

MOVING & HANDLING

Are you helping the person you care for to move around the home? Do you have to support them to move safely in and out of the car, bath or bed for example?

Is this putting a strain on your own health?

Suffolk Family Carers commissions a qualified occupational therapist to visit family carers in their own home to provide information and guidance on how to move and handle the person they care for in a safer way.

To receive this service please complete our online referral form and someone will be in touch.
www.suffolkfamilycarers.org/moving-and-handling-referral-form/



Moving & Handling Home Tuition Service

Are you looking after someone?



Our Occupational Therapist can visit you at home to show you how to help the person you look after to move around, in ways to keep you safe and healthy.

The Occupational Therapist can advise you on:

- How to look after your health.
- How to prevent falls, slips or trips.
- Equipment that will help keep your back safe by allowing the person you look after become more independent.

Don't struggle alone

Please phone

01473 835477

for more information on our service

hello@suffolkfamilycarers.org