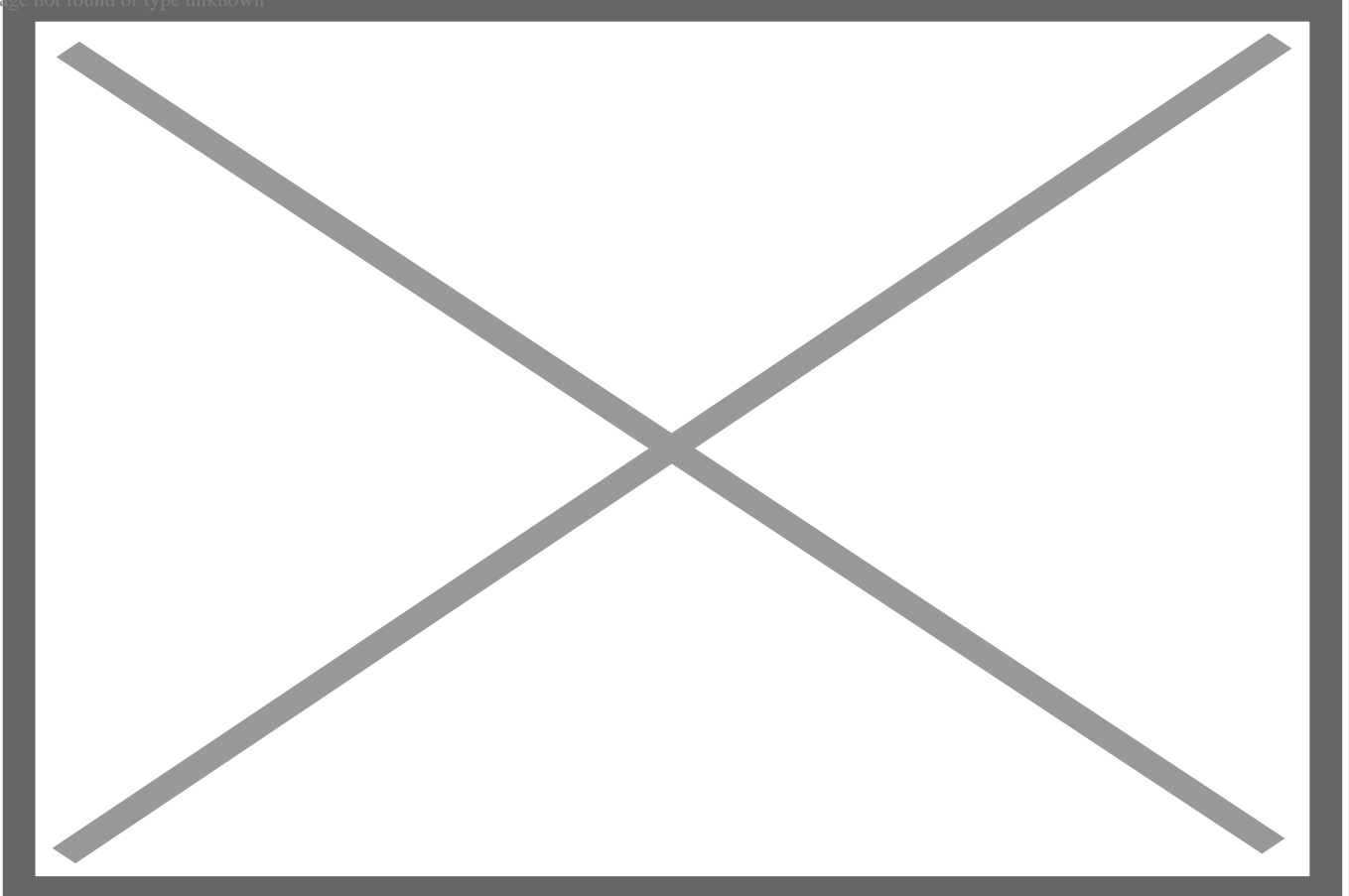




## Home alone with long-term health issues

### Description

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You don't have to cope alone with a long-term health condition. That's the message from national charity Independent Age.

As they prepare to launch a new campaign called Access To Treatment, the organisation are promoting their free booklet *Living Well With Long-Term Health Conditions*.

‘It’s nice to have someone to chat with – it makes me feel alive!’

The 52-page guide offers advice on how your condition might affect you, coping with challenges, where to get support and ways to help yourself.

There is also a practical section on getting the most out of medical appointments, which includes a planner. This simple checklist helps the patient to ask the right questions.

As with all their other booklets, Independent Age include quotes from true-life stories that are relevant to the guide’s subject matter.

Dorothy has diabetes and glaucoma, and has found help from her doctor and charities. Her friends all know she is diabetic. ‘It’s important in case I need help,’ she said.

She has a volunteer visitor from Independent Age. ‘I’m usually on my own so it’s nice to have someone to chat with,’ said Dorothy. ‘It makes me feel alive!’

‘The RNIB (Royal National Institute of Blind People) told me about some great gadgets to help with my eyesight. I have a machine to read my letters for me, and it even tells you if you’ve put the letter in the wrong way up.’

Another person was surprised to find assistance from their local council: ‘The occupational therapist came and looked at our bathroom. She got me a bench to sit on and bars to hold onto, to get in and out of the shower. That was really good.’

MMHS is committed to helping residents receive the correct aids and adaptations

You can order a print version of the booklet, download a copy or listen to an audio version of the guide [here](#).

As a responsible landlord, MMHS is committed to helping residents receive the correct aids and adaptations to enhance their wellbeing – particularly where there are long-term health issues. Where required, we will assist residents to obtain the resources they need.

MMHS residents can find more information about aids and adaptations [here](#). They can also read up on the subject by referring to page 22 of the [Residents’ Handbook](#).

## Category

1. Friends & Family

## 2. News & reviews

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