



It's been launched by Warwickshire County Council as part of their commitment through the Warwickshire Cares Better Together programme, to give people better access to Assistive Technology and to help them focus on their strengths.

From cooking and bathing to taking medication, or doing hobbies and daily tasks, AskSARA provides information, advice and guidance on smart gadgets and solutions (Assistive Technology) that can enable people to help themselves.

The website signposts people to a whole range of gadgets and solutions based on their own personal needs and produces an individual report with suggestions based on the answers to some simple, multiple-choice questions.

For example, if a person needs help remembering to take their medication, it might suggest an automatic pill dispenser or a digital reminder clock; or if someone needs help with hydration or has mobility difficulties as a result of a health condition, AskSARA may suggest the use of a special 'hand steady' mug, a falls detector 'watch', or a personal alarm.

This could reduce their reliance on friends, family and professional carers, and help them to stay well in their own home.

Visit the AskSARA Warwickshire website at www.warwickshire.gov.uk/asksara.



Keep a look out for the AskSARA posters in GP surgeries over the coming weeks and for details of our 'pop-up' events later this year.