



# 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

## Help with your daily routine and activities

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 transferring 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 can aid in reducing strain when transferring from sitting to a standing position.

.....

### **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 very beneficial to aid in energy conservation when 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.**

## **Getting support from the council**

.....

Whether you need a simple aid or equipment or a minor adaptation, you can contact the council's Adult Social Services who will carry out an assessment to determine how best to support you to stay independent in your home.

Adult Social Services can arrange for some of the appropriate equipment to be provided to you on loan.

**The equipment must be returned to the council when you no longer require it so it can be recycled.**

## Independent information advice.

---

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

### **Living Made Easy**

Telephone: 0300 999004

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

### **AskSARA**

Telephone: 020 7289 6111

Email: [info@dlf.org.uk](mailto:info@dlf.org.uk)

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

## Major adaptations to your home

---

In some circumstances, depending on your needs, you may qualify for major adaptations or structural changes 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 increase your freedom of movement into and around your home if you are disabled, thus providing independence and safety.

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 8871 6161

Email: [hia@wandsworth.gov.uk](mailto:hia@wandsworth.gov.uk)

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

## 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.



# How to contact Wandsworth Adult Social Services

.....

**Monday to Friday from 9am to 5pm.**

**Telephone:** (020) 8871 7707

**SMS Phone:** 07940 775107

**Email:** [accessteam@wandsworth.gov.uk](mailto:accessteam@wandsworth.gov.uk)

**Website:** [www.wandsworth.gov.uk/adultsocialcare](http://www.wandsworth.gov.uk/adultsocialcare)

## **Write to us at:**

Wandsworth Council  
Adult Social Services  
Wandsworth High Street  
London, SW18 2PU

For information on local services please visit CarePlace  
**[www.careplace.org.uk](http://www.careplace.org.uk)**

If you have difficulty understanding this publication and you would like this leaflet in a different language, large print or Braille please call:  
**(020) 8871 7707**

For information on our Privacy Notice please visit  
**[www.wandsworth.gov.uk/privacy](http://www.wandsworth.gov.uk/privacy)**

