**NHSGGC Long COVID Service**

**Personal care aids**

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| The following list of small aids can support you when completing personal care tasks. These items can be purchased from many online websites such as, *Amazon, Argos, Ebay, Mobility Smart, NRS Health care* or at stores such as *Able World* in Paisley. If you need more information, you can complete a self-assessment by accessing the Ask SARA website on equipu.livingmadeeasy.org.uk[Equipu - AskSARA](https://equipu.livingmadeeasy.org.uk/)Local Providers where these may be purchased:Mobility solutions  ([**Mobility Solutions - Powerchairs, Wheelchairs & Mobility Scooters**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.mobilitysolutions.co.uk%2F&data=05%7C02%7CClaire.Roux%40nhs.scot%7C3b112e77fe4b49631dee08dd7356f382%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638793539471958703%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=PaV4kj4RcomxTLG30llwybFKqbK%2FbwiTM4w21mmiLt8%3D&reserved=0))Care co ([**Wheelchairs | Manual Self-Propel, Transit & Travel Wheelchair ♿**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.careco.co.uk%2Fwheelchairs%2F%3Fproductfeed%3DPSNB%26msclkid%3D2d9bdb430b92105a8286bcac96eefd4f%26utm_source%3Dbing%26utm_medium%3Dcpc%26utm_campaign%3DCareCo_Search_Wheelchairs%26utm_term%3Dmanual%2520wheelchair%26utm_content%3DManual%2520Wheelchairs&data=05%7C02%7CClaire.Roux%40nhs.scot%7C3b112e77fe4b49631dee08dd7356f382%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638793539472000756%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=OPIP1qsvPYXudQCYMBtDhZEwTJiSlnDmetdV%2BynInDA%3D&reserved=0))Ableworld (Paisley  - [**Ableworld Mobility & Stairlifts Paisley**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpaisley.ableworld.co.uk%2F&data=05%7C02%7CClaire.Roux%40nhs.scot%7C3b112e77fe4b49631dee08dd7356f382%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638793539472025524%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=fVCo6EhkInEk3FpfJ5PrZ8FrUFRnWm6Jgg9UVtnTp88%3D&reserved=0))Local contacts -Glasgow contact [**Contact Health and Social Care - Glasgow City Council**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.glasgow.gov.uk%2Fsw&data=05%7C02%7CClaire.Roux%40nhs.scot%7C3b112e77fe4b49631dee08dd7356f382%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638793539472046417%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=YvhsH%2FrlxgFJKej4ekP0btQauPlVm7y2sTMV2PnouSU%3D&reserved=0)**Inverclyde** ([**Inverclyde Centre for Independent Living - Inverclyde Council**](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.inverclyde.gov.uk%2Fhealth-and-social-care%2Fadults-older-people%2Fphysical-disability%2Finverclyde-centre-for-independent-living&data=05%7C02%7CClaire.Roux%40nhs.scot%7C3b112e77fe4b49631dee08dd7356f382%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638793539472067215%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=bQSOIYD4A8GfgfrwFjpD3HOMdSbw5sWpToP71gabuGY%3D&reserved=0)**)** |

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| **Dressing stick** | **Button and zip aid** | **Sock aid** |
| See the source image | Picture 1 of 11 |  |
| **Long handled shoes horn** | **Helping hand** | **Long handled sponge** |
| See the source image | https://m.media-amazon.com/images/I/81i4nW4MuvL._AC_SL1500_.jpg | See the source image |
| **Long handled brush** | **Bottom wiper** | Cream applicator |
| See the source image | See the source image |  |
| Male urinal |  |  |
|  |  |  |