



Cardiff and Vale University Health Board
Unpaid Carers Information Service

Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Gwasanaeth Gwybodaeth i Ofalwyr Di-dâ

Maintaining and Adapting Your Home

Aids and Adaptations

Using special equipment and adapting where you live can make it easier for you to care for someone at home and for them to continue living there. Help is available through occupational therapy, health services and voluntary organisations.

The aids and equipment that can be provided include easy-grip cutlery, walking sticks, commodes, bed raisers, crutches, grab rails, hoists, orthopaedic shoes, risers, chairs, scooters, walking frames, wheelchairs and adjustable beds. All of these items of equipment can assist with everyday living.

You can get aids and adaptations through:

- Social Services – the council’s Occupational Therapy Service work with people of all ages who have a substantial and permanent disability and they will also look at your needs as a carer. Therapists address everyday activities in people’s homes that disabilities make difficult or impossible and look into ways of resolving the difficulties.
- Health Services – free on loan. However, you need to be referred by a GP or nurse to the Community Physiotherapy Department.
- Shops – there are a number of mobility shops where aids and equipment for daily living can be purchased. These are listed in the phone book.
- Free Ads – you can find second-hand equipment for sale in local papers or disability magazines. You should make sure that the equipment is in good condition and will suit your needs.
- British Red Cross – they loan items such as wheelchairs, backrests, bath seats, bedpans, commodes, walking sticks for a small fee - <https://store.redcross.org.uk/>
- Royal British Legion Independent Living Service - is a specialist service within the Legion offering support to beneficiaries who want to remain independent in their homes and communities. Contact: 0808 802 8080 or email ILAsupport@britishlegion.org.uk

You or the person you care for may be able to get a grant to pay for or contribute towards the cost of repairing, improving or adapting your home.

Some grants are means tested or have conditions attached, so make sure you understand before agreeing to any work. Some of the housing grants available include:

- Disabled Facilities Grant – for disabled people and their carers to make homes more suitable to live in. A Disabled Facilities Grant requires an assessment by a qualified Occupational Therapist.
- Housing Assistant/Housing Renewal Grants – depending on the area you live in, this assistance could cover bringing a property up to a reasonable standard of repair. It includes insulation, structural improvements, heating, fire precautions or a conversion.
- Home Safety Grant – these are available from the Vale of Glamorgan Council's Housing Section to assist in make your property safer to avoid falls and incidents.

NEST

Nest is the Welsh Government's fuel poverty scheme. It aims to help reduce the number of households in fuel poverty and make Welsh homes warmer and more fuel-efficient places to live. Contact 0808 808 2244.

Care and Repair

Care and Repair is a voluntary organisation that works with carers and older or disabled home owners. They help them remain at home by providing advice on carrying out repairs, improvements and adaptations such as installing handrails, building an adapted bathroom or mending a dripping tap. They can also help with applying for grants and loans, filling informs, arranging estimates, monitoring work and offer advice and support. For more information contact your local Cardiff and Vale office on 029 2074 3337 or email careandrepair@crcv.org.uk.



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We are here to help



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