Information NOW
Information for people in Newcastle upon Tyne

Disabled Living Foundation (DLF)

The Disabled Living Foundation (DLF) is a national charity in the UK that provides free, impartial advice and information about all types of daily living equipment for older and disabled people, their families and carers. They run:

- **Living Made Easy** an online catalogue of equipment and aids that you can buy
- **AskSara** interactive online tool to help you find and buy equipment to help you at home
- **Caring Made Easier** equipment suggestions to make caring for someone else easier
- **You're able forum** online community for disabled people to share experiences and support each other
- **Telephone helpline for advice about daily living products:** An advisor can help you find what you need, send you information on products, where you can buy equipment or other organisations that might be able to help you.

DLF is part of The Shaw Trust.

Last updated: October 27, 2025

Telephone: 0207 289 6111

Telephone note: Monday to Friday 9am to 5pm

Website: http://www.livingmadeeasy.org.uk/

Helpline: 0300 123 3084

Daily living equipment helpline Monday to Friday 9am to 5pm
Email: info@dlf.org.uk

Website 2: https://livingmadeeasy.org.uk/about-us/youreable

Twitter: http://twitter.com/DLFUK

Facebook: http://www.facebook.com/dlfuk

Cost: Free

Address:
Shaw Trust
Black Country House

Rounds Green Road
Oldbury
B69 2DG

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