» Equipment for daily living

If your age or disability means that you are finding it difficult to do certain things around your home, you may want to find out more about the equipment that is available to help you.

Whether you are having difficulties moving around your home, getting washed and dressed or preparing food and drinks, there is a wide range of equipment designed to make your daily living tasks more manageable.

The Centre for Independent Living Service, or CILES, is run by our Occupational Therapy service. CILES is open to Hartlepool residents who would like to look at and try different pieces of equipment, including:

- bath boards and seats
- bath lifts
- shower seats
- toilet seats and frames
- bed handles
- perching stools
- jar and bottle openers
- kettle tippers
- tap turners
- cutlery, and/or
- helping hands

A member of staff is available to give advice and help you find the right piece of equipment to suit your needs. We can also advise you on equipment for people who are hard of hearing, such as TV listeners and amplified doorbells.

If you are not eligible to have equipment provided by adult social care, we will advise you on where you can go to buy pieces of equipment yourself.

If you are eligible for help from adult social care we may order the equipment for you. If it is appropriate we can also arrange for a member of the Occupational Therapy team to visit you at home and carry out a full assessment of your needs.

» Address and contact details

CILES is based at the Centre for Independent Living (CIL) on Burbank Street, Hartlepool.

Visits to CILES are by appointment only. To make an appointment please contact the Early Intervention Team.
» Contact us
You can contact the Early Intervention Team by letter, telephone, text, or email. If English is not your first language, we can provide a translation service.

» Our opening times
We open at 8:30am every weekday. We close at 5:00pm from Monday to Thursday. On Fridays we close at 4:30pm.

- Telephone: 01429 523390
- Text Service: 60006 (start your text with HBC)
- E-mail: dutyteam@hartlepool.gcsx.gov.uk
- Postal address: Adult and Community Based Services
  Hartlepool Borough Council
  Civic Centre
  Victoria Road
  Hartlepool
  TS24 8AY

» About this factsheet
This factsheet tells you about the Centre for Independent Living Equipment Service (CILES). We issued this factsheet in September 2012 and updated it in April 2018. We will check the information is up to date in April 2020.

You can download all of our factsheets from www.hartlepool.gov.uk/factsheetsandpublications