

Disability Information

Coping with a stoma when you have a disability

Visual Impairment

Most delivery companies offer a cutting service, to ensure the flange/base-plate fits snugly around the stoma. They require a template cut to the size and shape of the stoma. A stoma care nurse can help with this.

If it is difficult to fit the flange accurately around the stoma then it may be easier to use a two-piece appliance. Once the base-plate has been fitted then it can be left in place for several days. The bag can be removed and replaced with a new one as required. A clip-on, rather than a stick-on coupling may be easier as it is possible to feel and hear the click and feel when the bag is securely attached.

If you have computer access, then software like Acrobat reader will read our literature and *Tidings* magazine to you. Additionally, contact the RNIB who may be able to offer help.

Reduced Dexterity

For those with arthritic fingers or the inability to use one hand, a two piece pouch may be the best option. A stick-on coupling may be easier to manage.

There are many different types of two piece appliances available. To obtain free samples contact your supplier or manufacturer, or speak to your stoma care nurse.

Limited Mobility

Trousers with a drop front flap opening for stoma management are available from Able 2 Wear. They are suitable for wheelchair users and those with severe disabilities.

For more information **Tel:** 0141 7753 738 or **email:** info@able2wear.co.uk or **visit:** www.able2wear.co.uk.

Disability Information

Disability Benefits

Employment and Support Allowance

If you are aged under State Pension age, then you may be eligible. Full details, including how to claim, can be found by **visiting:** <http://www.gov.uk/employment-support-allowance>

Disability Living Allowance (DLA) for Adults

This is a tax-free benefit for disabled people who need help with mobility or care costs. Full details, including eligibility criteria and how to claim, can be found by **visiting:** <http://www.gov.uk/dla-disability-living-allowance-benefit>

If you're aged 65 or older and haven't received DLA or Personal Independence Payment (PIP) in the last year, then you may be able to claim Attendance Allowance instead. **Further details can be found at:** <https://www.gov.uk/attendance-allowance>

WaterSure – Reduced Water and Sewage Bills

Watersure provides financial assistance to household customers with a water meter who use large quantities of water for essential purposes. Depending on your circumstances you may be eligible. To find out more **visit:** <https://www.unitedutilities.com/services/your-bill/difficulty-paying-your-bill/watersure/>

Disabled Facilities Grant

Local Authorities can award a grant to pay for essential housing adaptations to help people with disabilities stay in their own homes. For more information please contact your **local authority or visit:** www.disability-grants.org/disabled-facilities-grant.html

VAT Exemption

Some equipment and products qualify for VAT exemption and suppliers will be able to advise you. They will automatically issue a VAT exemption form to sign when the item is purchased.

Disabled Parking Permit (Blue Badge)

Ostomates do not automatically qualify for a blue badge. Evidence of Limited mobility are the basis of successful applications. To find out further information and also apply **visit:** www.gov.uk/apply-blue-badge

Disabled Toilets National Key Scheme and optional photo ID card

Ostomates are entitled to a key which will open approximately 9,000 locked toilets around the UK. Some local councils will provide this key free or for a small charge. Keys can also be purchased from Disability Rights UK, who also publish the Regional National Key Scheme Guide which lists all the NKS toilets throughout different regions (costs will apply) **Tel:** 020 7250 8181 or **email:** enquiries@disabilityrights.org or **visit:** www.disabilityrightsuk.org.uk

Keys can also be obtained from the Colostomy UK at a cost of £3.50. We also produce an optional photo ID card to prove you are entitled to use accessible toilets. This costs £6.50. Order forms for both can be obtained by calling us on: 0118 939 1537. The forms can also be downloaded by from our **website**.

Disability Information

Organisations which can provide help and support to people with Disabilities

Disability Rights UK

Disability Rights UK is led, run and controlled by people with disabilities. Disabled people make up at least three-quarters of its board members.

Disability Rights UK focuses on:

- Promoting “meaningful” independent living for disabled people.
- Promoting disabled people’s leadership and control.
- Breaking the link between disability and poverty.
- Campaigning for disability equality and human rights.

For more information please **telephone:** 020 7250 8181, **email:** enquiries@disabilityrightsuk.org
or **visit:** www.disabilityrightsuk.org

Citizens Advice Bureau (CAB)

The CAB helps people resolve their legal, money and other problems by providing free, independent and confidential advice.

More information, including details of your local office **visit:** www.citizensadvice.org.uk