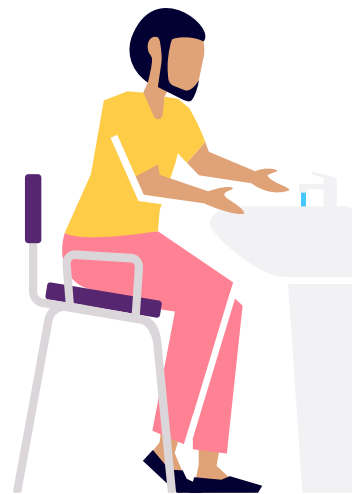


# Your guide to home adaptations



# Welcome home

As time goes on and your needs change – whether that's due to injury, illness, disability or simply getting older – your home may not always be able to accommodate it. But rather than leave the home you love for somewhere new, there may be ways to make your existing home more accessible for you.

We've put together ideas and suggestions for different kinds of adaptations you can try in the major rooms of your home, with a little help from our Occupational Therapist, Sharon, and the experts from EA Mobility.

Visit [www.completecareshop.co.uk](http://www.completecareshop.co.uk)



# Bathroom

Standard bathrooms aren't always the most accessible of places, not helped by wet surfaces and floors increasing the risk of slips and falls. But it's one of the rooms in the home that everyone in the family uses often multiple times in a day.

Depending on your needs, you may not need to spend much money to help make your bathroom safer and more accessible.

[Shop bathroom aids.](#)



# Small adaptations



## Grab rails

You can put grab rails wherever you need them in the bathroom to give you something to hold onto, whether that's extra support and stability while you get in or out of the bath or shower or support to help you pull yourself up from the toilet.



## Tap turners

Finding it tricky to turn your taps on and off? Tap turners could be just the thing to help. Tap turners are an inexpensive option that help make it much easier to turn a tap as they offer extra leverage.



## Tips from the experts



Sharon, Occupational Therapist

Consider what size grab rail you need and where it's going to be located. There are a number of different sizes and styles available to choose from.



Kian, Installation expert

Check the strength of wall the grab rail will be fixed to – it'll need to be fixed to a solid wall.

How good are your DIY skills? You'll need someone who's competent at DIY to install the grab rail properly.

# Medium adaptations



## **Toilet frames**

Toilet frames fit around your existing toilet, providing extra leverage to help you pull yourself up off the toilet or sit down on it. Some also come with raised toilet seats, so you won't have as far to lower yourself down when using the toilet.



## **Bath lifts**

Bath lifts are designed to gently lower you down into the bath, so you can enjoy a relaxing soak, and then raise you up again once you're finished. With a bath lift you simply sit on the chair, lift your legs into the bath, and then use the supplied controls to lower yourself into the bath, making sure to adjust your leg position as it moves.



## **Bath boards**

Bath boards can help make it a little easier to get into the bath and also give you a place to sit and rest if your shower is over the tub. These bathroom aids usually attach to the bath itself or are designed to rest across it, so they can be moved as needed. It's very important to make sure it's fitted correctly before use. Make sure to double-check the size of the board is right for the size of your bath, so you don't end up with a board that doesn't fit.

# Medium adaptations



## Shower seats

If you find standing up for long periods of time difficult, a shower seat may be the answer. A shower seat will give you a space to sit in comfort while you enjoy your shower, helping to reduce your risk of falling and stay more independent.



## Bath seats

Bath seats are bathroom aids designed to go in the tub. Some are more like stools with pads on the bottom to fix it to the bath, others stretch across the bath, and some are chairs that can swivel, so it's a little easier to transfer to and from the bath.



## Tip from the experts



Sharon, Occupational Therapist



Kian, Installation expert

Shower seats that are designed to be permanently attached to the wall will need to be done so by a handyman or qualified professional.



# Large adaptations



## Walk-in showers



If you find it tricky to use standard baths or showers, a walk-in shower can be modified for all mobility levels, giving you access without having to open or close doors. Professional installers should be able to fit one in the same place as your bath, so you may not need to modify the rest of your bathroom (assuming it's fit for your needs).

## Wet rooms



Wet rooms are the most accessible style of bathroom, ideal if you have limited mobility or need wheelchair access. Help future-proof your bathroom set-up if you're starting to find mobility difficult and worry about falling or getting stuck when using the bath.

## Tip from the experts



Sharon, Occupational Therapist



Kian, Installation expert

Before deciding on what walk-in shower to get, have a think about what height of step you can manage at the moment. Be honest with yourself – would even a small step become a challenge in the future? These considerations can help make sure you get a bathroom solution that lasts, and not one you'll need to rethink again soon afterwards.

# Bedroom

Our bedrooms should be a sanctuary for rest and sleep, but as our needs change it may become increasingly difficult to get around safely.

But there are aids and equipment available to help turn it back into a restful room for you.

From small changes through to bigger adaptation projects, we look at ways you can adapt your bedroom to help make it more accessible.

[Shop bedroom aids.](#)

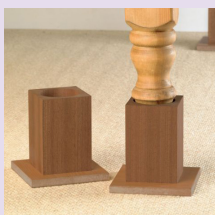




# Small adaptations



## **Bed raisers**



Are you finding it increasingly difficult to get up off your bed or to sit down on it at the end of a long day? Bed raisers could help to boost the height of your bed and reduce the distance you have to lower yourself to sit down or to push yourself to a standing position. Bed raisers connect to the corners of your bed to raise it up. As these aids go underneath the bed, you'll need help to get them fitted properly.

## **Posture support**



If you're having trouble sleeping due to a lack of back support or are finding it uncomfortable sleeping with an injury, then a posture support or wedge could be just the thing to help you get some much-needed rest. The aids available range from wedges to leg troughs and lumbar rolls to help better support you and reduce any discomfort.

# Medium adaptations

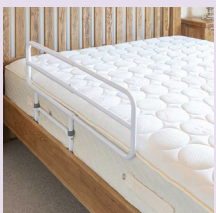


## **Bed rails**



Bed rails are designed to help you with getting in and out of bed, giving you a way to lever yourself up or lower yourself down. Depending on your bed type, the bed rail you choose will either fit under your mattress or clamp on to your bed frame. With bed rails, it's important to remember that you will need to periodically check it's still in the right position as they can shift over time.

## **Bed guards**



If it's the risk of falling out of bed that keeps you up at night, then a bed guard may help. Bed guards are there to help reduce your risk of falling out of bed. While they may seem similar to bed rails, bed guards mustn't be used to help you get out of bed. Bed guards are designed to either slot underneath the mattress or fit to the bed frame itself, depending on which guard you choose to fit your bed.

## **Pressure mattresses**



If you're bedbound or spend a lot of time in bed, a pressure mattress is a critical purchase to consider. Pressure mattresses are designed to help reduce your risk of developing pressure sores, which will require treatment. They help to spread your weight more evenly, stopping all your weight resting solely on specific pressure points on the body. There are a variety of different types of pressure mattress available and which one is right for you will depend on your pressure sores risk and the type of bed that you have.

# Large adaptations



## Adjustable beds



Adjustable beds can be adjusted to the most comfortable position for you, whether that's lying flat with your legs up or with the head of the bed raised. Electric adjustable beds make it easy for you to adjust it to the perfect position for your needs, so you can rest in comfort.

## Profiling beds



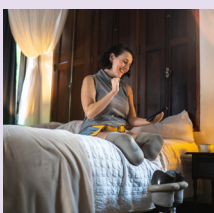
Designed for people with high care needs. While the bed position can be adjusted, some profiling beds also come with side rails to prevent you from falling out of bed. Some are also height adjustable, so a carer can raise the bed up to take care of you without causing themselves back strain from leaning over.

## Hoists



A hoist can help make it much easier and safer to transfer in and out of bed. If you need a hoist you can move around from room to room as needed, a portable or mobile hoist may be more appropriate. For a longer-term fixed solution, a ceiling hoist may be the right answer.

## Relocating the bedroom



If your bedroom is on the top floor of your home but you struggle with mobility, relocating the bedroom to the ground floor could help you be more independent as you won't need to struggle with a flight of stairs. A popular option is to create a bedroom where their dining room was. Converting an integral garage into a bedroom is also an option some people choose. Contact a professional adaptations company to get their help and advice on relocating a bedroom.

# Living room

Living rooms can be one of the hubs of the family home, a place to relax at the end of a long day or enjoy spending time with friends and family.

Sometimes living rooms aren't as accessible as we'd like, making it difficult to get around the room and truly relax.

The good news is that there are things you can do to help with this.





# Small adaptations



## Universal remote controls



Modern TV remotes can be quite overwhelming with an endless array of buttons on them and, on some, the buttons are so small that it makes them difficult to use if you have any issues with dexterity. If this feels familiar, you may wish to get a simplified universal TV remote control. These remote controls are much, much easier to use with big, clear buttons.

## Chair raisers

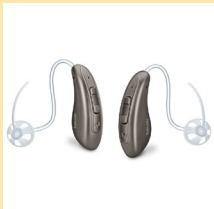


Getting up from your favourite chair or the sofa can sometimes be a challenge, especially if they're quite low to the ground. Furniture raisers help to raise your chair up, making it easier for you to get up from a seated position and have less distance to sink back when sitting down again.

# Medium adaptations



## **Hearing amplifiers**



If you're finding it increasingly difficult to hear the TV, you may want to consider investing in a hearing amplifier. Hearing amplifiers connect with your TV and, as the name suggests, amplify the sound for you, so you can hear what's going on without having the volume up too loud for everyone else.



## **Footstools**

Raising your legs up on a footstool could help to reduce pain and swelling in your lower legs. You can get footstools in a variety of different heights and sizes, so it's important to make sure you find one that's the right height for the chair you plan to use it with.

## **Pressure relief cushions**



If you spend a lot of time sat down in one position, you may be at risk of developing pressure sores. Pressure relief cushions are designed to work with your existing chairs to help spread your weight more evenly, avoiding pressure being on certain points of the body. You can get pressure cushions just for the seat or ones that cover the entire chair for more all-round protection. They're also available in different types whether you're at low, medium, or high risk for developing pressure sores.

# Large adaptations



## **Rise and recline chairs**

A rise and recline chair – sometimes known as a riser recliner – is a chair with either a single or a dual motor that's designed to help you rise up from a reclined or seated position and help you sit down again once you're ready. These comfortable chairs come in a variety of styles and designs, so you can find one that matches your home. They can also be a useful investment if you spend a lot of time sitting down as the ability to use the motor to help change your position can relieve pressure on specific points of your body. Some models even have inbuilt pressure care cushions to help protect areas of concern and help reduce your chance of developing pressure sores.



## **Rearrange your furniture**

Really examine the current layout of your living room. Can you get around it easily? Are there points you can't get through when you're using a mobility aid like a wheelchair or walking frame? Rather than a coffee table in the centre of the room, using an overbed table as a side table may leave you with more space, so you can get around with greater ease. Consider if there's another way that your furniture could be arranged to make life easier for you.





# Large adaptations



## Change up your flooring

If you need to use a wheelchair, trolley, indoor rollator or any wheeled equipment round your home, then you may find it's time to reconsider carpeted flooring. While it may feel initially more comfortable and cosier to have a carpeted living room floor, it can make it much, much harder to push anything wheeled on it. Wooden or laminate flooring may be a better option as it's much easier to push around a wheelchair or an indoor rollator without their wheels sinking into carpet. It may also be a little easier for you to keep clean.



## Tip from the experts



Sharon, Occupational Therapist



Kian, Installation expert

Consider removing any mats or rugs, as these can be hard to manoeuvre over and can be a trip hazard.

# Kitchen

The right kitchen can really help make a house feel like a home, giving you the space to cook and prepare delicious meals for yourself and your loved ones.

If you're dealing with illness, injury or disability, the kitchen may have become a place you dread, because it's just not fit for your needs anymore. There are adaptations that could help.

[Shop kitchen aids.](#)



# Small adaptations



## **Food preparation aids**

Food preparation aids are designed to make it easier for you to prepare delicious meals. Consider carefully what could help you in the kitchen. If you have a weakness in one hand, then a spread board could help as it'll keep food in place while you prepare it. If you find it difficult to lift hot, full pans when cooking, then something like the Stainless Steel Cooking Basket may be of use as it means you can simply lift the food straight from the pan using the basket, without having to deal with the boiling water.



## **Tap turners and knob turners**

If you're starting to find that turning fiddly taps or knobs is becoming a chore, then a tap or knob turner may be worth looking into. Tap turners and knob turners are designed to fit over the top of what you're trying to turn, giving you more grip and leverage and making the task much easier.



## **Adaptive knives and cutlery**

Standard cutlery and kitchen knives aren't always the easiest to handle, especially if you have limited strength or dexterity in your hands. There are a variety of different types of adaptive cutlery and knives available to help make cutting up foods and eating easier.



# Small adaptations



## Kettle tippers



Finding it difficult to lift the kettle to make a cup of tea? A kettle tipper could be absolutely invaluable if you have arthritis or limited strength or dexterity in your hands. By using a kettle tipper instead of a standard kettle on its own, you can reduce your risk of burning yourself or spilling boiling water.

## Tip from the experts



Sharon, Occupational Therapist



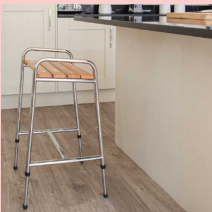
Kian, Installation expert

Try filling your kettle using a jug as this will reduce the weight you have to carry.

# Medium adaptations



## Perching stools



Do you find standing up for any length of time to be tiring? Having a perching stool to hand in the kitchen will give you a place to sit and rest while you get on with food preparation, helping you to conserve some of your energy.

## Slow cookers



Slow cookers are a great way to prepare a meal as they reduce the risks inherent with using a stove and are also useful for batch cooking. Cooking with a slow cooker is as simple as adding all your ingredients, turning it on to the right heat setting and time, then walking away and waiting until it's done.

## Kitchen trolleys



A kitchen trolley can be a really useful piece of equipment if you need a little bit of support while walking but also need to be able to carry things like food or drink from place to place. These trolleys can help make it much easier and safer for you to move items around with less risk of spilling things.



# Large adaptations



## **Height-adjustable sinks**

Height-adjustable sinks make for a great option if you have people who use a wheelchair and people who don't living in the same house. It allows you to set the sink at the right height for your needs. They're a great way to help boost your independence without you having to strain and struggle.



## **Lowered worktops**

If you use a wheelchair, installing lowered worktops in your kitchen will make it much, much easier for you to prepare your own food or drinks as everything will be at the right level for you to work with.

# Large adaptations



## Height-adjustable wall cabinets

Space is often at a premium in kitchens but if you're finding your wall cabinets unusable because they're too high up to reach, a height-adjustable cabinet may be what you're looking for. The purpose is to bring the contents down so you can actually reach them.

## Tips from the experts



Sharon, Occupational Therapist

Countertops should have rounded edges. Opt for something that is easy to clean and maintain.



Kian, Installation expert

These adaptation ideas will need installing by a professional fitter. Make sure to find one that specialises in accessibility adaptations for the best results.



# Entrances and hallways

When it comes to improving accessibility, it can be easy to forget about hallways and entrances, focussing more on specific rooms around the house to see what can be done. Yet the all the most specially adapted rooms in the world can be useless if you can't actually get into them.

From small changes through to bigger adaptation projects, we look at ways you can adapt your hallways, landings, and entrances to help make them more accessible.



# Small adaptations

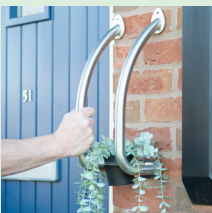


## Key safes



Key safes are a useful way to give trusted people a way to get authorised access to your home. Rather than leaving a key hidden somewhere on your property or creating multiple copies of your house key, having a key safe means you only need to tell someone the code to get to the key. This can be handy if you have carers or family coming to visit but feel vulnerable leaving the door unlocked.

## Grab rails



A well-placed grab rail is a great way to get extra support when entering or leaving your house. There are a variety of different styles of grab rails, including one designed to look like an innocuous plant holder to be extra discreet. Make sure to look for one that's suitable for use outdoors. It'll need to be fixed to a solid wall to be used safely.

## Half steps



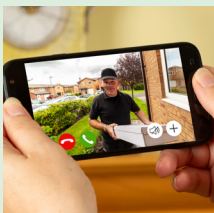
If you have a step up to your front or back door that is just that little bit too high, then a half step may help. Half steps are smaller steps designed to help reduce the distance you have to lift your leg to get up over a threshold, single step, or kerb. Some half steps are height adjustable, with the ability to adjust the height of each foot individually, so even if the surface it's on isn't completely flat you can trust you'll have a stable surface to stand on.

# Medium adaptations



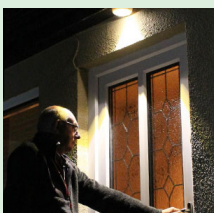
## **Video doorbells**

Video doorbells are an effective way to help both keep you safe at home and to avoid missing important callers at the door. They're usually connected to either an app on your phone or a base unit that will allow you to see who's at the door and speak to them. Useful if you find it difficult to get to the door in time or worry about nuisance callers.



## **Motion detection lights**

The right lighting can help make all the difference when it comes to reducing your risk of falls. A motion detection light will help keep your path lit in the moment you need it, so you don't end up tripping over a discarded toy or a pet prowling around. You can also get motion detection lights to fit above your front or back door at home, so if you ever come home late at night you won't be fumbling around trying to unlock your door in the dark.



# Large adaptations



## **Door widening**



Not all doors are wide enough to be able to get a wheelchair through or other wheeled equipment. If you're struggling to get through the doorways around your home, it may be time to speak to a professional about getting your doors widened to be more suitable for your needs.

## **Ramps**



If you use a wheelchair or any other wheeled mobility aid, a ramp is a great way to help make it easier to get into your home if the way is currently blocked by steps. You can either get ones that can be permanently fixed in place or those that are portable, so you can take it with you and use as needed. If there are more than just one or two steps leading up to your property, you may want to consider having a permanent ramp fitted. It's a good idea to speak to a professional installer to make sure you get the right ramp to meet your needs.

## **Stairlifts**



Finding stairs increasingly difficult to manage? A stairlift could be just the thing you need to help you get around your home again with greater ease. To make sure you get the best stairlift for your needs look for trusted and reliable installer. We highly recommend our stairlifts partner, who are a nationwide supplier or stairlifts.

# Our home services

Whether you're looking to adapt your bathroom, in need of a new stairlift, or a home consultation, we have a range of services available to help you out.

## **Our bathroom installation partners**

<https://www.completecareshop.co.uk/bathroom-adaptations>

## **Our stairlift installation partners**

<https://www.completecareshop.co.uk/stairlift-installations>

## **Our Home Living Consultation Service**

<https://www.completecareshop.co.uk/virtual-assessment-service>

## **For further help and support**

[www.completecareshop.co.uk/advice-services](http://www.completecareshop.co.uk/advice-services)

