

## Living With and Beyond Cancer Information Sheet

# 10. Mobility & Disability

A reduction in mobility can be both distressing and frustrating, leading to a significant negative impact on a patient's quality of life and activities of daily living. There are many possible causes of reduced mobility so careful assessment by a specialist (such as an Occupational Therapist or Physiotherapist) is often required. Causes include general fatigue (e.g. due to increased bed rest, lack of exercise, effects of radiotherapy/chemotherapy etc.), the physical effects of surgery, breathing difficulties, pain, anaemia, dehydration, and feeling swollen.

## How can I manage my mobility problems?

Your ability to get around may be related to other aspects of your cancer treatment, such as:

- Pain
- Fatigue
- Feeling swollen - please further information sheet
- Make full use of the help around you, such as family or friends.
- If you need additional help you may find your local social services department helpful as they can assist with transport, home care and advice on home adaptation.
- A physiotherapist or occupational therapist can help with mobility problems and can provide walking frames and other equipment.
- If your reduced mobility has stopped you from leaving the house, the Red Cross can sometimes help by taking people shopping, providing wheelchairs etc.
- If you use a car you may be eligible for a "Blue badge" to enable you to find suitable and accessible parking. Information on eligibility and application can be found on the [direct.gov](https://www.direct.gov) website

**If your mobility suddenly deteriorates or you notice change in the feelings in your legs this may indicate a more serious medical condition and you should contact your oncology team to discuss**

**IMMEDIATELY!**

# 10.Mobility & Disability continued

## Local Resources:

<p><b>Mobility Aids</b> Provides long term loans of mobility aids to people in need, including wheelchairs, commodes, walking sticks and frames</p>	<p><b><u>British Red Cross</u></b> Roundswell Community Centre Gratton Way, Barnstaple EX31 3NL Open Mondays ONLY 10am—1pm 01392 353297—aim to respond within 2 working days</p>
<p><b>Devon County Council</b> www.devon.gov.uk <b>Blue Badge Scheme</b> Apply for a Blue Badge scheme helps people with severe mobility problems— open driver or passenger</p>	<p>The badge lasts for 3 years and a renewal notice will be sent 6 weeks before it expires. You can apply or renew online at GOV.UK or by phoning; The Blue Badge Helpline on 0345 155 1006</p>
<p><b>Argos</b> website : www.argos.co.uk</p>	<p>A range of mobility aids can be purchased at reasonable prices. For information on your local store, contact numbers and home delivery</p>
<p><b>Lymphoedema Service</b> Barnstaple Health Centre, Vicarage Street, EX32 7BH By appointment only Monday - Friday 8:30 am— 4:30pm</p>	<p>The lymphoedema service is a nurse-led service providing individualised care and encouraging self-management through specialised treatment and education. The aim is to allow the individual to lead an independent life so far as possible. Referrals can be made by your GP, consultant or CNS.</p>
<p><b>Essential Mobility</b> - <a href="http://www.essential-mobility.co.uk">www.essential-mobility.co.uk</a> 3 Rolle Cottages, Rolle Street, Barnstaple EX31 1JL Tel: 01271 344438 5 Parkside, The Pill, Kingsley Road, Bideford EX39 2PF Tel: 01237 237172</p>	<p>Large selection of wheelchairs, mobility scooters, rise &amp; recline chairs, stairlifts and daily living aids. There is also a service and repair facility. Mon—Fri 09.30-17.00hrs Sat 10.00-13.00hrs</p>
<p><b>Braunton Mobility: Mobility Solutions</b> 9 Cross Tree Centre, Braunton, EX33 1AA Tel: 01271 814577</p>	<p>Equipment hire as well as a large range of mobility solutions. Mobility scooters, wheelchairs, rise &amp; recline chairs and walking frames. Open Mon– Fri 09.00-16.30hrs Saturday 09.00-13.00hrs</p>
<p><b>Royal Voluntary Service Volunteer Scheme</b></p>	<p>The Royal Voluntary Service Volunteer scheme is now live and allows health and social care workers to refer local people into the system to receive support. Ask to be referred in if you need help with transport for hospital appointments, collecting shopping or medicines and check-in and chatter service.</p>
<p><b>Other Resources:</b></p>	<p>GP, oncology doctor, Clinical Nurse Specialist, Occupational Therapist or Physiotherapist</p>

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## - Resources/Information

### National Resources:

<p><b>British Red Cross</b> Provides a Care in the Home- service or short-term loans of medical equipment, such as wheelchairs, for people with disability or illness</p>	<p>Red Cross Support from Home <b>0844 871 1111</b> <b>Email: <a href="mailto:information@redcross.org.uk">information@redcross.org.uk</a></b> <b><a href="http://www.redcross.org.uk/What-we-do/Health-and-social-care/Independent-living/Support-at-home">http://www.redcross.org.uk/What-we-do/Health-and-social-care/Independent-living/Support-at-home</a></b></p>
<p><b>Direct.Gov</b> <a href="http://www.gov.uk/blue-badge-scheme-information-council/">www.gov.uk/blue-badge-scheme-information-council/</a></p>	<p>Provide information on Blue Badge eligibility</p>
<p><b>Macmillan Cancer Support Line</b> <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a> Call <b>0808 808 00 00</b> — 7 days a week 8am—8pm</p>	<p>Calls are free of charge from all consumer landlines and mobile phones plus all mobile networks. Please note that calls to this number are not free when made from outside the UK. If you are calling from outside of the UK call on <b>+44 207 091 2230</b></p>
<p><a href="#">Macmillan on-line Community</a></p>	<p>Online support— to share experiences or vent your emotions find others who understand—join today!</p>
<p><b>Marie Curie Support Line</b> — Living with a terminal illness and looking for support <a href="http://www.mariecurie.org.uk/help/support/marie-curie-support">www.mariecurie.org.uk/help/support/marie-curie-support</a></p>	<p>Calls are free of charge from all consumer landlines and mobile phones plus all mobile networks. The Support Line is open Monday to Friday - 08:00am – 6:00pm</p>

### Other Resources :

<p><b>Macmillan Booklets:</b></p>	<p>Managing Cancer Pain MAC11670</p>
	<p>Managing the symptoms of cancer MAC11671</p>
	<p>Coping with Fatigue MAC11664_EO8</p>
	<p>Understanding Lymphoedema MAC11651_E15</p>