

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 (*There is information on each of these aspects elsewhere in this directory.*)
- Feeling swollen
- 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. (*See appendix B for further information and contact details.*)
- 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 website (see page 26).
- **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 urgently**

Local Resources:

Resource	Contact Details
<p>Mobility Aids Provides short term loans of mobility aids to people in need, including wheelchairs, commodes, walking sticks and frames</p>	<p>British Red Cross Plymouth Public Dispensary, 18 Catherine Street, Plymouth PL1 2AD 01752 831618 Monday – Friday 10am – 4pm</p>
<p>Plymouth City Council Apply for a blue badge scheme helps people with severe mobility problems. Open to driver or passenger</p>	<p>Plymouth City Council Ballard House, West Hoe Road, Plymouth, PL1 3BJ 01752 668000 Email: bluebadge@plymouth.gov.uk</p>
<p>Plymouth Online Directory Equipment available to aid independent living as much as possible, for example walking aids and bath seats</p>	<p>Plymouth Online Directory http://www.plymouthonlinedirectory.com/kb5/plymouth/pod/products_home.page</p>
<p>Argos Provides a range of mobility aids at reasonable prices</p>	<p>Website: www.argos.co.uk For information on your local store, contact numbers and home delivery</p>
<p>More than Mobility Mobility shop offering quality affordable mobility and disability equipment.</p>	<p>Contact: Jemma Dunn Address: 139 Cornwall Street, Plymouth, PL1 1PA Tel: 01752 673367 Website: www.morethanmobilityplymouth.co.uk</p>
<p>Livewell South West: Mindfulness Mindfulness practice can help you develop the ability to deal with life's pressures. Mindfulness meditation is a skill you can develop and a form of self-awareness training that helps you get to know yourself more fully, think more clearly and in the present moment.</p> <p>Managing Anxiety This one hour workshop provides information on the psychological and physical symptoms of anxiety and strategies to manage this including breathing, goal setting and cognitive behaviour therapy</p> <p>Managing Low Mood This one hour workshop provides information on the psychological symptoms of low mood as well as providing strategies to manage this</p> <p>Managing Stress This one hour workshop introduces the symptoms of stress and how the body responds, and provides simple strategies to manage this</p>	<p>Livewell South West: To book a place on any of the 1 hour workshops please call: Tel: 01752 435419 or Email: plymouthoptions@nhs.net</p>
<p>Mustard Tree Cancer Support & Triangle Drop In Centres Ask questions, share concerns, offers a range of services including benefits advice. Support, advice and information for cancer patients and their carers</p>	<p>Mustard Tree, Derriford Hospital: Monday to Friday from 9am to 5pm 01752 430060/01752 431468 Kingsbridge: Tuesdays 10am to 4pm 01548 852349 Liskeard: Thursdays 10am to 4pm 01579 373500 Tavistock: Fridays 10am to 4pm 01822 615935</p>
<p>Other Resources</p>	<p>Your GP, Oncology Doctor, Specialist Nurse, District Nurse, Occupational Therapist or Physiotherapist.</p>

National Resources:

Resource	Contact Details
British Red Cross Provides a Care in the Home- service or short-term loans of medical equipment, such as wheelchairs, for people with a disability or illness.	Red Cross Support from Home 0844 871 1111 Email: information@redcross.org.uk http://www.redcross.org.uk/What-we-do/Health-and-social-care/Independent-living/Support-at-home
Direct.Gov Provide information on Blue badge eligibility	www.gov.uk/blue-badge-scheme-information-council/
Macmillan Cancer Support Provide comprehensive advice and information on all aspects of cancer.	www.macmillan.org.uk 0808 808 0000 (Mon-Fri, 9am-8pm)

Further information:

Macmillan Cancer Support booklets: – Available free from the Mustard Tree Macmillan Centre
Controlling cancer pain
Controlling the symptoms of cancer
Coping with fatigue
Understanding lymphoedema