



Home life made easier living with axial SpA

Colin Beevor

Matron and Senior Clinical
Nurse Specialist

THERE
IS NO PLACE
LIKE
Home

Some times our Homes can
seem like a Obstacle Course



But I have always done it this way!

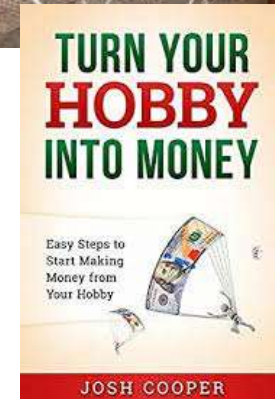


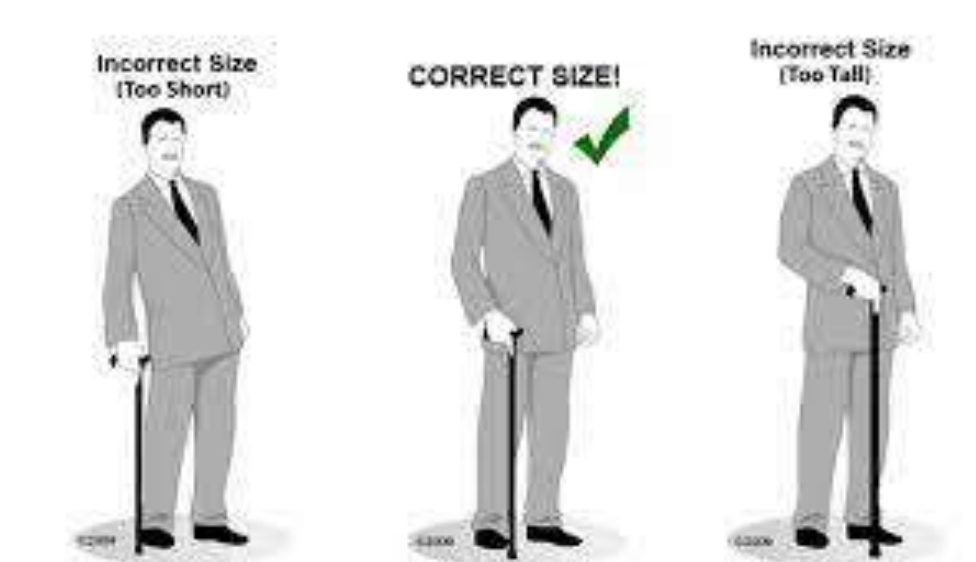
The Challenge is always

“My house not disabled persons house”



“Can’t Afford that”





Short Term Loan



☀️DON'T☀️

wait until

IT'S TOO

☀️*late*☀️

Social Care and NHS Funded Equipment

<https://livingmadeeasy.org.uk>



A screenshot of the Living Made Easy website. The header includes the 'Living made easy' logo, navigation links for 'Leisure and play', 'Communicating', 'At Home', and 'Health and personal care', and a search bar. Below the header, the main content area has a dark blue background with the text 'Adding life to years through practical advice' in yellow. To the right is a photograph of an elderly woman washing vegetables in a kitchen sink. On the left, there is a sidebar with a 'Support us by donating' button, a 'Need to speak to us?' button, and the 'shaw trust' logo. The text below the buttons reads: 'For over fifty years we've been providing impartial advice and guidance on aids and solutions for independent living. We want you to do what you want to do and not let practical barriers get in the way. Trust us to provide the widest source of information on gadgets, devices and equipment to keep you living your life.'

www.nhs.uk/conditions/social-care-and-support-guide/care-services-equipment-and-care-homes/household-gadgets-and-equipment-to-make-life-easier/

Home Working Funding



<https://www.gov.uk/tax-relief-for-employees/working-at-home>

Who Can Help!

Occupational therapists

An occupational therapist can help you adapt to changes in your everyday life and to overcome practical problems.

They do this by:

- giving advice
- looking at ways an everyday task can be done differently
- recommending alterations or changes to your home
- referring you on to other services that can help
- helping you to address work-related issues

Health and social services' departments have guidelines to decide the level of services people receive and how quickly they get them. If you need vital equipment, adaptations or personal support, arrangements will be made for you to work with an occupational therapist as soon as possible.

How to Access Occupational Therapy Support

Depending on Locality and Circumstances



Hospital Based
Occupational Therapists
Discharge Planning

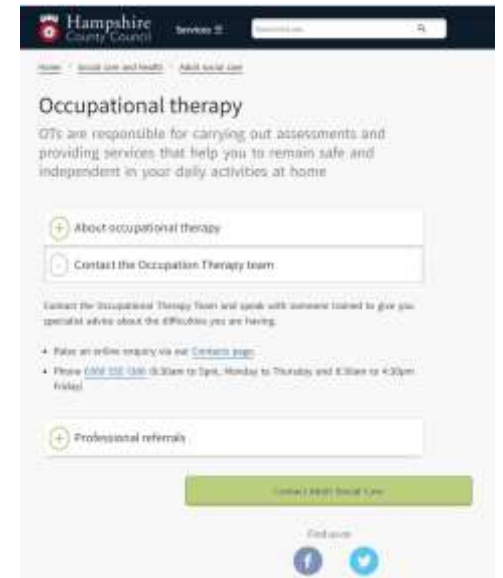


Outpatient Referral
to Occupational
Therapists



Community Referral
Rapid Response Single
point of access teams

Admission Avoidance
Short Term Circumstances
changes



Self Referral through
Adult Social Care

Adult Social Care

Hampshire County Council Services

Home / Social care and health / Adult social care

Occupational therapy

OTs are responsible for carrying out assessments and providing services that help you to remain safe and independent in your daily activities at home

- + About occupational therapy
- Contact the Occupational Therapy team

Contact the Occupational Therapy Team and speak with someone trained to give specialist advice about the difficulties you are having.

- Raise an online enquiry via our [Contacts page](#).
- Phone 0300 555 1155 (8:30am to 5pm, Monday to Thursday and 8:30am to 4:15pm Friday)

+ Professional referrals

Contact Adult Social Care

Filed us on

Contact Adults' Health and Care

How can we help?

We want to get you to the right place. Have a look at our most frequent queries.

- + I need help with care and support for myself or someone else
- + I need support as an unpaid carer
- + I need information about paying for care
- + I want to report abuse or harm
- + I have a query as (or about) an existing care package
- + I have a query about my care invoice
- + I am a professional and would like to raise an enquiry
- + I have a query about benefits or housing
- + I have a query about health
- + I have another enquiry

Contact Adults' Health and Care

How can we help?

We want to get you to the right place. Have a look at our most frequent queries.

- I need help with care and support for myself or someone else
- I'm not sure what support is available. I need [information and advice](#)
- I want an online tool to find out if I or they [may be eligible for care services from the Council](#)
- I want to apply for [Meals on wheels](#)
- I want to find out about [Care technology \(telecare\)](#) (such as pendant alarms and falls sensors)
- I would like to [apply for a Blue Badge](#) for disabled parking
- I would like to [apply for an Older Person's Bus Pass or a Disabled Bus Pass](#)
- I would like to see an [Occupational Therapist](#)
- I would like advice about [Equipment or Adaptations](#) which may help me
- I would like to find out about [Extra Care housing](#) in Hampshire

If you are unable to find the information you need on our information pages and would like to contact us, you can [raise an enquiry about care and support for yourself, or for someone else](#)

Equipment and adaptations

There is a wide range of equipment, adaptations and advice that can help make your life at home easier and safer

- How we can help

Occupational therapists (OTs) work with a range of people including those who have physical, mental and/ or social problems, either as a result of accident, illness or ageing.

The [occupational therapy team](#) will be able to offer help and advice about:

- getting in and out of your home
- managing the stairs
- getting in and out of chairs and beds
- getting on and off and using the toilet
- using the bath or shower
- managing kitchen activities such as standing at the sink, getting food to a table

Depending on your specific circumstances, it may be possible to arrange for small adaptations or for the loan of certain equipment.

Please note, there may be a waiting list for these services. Alternatively, you can purchase privately from a range of organisations. Visit our information and advice pages [about equipment](#) on Connect to Support Hampshire.



You are here: [Home](#) / [Information and advice](#) / **Equipment and adaptations**

Equipment and adaptations



Equipment around the house / Care technology



Help from occupational therapists



Mobility equipment



Adaptations to your home



Equipment around the house

There are numerous outlets with a huge range of equipment available to help you around the house. The choice and variety can be confusing but here are a few points to bear in mind:

- Equipment such as grab rails can be purchased through DIY stores.
- Equipment to help you with daily living can be purchased through major chemists or specialist companies.
- For larger items of equipment or adaptations, get at least two quotes.
- Where appropriate check warranties, servicing and maintenance and other general after-sales backup.
- Try out equipment wherever possible.

You may be able to obtain some equipment through an occupational therapist. See our ["Help from occupational therapists"](#) page.

Adapting for physical disabilities or illness

If you are finding it hard to manage in your current house or flat, you may want to consider altering or adapting it to suit your needs.

- You can get information, advice and help on all aspects of making alterations to your home from your [local council's housing department](#). Some local councils may be able to help with discretionary grants for adaptations to support you, for example, to return home from hospital or to make things easier if you have been diagnosed with a terminal illness.
- You may be eligible for a [Disabled Facilities Grant](#) from your local borough or district council to pay for alterations. Grants are means-tested and applicants must have a permanent and substantial disability in order to be considered. An Occupational Therapy assessment is required to support the request for a grant.
- Depending on your specific circumstances, it may be possible to arrange for small adaptations or for the loan of certain equipment through your [Adult Social Care department](#). This will usually follow an assessment by an occupational therapist.
- You could search our **Community directory**. Select 'Community support/activities' and then 'House or garden help'.
- Age UK have some [top tips for a more comfortable home](#).
- If your home needs major adaptations to make it suitable for your needs, you may wish to consider other housing options. See our [Care homes and other housing options](#) information section.

BE PREPARED

Don't get caught out!

How are you doing!



BUT



I'm doing Well

1. Mornings Are the Worst.

Your back is stiff for at least 30 minutes.

2. Movement Helps.

As the day goes on, you loosen up.

3. There's Pain in Your Butt.

One cheek hurts, then the other, then both.

4. Other Joints Ache, Too.

Like the neck, shoulders, hips, or knees.

5. You're So Totally Tired.

Fighting inflammation is exhausting.

Living made
easy



<https://livingmadeeasy.org.uk/>

Home Technology Explosion



Letters



V



Front Door Parcel Shelf



Shopping

Essentials- Fresh



Regular and Heavy Home Delivered



Shoe Rack



Putting on your shoes

Right



Wrong



Perching Stools



Helping Hand



Home Adaptations

Ask if your builders are charging VAT (Value Added Tax)

You do not need to pay VAT for some adaptations that make your home more accessible to you. This would make them cheaper. For example:

- wider ramps, doorways or corridors
- accessible showers, bathrooms or toilets

[VAT relief on certain building work \(GOV.UK\)](#)

Make sure that builders do not charge VAT for these adaptations.

www.gov.uk/guidance/vat-relief-on-certain-building-work-if-you-have-a-disability

www.scope.org.uk/advice-and-support/disabled-facilities-grant-home-adaptations/

Stairs



Depending on your income and savings, the grant could cover the cost of adapting your home:

- up to £30,000 in England
- up to £36,000 in Wales

Sometimes local authorities will pay more to meet your needs if it saves them money in the long run.

Disability grants for home adaptations

All local authorities have Disabled Facilities Grant (DFG) schemes. These are for adaptations that cost over £1,000. Adults and children can be eligible for a DFG, but they are means-tested for adults.

www.scope.org.uk/advice-and-support/disabled-facilities-grant-home-adaptations/

Lighting

- Have sockets and switches positioned at accessible heights
- Consider motion or touch sensitive lighting



Electric Socket



Fit plug handles or pulls on electric equipment

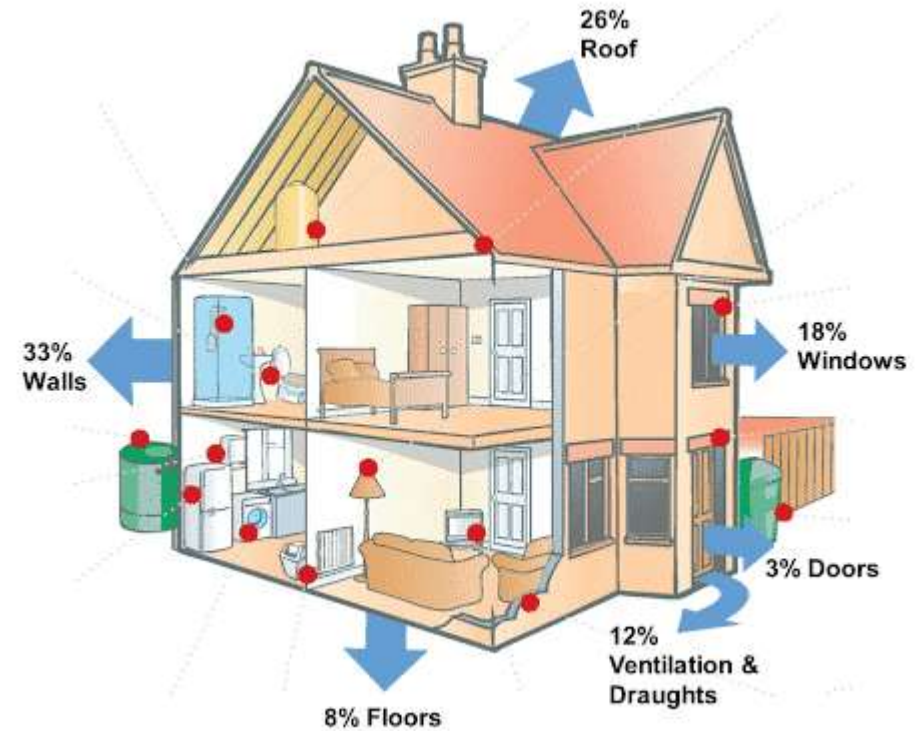
Heating

- Install 'easy to use' heating controls



Heating

- Keep the home warm and well insulated and seek advice on heating and insulation
- Deal with any damp or condensation by seeking advice



<https://www.moneysavingexpert.com/family/housing-and-energy-grants/>

<https://www.gov.uk/improve-energy-efficiency>



A local authority's power to improve living conditions

A local authority has powers to improve living conditions in its area by providing assistance if you need to:

- adapt, improve, or repair your home. This could be in the form of a grant or loan. It could be by providing labour, tools, or cheap materials to help you carry out the work. It could be by providing details of builders who can carry out the work, or by providing free or low cost surveys, or advice on carrying out repairs, or
- buy a new home, if it decides that this would be a better way of improving your living conditions than carrying out work on your current home. The help could be in the form of a grant or loan, or
- buy a new home, if it has decided to buy your current home. The help could be in the form of a grant or loan, or
- demolish your home, or build a new home for you, if your previous home has been demolished. The help could be in the form of a grant or loan.



<https://www.citizensadvice.org.uk/housing/repairs-in-rented-housing/asking-the-local-authority-for-help-with-repairs/applying-for-a-grant-or-other-assistance-with-repairs/>

Cleaning



Ironing



Back up Plan- what's the plan if in a flare cooking for self and/or Family



In the Kitchen



Work surfaces too low

Poor Posture



<https://tall.life/tall-people-working-in-kitchen/>

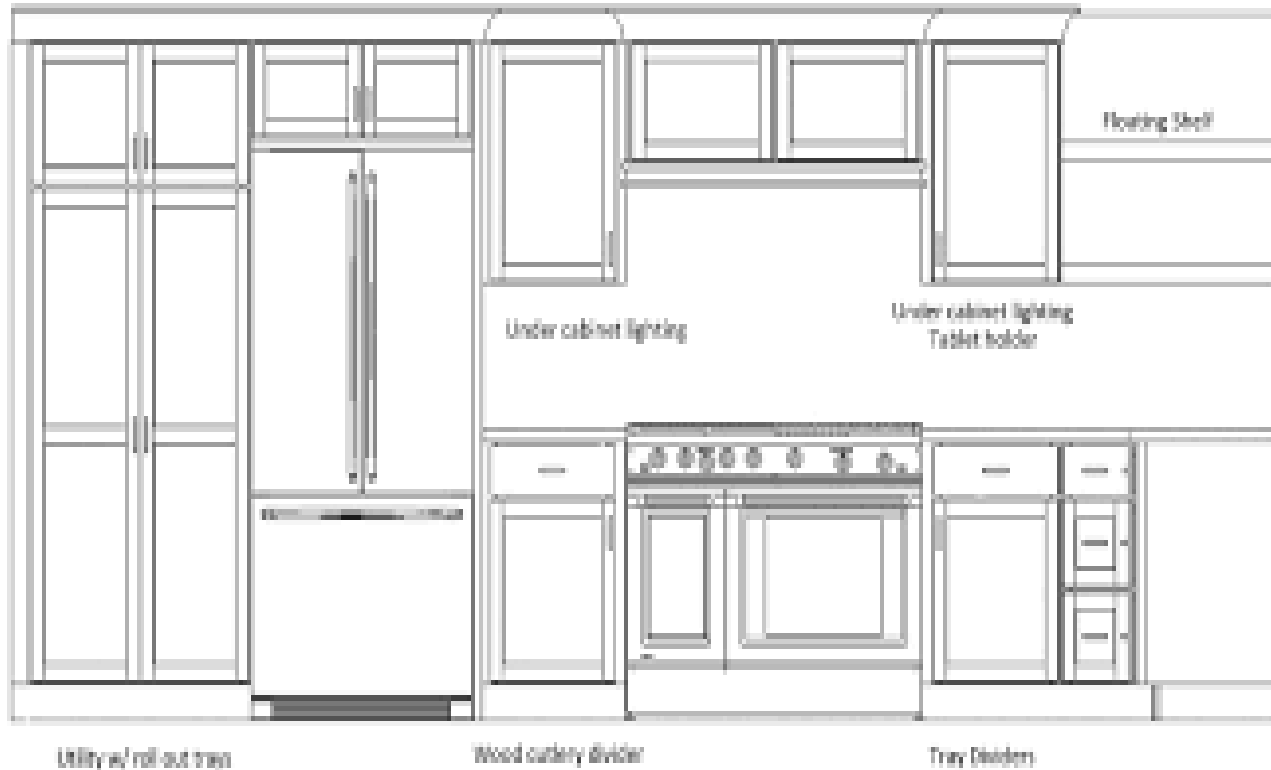
Impossible

Work surfaces too low



<https://tall.life/tall-people-working-in-kitchen/>

Re Think Kitchen Storage



Some Times Used Light Items

Most Used/ Heavy Items

Rarely Used Light Items/ need help with

Positioning in cupboards



Positioning in cupboards



Managing Stacks at home



Moving Heavy and/or Hot items around the kitchen



In the Bathroom



Remember

You might not get any grant if you start work on your property before the council approves your application.

<https://www.gov.uk/disabled-facilities-grants/what-youll-get>

In the Bath



Toilet

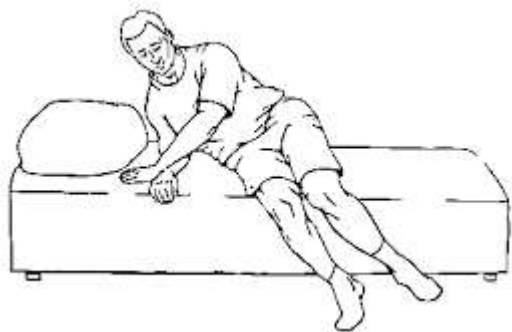




Home Working



And to Bed



Getting up and out of Bed



Manage @ Home

Your Online **MED@EQUIP** Retail Store

<https://www.manageathome.co.uk/>

The screenshot shows the homepage of the Manage @ Home website. At the top, there is a navigation bar with an Accessibility Menu, a sign-in link for existing users, and a link to create a new account. The main header features the Manage @ Home logo, a search bar, and contact information including a freephone number (0808 281 2576) and a shopping basket icon. Below the header is a horizontal menu with categories: Around The Home, Mobility, Bathroom, Bedroom, Kitchen & Dining, Living Room, and Outdoors. A promotional banner highlights 'Free Delivery' on orders over £30.00, 'Certified Reviews' with a star rating, and a 'Self Help Guide'. The main content area features a large banner for 'Mobility Aids for the Elderly & Disabled' with a 'Read more' button, and a 'Easter Egg Hunt' promotion with a 'Shop Now' button. At the bottom, there is a section for 'Featured Products' with sub-categories: New Arrivals, Best Sellers, and Reduced.



Shop

Trending

Valentine's Day

Search products, brands or FAQs

Search



Account

Wishlist

Trolley

Read our COVID-19 updates

Shop our latest voucher codes

Credit available with the Argos Card

Home > Health and beauty > Mobility aids

Bathroom aids

Shower chairs

Bath lifts and steps

Commodes

Raised toilet seats

Bath boards

Mobility

Walking sticks

Wheelchairs

Walking frames

Mobility aids

Keep warm this winter

[Shop now](#)



Need help getting around



Wheelchairs

Independent living at home



Be more comfortable at home

Discover a range of helpful home aids that can make relaxing and getting around the home more comfortable. We've also some great advice on choosing the right products and saving money.

[Read more about support at home](#)



Staying safe from scammers

Learn all the warning signs of a con, so you can protect yourself and your money.

[View staying safe from scammers](#)



Choosing a pet

Find the benefits and considerations of choosing a cuddly companion as you get older.

[View choosing a pet guide](#)



Help in the garden

Handy tools and gadgets to help you while gardening.

[Shop helpful garden tools](#)

[Garden inspiration](#)



Energy saving tips

Energy bills may go up, but these tips will always help you to bring the cost down.

[View energy saving tips](#)

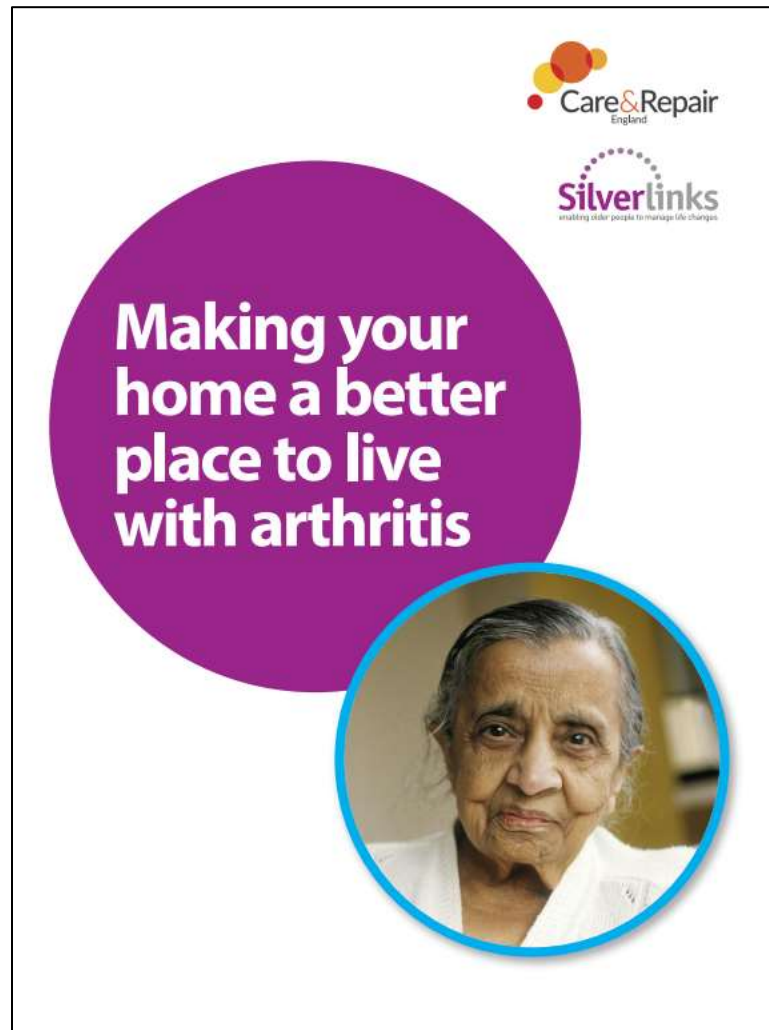


Bespoke needs

Volunteers who make equipment for disabled people are at the heart of Remap; using engineering and practical skills alongside their inventive abilities to solve problems



Resources



Care & Repair England is an independent charitable organisation

Head Office

- The Renewal Trust Business Centre, 3 Hawksworth Street, Nottingham NG3 2EG

- www.careandrepair-england.org.uk

- Twitter @cr_england

<https://housingcare.org/downloads/kbase/3249.pdf>