

Do you find your disability or illness affects how easy it is for you to carry out everyday tasks?

Dundee Independent Living Centre (DILC) is a facility for people who experience difficulties with everyday tasks as a result of disability, illness or the aging process.

DILC offers the opportunity to look at and try out a range of equipment on permanent display that may help to make life easier.

An experienced staff member is available to discuss the issues important to you and advise on possible solutions. There is information on products and services, including holidays and grant-making trusts and charities available for you to take away.

Bedroom

Small equipment to help with dressing difficulties, profiling beds and hoists....



Lounge

Armchairs and writing equipment, telephones and back supports....



Shower Room

Shower bases and showering equipment, body dryer and shower chairs....

Bathroom

Bath lifts and long handled sponges, toilet seats and frames, automatic washing/drying WC's....



Kitchen

Eating and drinking equipment, jar and bottle openers, talking microwaves, food preparation equipment and height adjustable worksurfaces....



In addition we have a range of walking and mobility equipment for you to see and try.

If a visit to **Dundee Independent Living Centre** is not possible you can telephone or e-mail to discuss your difficulties and advice can be given over the telephone, by return e-mail or information can be sent to you.

There is an answer machine that you can leave a message on if staff are busy or if you phone outside office hours.

How To Get Here



dilc dundee independent living centre
a partnership between Dundee City Council and NHS Tayside



Opening Hours

Monday to Friday 8:45 to 17:00.

It may be possible to visit outwith these times by arrangement.

Group Visits

Teams, groups or organisations wishing to visit or use our meeting room please contact us to discuss your needs.

For further details, please contact:

Dundee Independent Living Centre,
Unit T, Charles Bowman Avenue,
Claverhouse West Industrial Estate,
Dundee, DD4 9UB

Tel: 01382 307635
email: DILC@dundeecity.gov.uk
www.dundeecity.gov.uk/DILC

This information is made available in large print or in an alternative format that meets your needs.

Chinese	欲知詳情，請致電：01382 431563
Punjabi	ਹੋਰ ਜਾਣਕਾਰੀ ਲੈਣ ਲਈ ਫੋਨ ਕਰੋ: 01382 431563
Urdu	مزید معلومات کے لئے براہ مہربانی 01382 431563 پر فون کریں۔
Polish	po dalszą informację zadzwoń pod numer 01382 431563
Alternative Formats	For further information please tel: 01382 434503



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