason has always been very reluctant to take part in physical activities. He tires very easily and finds most things very hard work.

Independence at Home made a grant towards the cost of a specialist tricycle for Jason. This has really motivated him to move.

When he tires the tricycle can be attached to the back of his dad's bicycle within seconds. Jason's brother can ride a special tricycle alone so they can all now go out and about as a family.

## Anne's Story

Anne (55 years old) had a stroke five years ago and has been left totally dependent upon her family. Her husband has been diagnosed with cancer of the oesophagus and is expected to live for no more than three years.

Anne walks around the house with help from a zimmer frame. She seems positive and able to understand what is going on but cannot communicate. She is now really struggling to climb the stairs.

The house has the bedrooms and bathroom upstairs which is not ideal for Anne's disabilities. The best idea would be to extend their own ground floor or move to a bungalow but both these options are financially out of the question.

Independence at Home made a grant towards the cost of a stair lift so that Anne can now go upstairs to sleep with her husband and to use the bathroom.

*The lovely scooter that has been provided for me has changed my life a lot. It is very comfortable and easy to handle-just right for me.*

*As well as enabling me to get all round the green, up to the park and along the river it is amazing how much time it saves me which I value greatly.*







## Our Funding

Our funding comes from income that we receive from our own investments together with donations from around 100 charitable trusts and companies that support our work. We occasionally receive some legacy income. Our Founder's Fund covers the costs of running the charity so that all of the money donated is used for grants. None of our funding comes from Government or statutory bodies.

## Meeting Individual Needs

Our grants do not replace public funding. We often work together with funding from public bodies and other charities to cover the total cost of high value equipment or adaptations.

We are open to looking at innovative ways of helping individuals and families with particular needs that cannot be met from public funding. Examples are grants towards the cost of

- A lycra body suit to improve posture and mobility of a child with developmental delay
- A specialist walker for an elderly lady with a rare neurological condition to help prevent backward falls



## Support is needed more than ever

After six years of austerity families with ill and disabled members who are managing on low fixed incomes are finding it increasingly difficult to meet basic household expenses. With continuing pressure on household budgets people who need high value equipment or adaptations to remain independent just cannot afford to buy what they need themselves.

Public funding is being cut particularly in health and social care services where all of our beneficiaries' needs lie. Benefits are harder to obtain for those in genuine need. The limited but effective help that we can give is now needed more than ever.

Our grants are quite modest-between £200 and £600-but can be just what is required to make a positive difference to a person or a family who are vulnerable and struggling to cope with daily living. A little help, carefully targeted, can go a long, long way.



## Please Support Us

We are very grateful to all of our donors who help us to provide essential support to people throughout the UK who struggle every day to cope with illness and disability and are in dire financial need. We could not provide our vital support without our supporters. We need your donations to ensure that the support will be there for them in future.

You can help us make a real and positive difference to improve our clients quality of life and enable them to move towards independent living at home.

Thank you

David Astor, Chairman

Kate Williams, CEO



## June's Story

June is 81 years old and lives with her husband, Dennis. They both have health and mobility problems but June is the more disabled of the couple. She has had three hip replacements but still has a lot of difficulty walking and uses two sticks to get around indoors.

They are a very friendly and welcoming couple who want to stay in their own home. Dennis has tried to push June around the shops in a wheelchair but cannot manage this now.

Independence at Home made a grant towards the cost of a mobility scooter. This will allow June to go to the local shops herself and be more independent.

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# Towards independent living

*On behalf of my wife I would like to thank you for the very kind donation that you have made towards the cost of the stair lift.*

*This has changed our lives as she is now able to spend more time downstairs where before she would often remain upstairs all day due to the difficulty she had climbing the stairs.*

*We are able to spend more time together and she can also enjoy more contact with our two small grandsons.*

