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.

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

How To Get Here

Alternative Formats
For further information please tel: 01382 434503