Adapting your home

Ways to help you stay living at home
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What this guide is about

Everyone wants to live in their own home for as long as possible. It’s a big part of staying independent. But sometimes it can become harder to manage as we get older, perhaps because of health problems, disability or bereavement.

You might find everyday things like preparing meals or getting in and out of the bath trickier than they used to be, or maybe you struggle to carry out regular maintenance on your house or flat, especially if you live on your own.

The good news is that by making some simple changes at home, you can make your day-to-day life easier and stay independent for longer. This guide looks at changes you could consider, and how to go about making them.
Making changes to your home or the way you do things will help make life easier, but it can also have an emotional impact that you should be prepared for. On the one hand you might be delighted at the difference the changes make, but on the other you might find it upsetting.

It’s normal to feel frustrated that you can no longer do as much as you used to, or annoyed that you need to ask for help. You could even feel anger at your body that it doesn’t work the way it once did. These are valid emotions that you should allow yourself to experience. It can help to talk to friends and family about how you’re feeling, or contact one of the many organisations listed at the back of this guide for support.

In this guide, where we refer to a local council social services department in England and Wales this refers to a social work department in Scotland and local health and social care trusts in Northern Ireland.

This symbol indicates where information differs for Scotland, Wales and Northern Ireland.

**Next steps**

It’s a good idea to find out the number for your local council. When thinking about any adaptations to your home, it’s worth considering a care needs assessment from your local council. There’s more information about this on page 26.

**My local council number is:**
Thinking about your home

Being able to move around the house easily without worrying is a major factor in how happy you are there. In this section we’ll look at some of the problems you might face around your home as you get older, and how you can fix them.

Sometimes even familiar environments can become tricky to navigate when you get older. This can be difficult to get used to, especially if you’ve lived an active life, but it’s a completely normal part of ageing. In the following pages you’ll find some tips for reducing your risk of accidents at home.
Getting around the house

Getting from room to room easily and safely is important. Not only will it help keep you independent for as long as possible, it will also reduce the risk of a fall.

- Keep the walkways throughout your home clear by removing clutter and any trip hazards.

- Install motion sensor lights that come on when you enter a room or get out of bed so you won’t have to fumble for a light switch in the dark. Think about getting touch lamps that come on when you touch the base.

- If you use a wheelchair or walking frame, make sure you have enough space to manoeuvre around your home. You might consider making bigger changes, such as widening door frames or re-hanging doors to open in the opposite direction.

- Although it’s a major alteration, think about removing a wall or extending your house or flat to make extra space. This could allow you to move around more easily or have all your essentials on one floor.

Next steps

Ask your local council’s social services department for an assessment of your needs (pages 26-27). You can also contact the Royal Society for the Prevention of Accidents for more information (page 36).

Read our guide Staying safe. In Scotland, see Age Scotland’s factsheet Older homeowners: funding repairs, improvements and adaptations.
Access to your home

Getting in and out of your house or flat can be tricky, especially if you have arthritis, stiff joints or mobility issues. But a few simple changes can help.

• If you’re unsteady on your feet or struggle to find and use your keys in the dark, consider installing an outdoor light with a motion detector.

• If you’re finding steps to your front door difficult, you could have a rail installed. This could be just a grab rail or a longer rail. You could also consider asking a builder to create shallower steps or to install a ramp.

• If you use a wheelchair, you might need to have a ramp installed – this could mean some larger alterations to your porch and front garden. If there’s not enough space for a ramp you may need a wheelchair lift.

• A portable ramp could be the solution if there’s someone to help move it in and out of position.

If you’re renting or have shared access to your property you will need your landlord’s permission or neighbours’ consent to make any changes.

Good to know

See pages 28-31 to find out what you should do if you think you need financial or practical help making these changes.
Answering the door

If you find it difficult to get to the front door when someone visits, or would like to know who’s there before you open it, think about installing one of these devices:

- A door-entry intercom lets you speak to the person at the door without opening it. Wireless doorbells are easy to fit and come with an entry phone.

- A video entry phone lets you see who’s at the door, and some let you open the door from where you’re sitting.

- A police-approved key safe that holds a key in a secure box by the front door, which can only be accessed by people with the code you provide.

- A ‘bogus caller’ button that you press if you’re concerned about the person at the door; then you’ll be connected to someone who can help you.

Many DIY shops and high street retailers stock wireless doorbells and video entry systems, which a family member, handyperson, or someone from a Home Improvement Agency or Care and Repair service could fit for you (see page 30 for more information).

Next steps

Contact the Disabled Living Foundation to see what equipment you might find useful (page 34).

Read our guide Staying safe for more information about staying secure at home.
Getting up and down the stairs

Stairs can make living at home a lot harder, especially if your bedroom or toilet is upstairs. Even if you’re relatively mobile, going up and down the stairs several times a day adds up, and the impact on your joints and back can be significant.

Something as simple as fitting a second banister could make all the difference, though a stairlift may be more suitable for you. There are different types with various useful features, such as:

• a swivel seat to help you get safely on and off
• specially adapted controls that are easy to grip
• a safety stop that makes sure the stairlift stops if something’s in the way.

If a second banister or a stairlift aren’t suitable, it might be possible to install a wheelchair lift. These are large pieces of equipment so the extent of possible adaptations will depend on the size and layout of your home.

Next steps

Contact your local council for an assessment to see whether you’re able to get financial help for a stairlift. You can also buy a stairlift yourself. Contact the Disabled Living Foundation (page 34) or RiDC (page 36) for information on choosing products.

Read our guide Getting help at home and our factsheets How to get care and support and Disability equipment and home adaptations for more information. Age Cymru and Age Scotland have their own versions of these factsheets.
Getting up and dressed

There’s a lot of equipment available to make it easier to get in and out of bed, get dressed or get up from a chair.

• ‘Raisers’ can be fitted to beds and chairs to increase their height and make them easier to get out of. Alternatively, riser-recliner chairs and specialist beds lift you into a position where you can stand, or lower you to sit or lie down.

• If you usually need help to change position, whether you’re sitting or lying down, you might benefit from specialist equipment such as hoists, transfer boards and slide sheets. Ask your local council for a care needs assessment and advice first.

• When getting dressed, simple equipment such as a long-handed shoehorn or a gadget to assist with putting on tights or socks or doing up buttons can make things a lot easier.

• If you find it difficult to bend, easy-reach grabbers can help you pick things up from the floor. Ask your local pharmacy if they stock these items or if they can order one for you.

Next steps

Ask your local council for an assessment of your needs to see if you’re eligible for help. They can also give you information about sources of assistance in your area (pages 26-27).

See the section ‘Getting the support you need’ for more information (pages 26-32).
Washing, bathing and using the toilet

If your sense of balance isn’t what it once was, or you don’t feel confident on slippery surfaces, then showering, bathing and using the toilet can become some of the most difficult aspects of continuing to live at home.

Many people find it hard to ask for help with these private things, and it’s understandable if you want to keep doing them yourself for as long as possible.

Fortunately, some small adjustments could make a big difference. Some of the equipment you could look into includes:

• a raised toilet seat and/or rails that could help you get on or off the toilet by yourself

• a bath board or seat to help you get in and out of the bath

• a special safety plug that limits the water level

• a flood detector that alerts a monitoring centre if the bath or sink starts to overflow

• long-handled sponges

• non-slip mats for safety, or foot-cleaning mats to save you bending.
There are also some larger adaptations that may be suitable for you, such as:

• a bath with a side opening so you can get in and out without having to climb over the side

• a level-access shower or ‘wet room’

• a wall-mounted sink set at the right height if you use a wheelchair or a mobile shower seat

• a battery-powered bath lift with a seat or platform that can be lowered to support your weight

• a hands-free toilet with an automatic washing and drying function that works while you are still seated.

“I’ve started to struggle getting in and out of the bath. It’s become a real ordeal.”
Ivy, 68

Next steps

Contact the Disabled Living Foundation for details about equipment to make life easier in the bathroom and toilet (page 34). In Scotland, contact Disability Information Scotland (page 34).
In the kitchen

Preparing food and drinks can be fiddly and potentially risky as you get older, especially if you have arthritis, stiff joints or mobility issues. But there’s no reason you can’t continue to do it if you have the right equipment.

Gadgets that can make cooking and eating easier and safer include:

• wide-handled cutlery
• kettle tippers that make it easier to lift the kettle
• high-rimmed plates and two-handled cups
• assistive tin, bottle and jar openers
• spike boards that let you cut or peel vegetables one-handed
• a perching stool, which supports you in a near-standing position
• a sturdy trolley to help you move items around.

If you use a wheelchair, consider installing adjustable-height work surfaces and cupboards, along with a shallow basin.

Your home should be fitted with gas, smoke and carbon monoxide detectors already, but if you have trouble hearing them, consider getting models that raise an audible alarm with a flashing light and send an alert to a monitoring centre with staff who can get help.

Next steps

Contact the Disabled Living Foundation for details of equipment and telecare to make life easier in the kitchen (page 34).
Helpful technology

The thought of using technology can be daunting but it’s basically remote assistance that’s there to reassure you and your family. Most is very simple to use and can help you keep living independently, while also getting help quickly if you need it.

Telehealth

Telehealth systems can help you if you’re living at home and have a long-term health condition.

They monitor your health to save you from visiting your doctor, but are always supported by a healthcare professional.

For example, you can get a monitor that helps you measure your blood pressure or blood sugar levels and sends the results directly to your doctor. Ask your doctor about what’s available in your area.

If you’re given any medical equipment on loan, check that it’s covered by your home insurance policy. Not all policies cover loss of or damage to loaned medical equipment.
Telecare

Many people use a **personal alarm**. This allows you to call for help if you’re unwell or have a fall. You just press a button on a pendant you wear around your neck or as a wrist band. This connects you to a call centre where you can talk to someone who can help.

You can also get **sensors** installed in your home that automatically detect if something is wrong. For example, a pressure mat on your mattress can tell if you’ve been out of bed for a long time during the night and automatically sends an alert in case you’ve fallen. These alerts can go directly to a chosen emergency contact or to a response centre.

“Since dad got a personal alarm, I think we both feel a lot more reassured.”

Julie, 42

**Next steps**

Contact your local council for information about its personal alarm scheme or, if you’re in England or Wales look on [www.gov.uk/apply-for-community-alarm](http://www.gov.uk/apply-for-community-alarm) for more information. In Scotland contact Care Information Scotland (page 34).
There are also **reminder devices** that can help you live more independently by reminding you to take your medication, turn off the lights or lock the door when you go out. These are particularly helpful for people living with dementia.

Other types of telecare services include:

- discreet fall detectors that automatically detect if you’ve fallen and alert a chosen contact
- motion detectors that can tell if you haven’t moved about for a while, or can turn on the lights when you get out of bed
- mattress sensors that can send a message to a carer for assistance if the bed becomes wet
- temperature sensors that alert you or your family if the temperature in your home rises or drops rapidly.

Ask your doctor, social worker, occupational therapist or local council staff for more information about the range of telecare services available and whether any costs apply.

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**Next steps**

Contact the Disabled Living Foundation (page 34) for information about types of equipment available. In Scotland, contact Care Information Scotland (page 34).
Living with an impairment

It can be harder to live independently with a sensory impairment, but there are things you can do that can help around your home.

Sight problems

Most people experience some degree of sight loss as they get older, and some may have lived with sight problems for most or all of their lives. Some sight problems can’t be corrected but there are various easy, inexpensive changes you can make at home to remain as independent as possible.

• Let more natural light into your home by keeping the curtains open whenever you can.

• Improving artificial lighting can make a big difference, for example by installing motion sensor lights in dark hallways.

• Improve the lighting in your home to help identify any trip hazards, such as trailing wires, loose carpets or even pets. A handyperson or staff from a Home Improvement Agency or a Care and Repair service can help you (page 35).

• Change the colour scheme in your home and add coloured paint or tape markings to certain areas, such as edges and steps, to highlight trip hazards.
There’s a wide range of technology and equipment available to help people with sight problems, such as raised markings for appliances, and telephones with large, clear buttons.

Have your eyes tested at least every two years to identify any problems as soon as possible. If you’re aged 60 or over, you can have a free NHS eye test (in Scotland, everyone is entitled to a free test regardless of age).

“My sight’s got a lot worse as I’ve got older and getting about the house has become harder. I’ve asked the council for a care needs assessment.”
Amit, 72

Next steps

Most local councils have a sensory impairment team whose staff give advice. Contact RNIB (page 36) for information on how to manage the impact of sight problems in your day-to-day life. The Macular Society or the Thomas Pocklington Trust also provide information on how to improve living with a sight problem (pages 35 and 36).
Hearing loss

Hearing tends to get worse with age, but there are ways to make hearing loss easier to live with.

• Many devices for the home, such as door bells and smoke alarms, are available for the hearing impaired, so if you can’t hear them you’ll be able to see an alert such as a flashing light.

• You can also get wireless smoke alarms fitted. These connect using radio signals so that if one goes off, they all do. There are also versions that use vibrating pads, which you can put under your pillow at night to alert you to an alarm.

• If you find it hard to hear a ringing telephone, look into voice-based and text-based alternatives. Or you could install a sounder beacon on your phone that flashes and makes loud signals when someone calls.

Next steps

Contact Action on Hearing Loss for information about available products (page 34). For expert advice on alarms, contact your local Fire and Rescue service.
Combined hearing and sight loss

Many people experience loss of both sight and hearing in later life. This can be very isolating and difficult to cope with. Ask your doctor and other health professionals for advice on changes you can make at home, and don’t be afraid to tell family and friends that you need help.

It’s inevitable that your life will change in some ways as you get older, but you can continue to live independently for as long as possible by making use of the equipment and services on offer.

“I started losing my hearing a few years ago and now my sight’s going too. It’s not easy but I’m finding ways to manage!”
Ruby, 86

Next steps

For information on how to maintain your independence if you live with both sight and hearing loss, contact Deafblind (page 34).
Memory loss

It can be frustrating and upsetting if you begin to notice your memory isn’t as strong as it used to be. You might even worry that it’s a sign of dementia and try to hide it from friends and family.

Memory loss can be a normal part of growing older and nearly everyone will experience it at some stage. It can be a symptom of having a condition such as dementia, but it can also be caused by stress, anxiety or medication. If you’re worried about your memory, speak to your doctor or a family member.
Memory problems can make even the simplest of daily tasks difficult, but there are ways to cope. Below are some tips and tricks for making things easier around the house.

• Keep a calendar in a prominent place and write down important reminders, or use the calendar on your mobile phone or tablet.

• Fix simple labels on the front of kitchen cupboards and drawers to help remind you what’s what.

• Use item locators to help you to find things such as your keys, purse or wallet easily. You just attach small tags to anything you might be likely to lose, then press a button on the locator and the tag will beep and flash to help you find them.

• Think of using a digital speech recorder to remind you about things you need to do at the time you need to do them, such as take your medication.

• Use a calendar clock, which shows clearly the day, date and time to help you keep track.

Next steps

Our guide At home with dementia has specific tips on things you can do around your home if you’re living with dementia.

Visit the AT Dementia website for more information about products that can help people with dementia live independently (page 34).
Carol and Fred have found ways to make their lives easier

Carol is the main carer for her husband, Fred.

‘Recently I’ve found there are some things I can’t do as well as I used to, which is a worry as I care for my husband.

‘My daughter suggested that we visit a local centre that demonstrates equipment to make life easier and help people manage for themselves.

‘There were lots of useful things there. I’d been having trouble lifting the kettle – now I’ve bought a handy kettle tipper and I can make a cuppa again, no bother."
'We've also been looking at other equipment to make things easier for us around the house.

‘I called the local council to see if they could help. They sent an occupational therapist round. I told her that I particularly struggle helping Fred in and out of the bath these days and she suggested some grab rails and a bath seat. It turns out the local council is going to provide them free and they should be fitted next month.

‘My daughter also said she was starting to worry about me falling over, so I got myself a personal alarm. It gives me, and her, peace of mind that if I have a fall I’ll be able to let people know.’
How to get the support you need

If you think you could benefit from adaptations to your home the first port of call is the adult social services department of your local council.

Getting help from the council

Staff will offer you a free care needs assessment. Everyone is entitled to this regardless of income, savings and age.

The assessor will look at whether you have difficulty doing certain things and whether this has, or could have, a negative effect on your wellbeing. Your local council must aim to maximise your wellbeing, now and for the future.

They should also ask you if there’s anything you want to be able to do, such as use public transport or community facilities, and should help you achieve this where possible. If you have a carer, the assessor should consider their needs and opinions. They are also entitled to a separate carer’s assessment.

The assessor should consider the emotional and social aspects of your life, your skills, abilities, views, cultural background and support network.
They should also consider any health or housing requirements and contact the professionals who need to be involved in your assessment and care.

Your local council uses a set of criteria to assess your needs. If your needs are considered eligible, the council has a duty to offer you help and support.

After the assessment, a care plan should be agreed, written out and given to you. This outlines what support would meet your assessed needs.

Even if you’re not eligible for help from the council, the staff should still give you information and advice about services or equipment that could help you.

If you want to buy equipment yourself, The Disabled Living Foundation is a good starting point to see what’s available. It also has a helpline (page 34).

More information about paying for adaptations can be found on page 28.

Next steps

Read our factsheets Finding help at home and Disability equipment and home adaptations. Our factsheet Personal budgets and direct payments in social care explains different ways to arrange your care. In Wales, see Age Cymru’s versions of these factsheets and in Scotland, read Disability equipment and how to get it and Care and support at home: assessment and funding.
Paying for equipment and adaptations

If you need to make adaptations to your home, you might worry about how you’ll pay for them. However, don’t put off getting equipment you need because you’re worried about the cost as you might be able to get it for free or be eligible for financial help.

Once you’ve had your care needs assessment (see pages 26-27), the local council staff will recommend what equipment, adaptations, care and support you need.

If they recommend making minor adaptations to your home that cost less than £1,000, such as installing grab rails or lights, these are provided and fitted free of charge.

Specialist disability equipment is also provided for free if it’s recommended by local council staff after your assessment, for example a hoist to help you in and out of bed.

In England, if staff at the local council decide that you don’t have any eligible needs, they must still give you information and advice about making life easier. If you want to get advice from a private occupational therapist, contact the Royal College of Occupational Therapists (page 36).

Next steps

For more information in England, read our factsheet Disability equipment and home adaptations. In Wales, read Age Cymru’s version of this factsheet. In Scotland, read Age Scotland’s factsheet Care and support at home: assessment and funding. In Northern Ireland, read Age NI’s guide Care at home.
Disabled Facilities Grants to help with major adaptations

For larger adaptations, you may qualify for a Disabled Facilities Grant (DFG). You can apply for a DFG even if the council decides you don’t have eligible care and support needs as the assessment processes are different.

DFGs are administered and paid by your local council’s housing department (in Northern Ireland, the Northern Ireland Housing Executive, page 35) and can usually only be used for work that your local council has assessed you as needing.

You can get a DFG if you own or rent your property. It’s means-tested and there’s usually an upper limit on the amount you can get. If you’re a council tenant and have been assessed as needing major adaptations, the council should pay for them.

In Scotland, there is a similar grant available. Contact your local council or see Age Scotland’s factsheet Older homeowners: funding repairs, improvements and adaptations for more information.

Next steps

Contact your local Home Improvement Agency, whose staff may be able to help you apply (page 35). In Northern Ireland, contact Radius or the Northern Ireland Housing Executive (page 35).

Ask your local council or read our factsheets Disability equipment and home adaptations and Home improvements and repairs for more information. In Wales, see Age Cymru’s version of Disability equipment and home adaptations.
Home Improvement Agencies and handyperson services

Once it’s decided that your home needs adaptations, staff from Home Improvement Agencies (HIAs) can help by arranging surveys, getting estimates for the work, applying for local council assistance or other grants and supervising work to completion.

Even if you can afford to pay for the work yourself, using an HIA can make it less stressful.

Some HIAs also help with small jobs, such as fitting rails. Even if you don’t have an HIA, there may be a handyperson service in your area, so ask your council.

To find out whether there’s an HIA or handyperson service in your area, contact your local council’s housing department or the coordinating body for Home Improvement Agencies in England and Wales (page 35).

Home Improvement Agencies are not available in Northern Ireland or Scotland. In Northern Ireland contact the Northern Ireland Housing Executive (page 35) and in Scotland contact your local Care and Repair service (page 35) to see what handyperson services there are locally.

Good to know

More than 70 local Age UKs also operate handyperson services across much of England. Contact Age UK Advice (page 33) to see what’s available in your area. In Wales, contact your local Age Cymru and in Scotland, contact Age Scotland (page 33).
Boosting your income

Government benefits are there to help you if you need it, so make sure you’re claiming all the money you’re entitled to. Each year, up to £3.5 billion of state benefits goes unclaimed.

If you need help with care, you may qualify for a disability benefit, either Personal Independence Payment if you’re under State Pension age, or Attendance Allowance if you’re over State Pension age. Neither benefit is means-tested so your income and savings won’t be considered.

In addition to benefits, there are other options to help you pay for adaptations, such as:

• getting help with repairs, improvement or adaptations from your local council
• moving to a smaller or less expensive property
• renting out a room in your home.

Next steps

Read our guides More money in your pocket and Attendance Allowance to find out more. Age Cymru and Age NI have their own versions of More money in your pocket. In Scotland, see Age Scotland’s Benefits maze. You could also try our online benefits calculator at www.ageuk.org.uk/benefitscheck.
Moving to more suitable accommodation

If adaptations aren’t possible, won’t meet your needs or are no longer enough, it might be time to consider moving to somewhere more suitable.

Deciding to move isn’t easy, so talk to friends and family first or get independent advice if you think you need it. It’s understandable to feel anxious about the thought of leaving a home that’s comfortable and familiar, especially if it holds lots of happy memories. You might feel as if a chapter of your life is closing, or that you’ll be forced to give up some of your independence.

However, many older people find they enjoy having less responsibility after moving, for example into supported housing. They don’t need to worry about cleaning or upkeep, they can have new friends to socialise with, and there’s peace of mind knowing there’s always someone nearby.

There are a number of housing options available. Deciding what is best for you depends on your needs, finances and current housing.

If you have a disability, you can ask your local council for an assessment to help you with your re-housing needs. The council should then provide a report that you can use when making your decision.

Next steps

Read our guide Housing options for more information.
Useful organisations

**Age UK**
We provide advice and information for people in later life through our Age UK Advice line, publications and website.

**Age UK Advice: 0800 169 65 65**
Lines are open seven days a week from 8am to 7pm.
[www.ageuk.org.uk](http://www.ageuk.org.uk)

Call Age UK Advice to find out whether there is a local Age UK near you, and to order free copies of our information guides and factsheets.

In Wales, contact Age Cymru: **0800 022 3444**
[www.agecymru.org.uk](http://www.agecymru.org.uk)

In Northern Ireland, contact Age NI: **0808 808 7575**
[www.ageni.org](http://www.ageni.org)

In Scotland, contact Age Scotland: **0800 124 4222**
[www.agescotland.org.uk](http://www.agescotland.org.uk)
**AT Dementia**  
Provides information on assistive technology that can help people live more independently.  
Tel: **0115 74 84220**  
www.atdementia.org.uk

**Action on Hearing Loss**  
National organisation offering information and support to people who are deaf or hard of hearing.  
Tel: **0808 808 0123**  
Textphone: **0808 808 9000**  
www.actiononhearingloss.org.uk

**Care Information Scotland**  
Provides information about care services for older people.  
Tel: **0800 011 3200**  
www.careinfoscotland.scot/

**Deafblind**  
Provides services, information and advice for people who are deafblind or have both sight and hearing loss.  
Tel: **01733 358 100**  
Textphone: **01733 358 356**  
www.deafblind.org.uk

**Disabled Living Foundation (DLF)**  
Runs an equipment demonstration centre and provides information about equipment for daily living.  
Tel: **0300 999 0004**  
www.dlf.org.uk

In Scotland, contact Disability Information Scotland  
Tel: **0300 323 9961**  
www.disabilityscot.org.uk
**Home Improvement Agencies**
Help older and disabled people to organise repairs, improvements and adaptations to their home.

In England, contact Foundations
Tel: **0300 124 0315**
www.foundations.uk.com

In Wales, contact Care and Repair Cymru
Tel: **0300 111 3333**
www.careandrepair.org.uk

In Scotland, contact Care and Repair Scotland
Tel: **0141 221 9879**
www.careandrepairscotland.co.uk

**Macular Society**
National organisation that provides information and support to help people adapt to life with sight loss.
Tel: **0300 3030 111**
www.macularsociety.org

**Northern Ireland Housing Executive**
Provides information on grants for home improvements.
Tel: **03448 920 901**
www.nihe.gov.uk

**Radius**
Provides free support and advice for people in Northern Ireland applying for a Disabled Facilities Grant.
Tel: **0330 123 0888**
www.radiushousing.org
RiDC (Research Institute for Disabled Consumers)
National research charity providing independent information to older and disabled consumers.
Tel: 020 7427 2460
www.ridc.org.uk

Royal College of Occupational Therapists (COT)
Can help you find an occupational therapist and advise you on home adaptations or equipment.
Tel: 020 3141 4600
www.rcot.co.uk

Royal National Institute of Blind People (RNIB)
National organisation offering information and support to people who are blind or partially sighted.
Tel: 0303 123 9999
www.rnib.org.uk

In Wales, contact RNIB Cymru
Tel: 029 2082 8500

In Northern Ireland, contact RNIB Northern Ireland
Tel: 028 9032 9373

In Scotland, contact RNIB Scotland
Tel: 0131 652 3140

Royal Society for the Prevention of Accidents (RoSPA)
A charity dedicated to saving lives and preventing injuries. Also has offices in Northern Ireland, Scotland and Wales.
Tel: 0121 248 2000
www.rospa.com

Thomas Pocklington Trust
National organisation that provides information, care and support to people with sight loss in the UK.
Tel: 02089 950 880
www.pocklington-trust.org.uk
Can you help Age UK?

If you would like to, please complete the donation form below with a gift and return to: Freepost Age UK REPLY. Alternatively, you can phone 0800 169 87 87 or visit www.ageuk.org.uk/donate. If you prefer, you can donate directly to one of our national or local partners. Thank you.

Your details
Title:  Forename:  Surname:  
Home address:  Postcode:  

We’d† like to let you know about the vital work we do for older people, our fundraising appeals and opportunities to support us, as well as the Age UK products and services you can buy. We will never sell your data and we promise to keep your details safe and secure.

☐ I do not wish to receive communications by post.

You can change your mind at any time by phoning 0800 169 87 87 or writing to Supporter Services at the registered address below.

For further details on how your data is used and stored: www.ageuk.org.uk/help/privacy-policy

Your gift
I would like to make a gift of £:  
☐ I enclose a cheque/postal order made payable to Age UK, or
Card payment I wish to pay by (please tick):
☐ MasterCard  ☐ Visa  ☐ CAF CharityCard  ☐ Maestro
Card number  Expiry date

Gift Aid declaration  ☐ Yes, I want Age UK and its partner organisations* to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I am a UK tax payer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Today’s date ☐☐☐☐ ☐☐☐☐ ☐☐☐☐* Age Cymru, Age Scotland and Age NI. Please ensure you provide your full name and address, and let us know if you wish to cancel your declaration, or if your tax status, name or address changes.

† We, includes the charity, its charitable and trading subsidiaries, and national charities (Age Cymru, Age Scotland and Age NI). Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is Tavis House, 1–6 Tavistock Square, London WC1H 9NA. Age UK provides a range of services and your gift will go wherever the need is the greatest.
Help us be there for someone else

We hope you found this guide helpful. When times are tough, it’s so important to get some support. Did you know you could help us reach someone else who needs a little help? Here’s how:

1. **Give your views on guides like this**
   Our Readers’ Panel helps make sure the information we produce is right for older people and their families. We’d love you to join. Go to [www.ageuk.org.uk/publications/readers-panel](http://www.ageuk.org.uk/publications/readers-panel).

2. **Donate to us**
   Every donation we receive helps us be there for someone when they need us. To make a donation, call us on **0800 169 8787** or go to [www.ageuk.org.uk/donate](http://www.ageuk.org.uk/donate).

3. **Volunteer with us**
   Our volunteers make an incredible difference to people’s lives. Get involved by contacting your local Age UK or at [www.ageuk.org.uk/volunteer](http://www.ageuk.org.uk/volunteer).

4. **Campaign with us**
   We campaign to make life better for older people, and rely on the help of our strong network of campaigners. Add your voice to our latest campaigns at [www.ageuk.org.uk/campaigns](http://www.ageuk.org.uk/campaigns).

5. **Remember us in your will**
   A gift to Age UK in your will is a very special way of helping older people get expert support in the years to come. Find out more by calling **020 3033 1421** or visit [www.ageuk.org.uk/legacy](http://www.ageuk.org.uk/legacy).
What should I do now?

You may want to read some of our other relevant guides, such as:

• Getting help at home
• Housing options
• Care homes

You can order any of our guides or factsheets by giving our Advice Line a ring for free on 0800 169 65 65 (8am-7pm, 365 days a year).

Our friendly advisers will also be able to help answer any questions you have about anything you’ve read.

All of our publications are available in large print and audio formats.

There’s plenty of really useful information on our website, too. Visit www.ageuk.org.uk/home-and-care to get started.