

Making daily living easier with AskSARA



AskSARA is an online advice and assessment tool designed to help you find useful information and products to make your daily living activities easier.

AskSARA - making life easier in three simple steps

What is AskSARA?

AskSARA is an online guided advice tool designed to help you find useful information about products to make daily living activities easier. It provides impartial advice about suitable equipment and assistive technology solutions that enable older people, and disabled people of all ages, to live independently and maintain their lifestyle.

How will using AskSARA benefit me?

- ✓ Obtain advice on daily living activities without the need for a formal assessment
- ✓ Allows you to make informed choices based on your need
- ✓ You may know what you need but are unsure of where to look

How do I use AskSARA?

AskSARA is simple and easy to use and has a 'quick and easy' 3-step self-assessment process.

Step 1 - Choose a **TOPIC** you would like help with.



Step 2 - **ANSWER** some simple questions about yourself and your environment.



Step 3 - Get your **PERSONALISED** report with ideas and tips about ways to make your life easier and details of products that might help, where to buy them and contacts for more advice and support if needed.



How do I access AskSARA?

AskSARA is an online portal – which can be accessed at newham.livingmadeeasy.org.uk



If you do not have access to the internet, device or you would like some help to use AskSara, please contact our Access to Adults Social Care Team on **020 8430 2000** (please select option 2).
Text phone: **18001 020 8430 2000**.