

What is the Independent Living Centre?

The Independent Living Centre has a community equipment store, an equipment showroom for the public and office space.

In the showroom, we have a range of equipment and lighting which can help people with sight loss. Your assessment may take place at the Independent Living Centre or you can make an appointment to try equipment and find out more.

When can I visit the Independent Living Centre?

The Centre is open to the public from 9.30am to 1.00pm and 2.00pm to 4.00pm Monday to Friday. You can visit without an appointment but we advise you phone first to make sure that staff will be available to assist you.

Where is the Independent Living Centre?



To find us:

- Turn into the Gremista Road
- Take 4th junction on the right
- Take 1st junction on the right

How to contact us:

Occupational Therapy
Independent Living Centre
Gremista
Lerwick
Shetland, ZE1 0XY

Tel: 01595 744 319

Email: dutyot@shetland.gov.uk



Services for adults with sight loss



Providing practical support and information for people with sight loss

What services are available?

If you have sight loss, we can arrange for you to have an assessment with one of our staff.

The assessment will focus on your needs and finding ways to help you manage everyday tasks more easily and safely, at home and outdoors. We may be able to help you with difficulties such as:

- Getting around safely outdoors
- Preparing hot meals and drinks safely
- Using computers and other assistive technology

We can also provide information about other local and national services which might help you.

Who can ask for an assessment?

Anyone can. You can refer yourself or a friend or relative can also make a referral on your behalf.

Do I need to be registered as blind or partially sighted before I can have an assessment?

No, anybody with sight loss can request an assessment. You do not have to be registered as blind or partially sighted to access support from the OT Service.

How do I make a referral?

You can contact us by phone, letter or email using the details on the back of this leaflet. When you get in touch, you will be asked for general information about yourself and any difficulties you are having.

What happens next?

Using the information you give us about your needs, we will prioritise your case and place it on the waiting list for assessment.

A member of staff will contact you to arrange an appointment that is suitable for you.

Where will I be seen?

We try to meet with people in their own homes. You can also be seen at the Independent Living Centre (ILC) or an alternative place if this is not suitable.

This leaflet is available in alternative formats including Braille, audio and an electronic format.