



Factsheet - 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 can be easier to use a two-piece appliance. Once the base-plate has been fitted (with the help of a carer if necessary) 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 hear the click and feel when the pouch is securely attached.

Access to a computer gives the opportunity to use software which reads our documents/literature, such as our Tidings magazine, from our website. Try Acrobat reader which allows you to choose the voice/speed/tone to suit through the system preferences. 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 to trial 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 those in a wheelchair or for those who have severe disabilities.

For more information **Tel:** 0141 7753738 or **email:** info@able2wear.co.uk or **visit:** www.able2wear.co.uk.

WaterSure – Reduced Water and Sewage Bills

A stoma is classed as a medical condition whose management requires extra water. To qualify for reduced water and sewage charges:

- The water supply must be metered.
- The person who pays the water bill or someone else in the household must receive an income based benefit (e.g. income support, income based job seekers allowance, housing benefit, council tax benefit, pension credit, income related employment and support allowance), or tax credits.

For more information obtain a leaflet entitled "Are you eligible for WaterSure?" which is available from **Consumer Council for Water on:** 0845 039 2837 or **visit:** www.ccwater.org.uk or **contact OFWAT on:** 0121 625 1300.



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Disability Benefits

Employment and Support Allowance (formerly Incapacity Benefit)

ESA is a benefit paid to people, aged between 16 and 64, whose ability to work is limited either by ill health or disability.

An ostomate will only qualify for ESA if:

- they experience substantial leakage (sufficient to require cleaning and a change of clothing) from their stoma appliance at least once a month.
- they also have another condition which affects their ability to work.

Disability Living Allowance

In 2013 DLA is being replaced by Personal Independence Payment (PIP) for everyone of working age (16 to 64).

Existing DLA claimants will be asked to claim PIP at some point after October 2013, but most won't be affected before October 2015 unless:

- the claimant reports a change in how a health condition or disability affects them.
- an existing award of DLA comes to an end.
- the claimant is approaching the age of 16.

Personal Independence Payment (PIP)

PIP is designed to help people (aged 16 to 64) meet the extra costs arising from having a long term condition (this means ill-health or a disability expected to last 12 months or longer). It is based on how a person's condition affects them, not the condition they have.

PIP will be introduced for new claims:

- from 8th April 2013 in Merseyside, Cumbria, Cheshire, North East England and North West England.
- from June 2013 in all other parts of the country.

Attendance Allowance (AA)

AA is for people aged 65 and over who are physically or mentally disabled and need help with personal care or supervision to remain safe.

For more information contact:

- the Benefit Enquiry Line Telephone 0800 882 200 or Textphone 0800 243 355
or visit www.gov.uk/benefit-enquiry-line
- Disability Benefits Helpline Telephone 08457 123 456 or Textphone 08457 224 433
or visit www.gov.uk/disability-benefits-helpline



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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. An assessment of the disabled person's needs by an occupational therapist is required as evidence that the changes are essential for them to live an independent life.

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, eg the Braun Irrimatic Pump.

Disabled Parking Permit (Blue Badge)

Being a colostomate is not a disability which automatically qualifies the applicant for a blue badge and a successful application MUST be on the basis of limited mobility.

To qualify for a blue badge you must be unable to walk or have very considerable difficulty in walking. For more information obtain the leaflet entitled "Can I get a Blue Badge?" which is available from the **Department of Transport** by phoning: 0300 123 1102 or visit their website at: www.mobility-unit.dft.gov.uk.

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 obtained from CA at a cost of £3.50. Contact head office for an application form.

Keys can also be purchased for £4.00 from Disability Rights UK, who also publish the National Key Scheme Guide which lists all the NKS toilets throughout the UK (cost approx £16.00) **Tel:** 020 7250 3222 or visit: www.disabilityrightsuk.org.uk

An optional photo ID card to prove you are entitled to use Accessible toilets is available through the CA at a cost of £6.50. The wording on the card states: "The cardholder has a medical condition and needs urgent access to disabled facilities". An order form is available from the CA **website** or by **telephoning:** 0118 9391537.



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Organisations which can provide help and support to people with Disabilities

Disability Rights UK

Disability Rights UK was formed through a unification of Disability Alliance, Radar and National Centre for Independent Living in January 2012. Disability Rights UK is led, run and controlled by people with disabilities, with disabled people making 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 3222, **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. Ideally, it is best to contact the local office by looking through your telephone directory. Alternatively:

- **For Wales call:** 0844 477 2020
- **For England call:** 0844 411 1444
- **TextRelay users should call:** 0844 411 1445

Calls to 08444 numbers cost 5p per minute (correct at time of printing).

More information can be found by **visiting:** www.citizensadvice.org.uk