

## Independent Living Centre

This service provides information and advice on equipment, technology and techniques to help people improve their quality of life and maintain their independence.

Services to the public are free-of-charge.

## Eligibility and access

The service is staffed by health professionals (occupational therapists). ILC services are available to everyone, including:

- people with disability, injury or illness
- carers
- community groups
- health professionals
- organisations
- students.

## Opening hours

Services are available Monday to Friday from 9.00 am to 5.00 pm, except for public holidays.

Out-of-hours education and training services may be available on request.

## Interpreters

Contact us to make a booking if you require an interpreter.



## Location

### Independent Living Centre

11 Blacks Road  
Gilles Plains SA 5086

**Phone:** 8266 5260 or 1300 885 886  
(SA & NT callers only)

**Fax:** 8266 5263

**Email:** [ilcsa@sa.gov.au](mailto:ilcsa@sa.gov.au)

**Website:** [www.sa.gov.au/disability/ilc](http://www.sa.gov.au/disability/ilc)

Accessible off-street parking is available.

**Bus routes:** from the city 500/501/502 or 208 to Stop 28 Sudholz Road.

**Timetable information:** 8210 1000

Use an internet-enabled phone with a QR (quick response) Reader to scan the ILC website QR code.



Government of South Australia

Department for Communities and Social Inclusion

# Independent Living Centre (ILC)

## **We provide...**

Information and advice is provided about equipment, technology and techniques to assist with everyday tasks, including:

- bathroom and toileting equipment
- bedding
- building fixtures and design for access
- clothing and dressing
- communication aids
- computer and vocational aids
- continence
- eating and drinking utensils
- equipment hire and loan
- equipment services and resources
- household and kitchen equipment
- lifting, transferring, ramps and hoists
- mobility/walking aids
- personal alert systems
- recreation
- scooters ('gophers')
- seating
- telephone access
- transport - vehicle modifications
- wheelchairs - manual and electric.

Written product information is available, including a description of the item, supplier details and approximate cost.

The Independent Living Centre is not a sales outlet.

## **Inquiries line**

Phone or email a health professional for individualised advice.

We will answer your questions, provide guidance in selecting the right equipment option for individuals and send information by post, fax or email. See the contact details on the back of the brochure.

## **Display**

You can browse through and trial an extensive range of equipment. Health professionals are available to provide assistance. Brochures, information sheets and product information are also available.

Please book an appointment for detailed advice and to ensure staff availability. We can negotiate to have specific items available on request where possible.

## **Education and training**

Our health professionals provide talks and displays for community groups and exhibitions, and can demonstrate a selection of equipment.

We also deliver professional development workshops on equipment and related topics to health professionals, university and TAFE students. Contact us for more information and to make a booking.

## **Outreach service**

Our mobile unit outreach service is a statewide service for those living in rural and remote regions.

We have a wheelchair-accessible caravan with a large selection of equipment and information sheets. The outreach service is staffed by a health professional to provide individualised advice. No appointments are necessary.

Find our outreach calendar online at [www.sa.gov.au/disability/ilc](http://www.sa.gov.au/disability/ilc) or phone us to find out when we are next visiting your area.

## **Equipment catalogue**

Our equipment catalogue of product information and services is available online by visiting the ILC Australia website: [www.ilcaustralia.org.au](http://www.ilcaustralia.org.au).

Products and information can be searched at both a local and national level.

## **Information sheets**

Information sheets on selecting equipment, technology and techniques to assist with everyday tasks can be downloaded from our website at [www.sa.gov.au/disability/ilc](http://www.sa.gov.au/disability/ilc) and are also available from the ILC display.

## **Email list**

Contact us to be added to our email list for the latest information on equipment.