



# EQUIPMENT, SIMPLE AIDS AND ADAPTATIONS

This leaflet explains how equipment and simple aids can make day to day life easier for you at home.

# **How equipment and simple aids can make day to day life easier for you at home**

**If you are experiencing difficulties with your daily routine and activities, equipment, simple aids or minor adaptations can help to keep you safe and independent in your own home.**

**There is a range of equipment available from bathing aids, bedroom aids, grab rails, kitchen aids to toileting aids to increase your level of independence and safety whilst participating in activities of daily living.**

**You can purchase many of the simple pieces of equipment or aids from your local pharmacy, supermarket, hardware stores, and mobility outlets as well as ordering them online.**

# Below are some examples of how simple equipment or aids can help you:

## **Bathing aids**

If you are finding it difficult to get in and out of the bath, a bath board and/or grab rail provide stability and increases your safety when getting in and out of the bath. You can also have grab rails in the shower, as well as a shower stool/chair.

## **Toileting aids**

Equipment such as a raised toilet, toilet frame and grab rails help you to get on and off the toilet more easily.

## **Grab rails**

Grab rails come in different shapes and sizes and can assist you within your home. Grab rails can be fixed to walls, both inside and outside of your property. They can be beneficial to increase your safety in the bathroom as well as when climbing stairs.

## **Kitchen aids**

There are many kitchen aids that can help make preparing and eating food easier. A perching stool can be helpful if you find it difficult standing up while preparing meals. Many other kitchen aids can be purchased from your local pharmacy, supermarket, hardware store or by ordering them online.

## **Help with walking**

If you are feeling a little unsteady on your feet and it's affecting your confidence and balance, both in the home and when you are out and about, various pieces of equipment can help give you some stability. Walking sticks, tripod and walking frames offer stability and they come in different styles, weights and materials to suit your needs.

Please be aware that the council does not provide walking aids, you may wish to speak to your GP surgery if you need a walking aid.

# Independent information advice

If you are unsure as to what equipment you may need, you can contact the following organisation that provide impartial advice, information on independent living:

## **Living Made Easy**

Telephone: 0300 999004

Web: [www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk)

Equipment can be purchased from your local pharmacy or any major retailer that stocks independent living equipment.





## Getting support from the council

If you still require support, you can make a referral online or contact our Adult Social Care team to request for an assessment to determine how best to support you to stay independent at home. If simple aids and equipment is provided, it will be provided to you on loan and returned when no longer required so that it can be recycled.

## Major adaptations to your home

In some circumstances, depending on your needs, you may qualify for major adaptations in your home to keep you safe and independent, for example a stair lift or level access shower.

Any adaptations to your home costing over a £1000 are considered a 'major adaptation'. You can contact Adult Social Services to find out if you are eligible for support. An occupational therapist will carry out an assessment of your needs to identify and agree with you the help and support you need to live independently.

If you are eligible for support the occupational therapist will advise you on possible adaptations, and assist you with arranging the adaptations. Also, if appropriate, help you to apply for a Disabled Facilities Grant.

# Paying for adaptations, the Disabled Facilities Grant

Depending on your situation, including your financial circumstances, you may be eligible for a Disabled Facilities Grant (DFG) to help with the cost of making adaptations to your home.

The grant is for essential adaptations that will ensure your safety and help to increase your independence at home

If the occupational therapist thinks you are eligible for a grant, they will refer your case to the Home Improvement Agency. The agency will contact you to arrange a home visit and help you complete a financial resources test to see if you are eligible for a grant.

You can then decide if you want the Home Improvement Agency to carry out the adaptations to your home, or whether you want to appoint your own surveyor.

**For more information or to find out if you qualify for a Disabled Facilities Grant you can contact the Home Improvement Agency on:**

Telephone: 020 8891 7464

Web:[www.richmond.gov.uk/hia](http://www.richmond.gov.uk/hia)

## Other options

If you do not want to have your home adapted or do not qualify for the grant but want to keep your independence, you may want to consider sheltered or supported housing or a retirement home that has been specially designed to better suit your needs. Each housing scheme has a different criterion to meet different needs.



## Further information

For further information complete our online enquiry form  
[richmond.gov.uk/make-an-adult-social-care-enquiry](https://richmond.gov.uk/make-an-adult-social-care-enquiry)



Visit our web pages  
[richmond.gov.uk/adultsocialcare](https://richmond.gov.uk/adultsocialcare)

### Our contact details

Monday to Friday from 9am to 5pm.

**Telephone:** (020) 8891 7971

**SMS Phone:** 07860 034 792

**Email:** [adultsocialcare@richmond.gov.uk](mailto:adultsocialcare@richmond.gov.uk)

### Write to us at:

Richmond Council

Adult Social Care and Public Health

Civic Centre, 44 York Street

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