

Information about small pieces of equipment you can purchase to support you: A Factsheet

This factsheet provides information to help you make decisions about what kind of equipment could be helpful for you. It also gives information about things that it is important to consider before purchasing, and where you can buy these equipment items, both in-person locally and online.

If you have any concerns about whether specific equipment mentioned in this factsheet will be suitable to meet your needs, or you need a larger piece of equipment that will require an assessment, please contact our Single Point of Access on 01443 425003. Phone lines are open Mon – Fri: 8:30am - 5pm (excluding Bank Holidays).

Getting up:

Are you having difficulty getting into and out of bed?

A **bed lever** provides a handle to grip onto when sitting or getting out of bed. It can also be used to reposition yourself and turn in bed. This piece of equipment should not be used to stop you from falling out of bed. Sometimes, this equipment is called a bed handle. Some are fixed under the mattress, whilst others are fixed to the bed frame. It's important to make sure that this piece of equipment is well secured and sturdy to prevent accidents. Please ensure you follow manufacturers guidelines to avoid entrapment or other associated risks.



Are you having difficulty sitting down into or getting up from a chair?

Furniture raisers can be used to raise the height of a chair or sofa. Using furniture raisers can be better than just using extra cushions as the chair's armrests will also be raised.

Some chairs and sofas are not suitable to be raised using furniture raisers. Check with the retailer whether this product will be compatible with your furniture before you purchase.



Moving items:

Are you having difficulty moving items you need around your home?

A **household trolley** can be helpful to move items around your home. Household trolleys should not be used as a walking aid. Please get in touch with your GP if you need support when walking.



Household trolleys with larger wheels will be able to go over high door thresholds, changes in floor surface, and longer pile carpets, better than trolleys with smaller wheels.

Washing:

Are you having difficulty getting into and/ or out of the bath?

A **bath board** can be sat on whilst you wash using a handheld shower head. It can be easier to wash yourself while sitting on a bath board than sitting down in the bath itself. However, a bath board will not be suitable for you if you are unable to sit without support.



A bath board might also be helpful if someone else is assisting you to wash, so they are not bending over the bath.

Before purchasing a bath board, you should check that:

- Your bath's rims are level and at the same height on both sides
- The width of your bath's rim is at least 1 inch on each side

- Your bath is not a corner bath. Bath boards are not suitable to use with corner baths.
- Your bath is strong enough to support a bath board. You might need to check in its documentation, or with the manufacturer.

An **adjustable platform bath step** reduces the height of the step you take over the bath's rim to get into the bath. You will need to have good balance to use a bath step.



Bath steps are often used together with handrails. If you think you need rails installed by your bath, please contact: Care and Repair Cwm Taf, 38-39 Duffryn Street, Ferndale, Rhondda Cynon Taf CF43 4ER. Opening hours: Mon – Thurs: 9am – 4.30pm, Fri: 9am – 4pm. Tel: 01443 755696. Email: enquiries@cwmtafcr.org.uk Web: <https://careandrepair.org.uk/agencies/care-repair-cwm-taf/>

Do you have difficulty or become tired standing in the shower?

A **shower stool** can be helpful if you struggle with your balance or become tired quickly when standing, so you can sit down while you wash.



A shower stool's legs should be adjusted to a height where your feet rest flat on the floor, to make sure you're stable when seated.

A **wall mounted shower stool** can be more stable than the freestanding shower stool mentioned above. This equipment will require a fitting service and will need to be adjusted to the height that you require. Most wall mounted shower stools have hinges so they can be folded out of the way when not in use.

If you need more support on your back, a **shower chair** might be appropriate for you. Having a shower chair adjusted to the height that you need will improve your stability whilst sat in the chair.

Going to the toilet:

Are you having difficulty sitting and standing from the toilet?

A **toilet seat and frame** can make it easier to get on and off the toilet. By having handles to hold onto, you can have greater stability when moving on and off the toilet. Its legs can be adjusted to fit a wide range of toilets, regardless of their height. It is important to consider the weight capacity of the toilet seat and that this equipment may be bulky to store.



An **adjustable toilet frame with arms** might help if you don't need your toilet seat raised but would find it helpful to have something to hold onto when moving your body into a sitting position on the toilet. This equipment is a safer alternative to holding onto other fixtures by the toilet, such as radiators, toilet roll holders or the edge of the bath.



A **raised toilet seat** makes your toilet seat higher so that it is easier to get on and off. This might be a better option for you than a toilet seat and frame if your toilet is in a narrow bathroom. Different heights of raised toilet seats are available, typically adding 2", 4" or 6" to the toilet's height. It's important to regularly check that your raised toilet seat is firmly attached.



Are you having difficulty getting to the toilet?

A **commode** may help if you're finding it difficult to get to the toilet in time. Commodes can be a good option if it's difficult for you to walk the distance to the toilet on your own. Some people find commodes helpful for night-time when they wouldn't feel as safe going up or down the stairs to the toilet. The commode should be placed against a hard surface (a wall / wardrobe etc) for stability.

You should check the weight capacity of any commode you intend to purchase. If you weigh more than 25 stone (180kg) you should look at bariatric commodes. Your commode will need to be emptied daily and if you are unable to do this you may want to consider a chemical commode, which will require a service to empty it.



Standing:

Do you have difficulty standing for long periods of time?

A **perching stool** can help if you find it difficult to stand whilst completing daily tasks like cooking. Perching stools may or may not have arms and a backrest. The stool's legs should be adjusted to a height where your feet rest flat on the floor when seated. Unless otherwise specified by the manufacturer, perching stools should not be used in a shower or wet room environment.



Communication:

Do you have difficulty using the telephone?

There are many different varieties of **accessible telephones**, with features which might be helpful to meet your needs.

For instance:

- Large buttons with good spacing between them can make dialling easier.
- Having your essential contacts' phone numbers pre-programmed into a device can make it easier to dial if you can't remember telephone numbers ('one touch memory keys').
- If you struggle to hear the other person speaking over the phone or the phone ring, you can select a device which is hearing aid compatible, and where you can adjust the volume and pitch to the frequencies that you find easiest to hear.



- Some devices have features in case of an emergency, for instance the telephone will automatically dial through to other pre-programmed contacts if the first contact does not pick up.
- Accessible telephones can also have a visual indicator to signal an incoming call.

An **accessible mobile phone** can help you maintain your independence and stay in touch with loved ones, by removing the barriers that can make other mobile phones difficult to use. Some models also have fall-detection features, and assistance buttons to alert others to your whereabouts and need for assistance.



Where can I buy the equipment that I need?

We recommend that you use:

Vision Products



VISION
PRODUCTS
Y DEWIS CLIR



Pontyclun Coedcae Lane Industrial Estate, Pontyclun, Mid Glamorgan, CF72 9GP.

Opening hours: Monday – Friday, 10 am – 4 pm

Phone: 01443 220811 (You can place orders over the phone).

Web: <https://www.rctcbc.gov.uk/EN/GetInvolved/VisionProducts/VisionMobility/VisionMobility.aspx>

There are other retailers that supply these small pieces of equipment also. These are listed below in alphabetical order, and we recommend that you shop around for the best price.

Local suppliers based in Rhondda Cynon Taf:

BUSH Healthcare – Aberdare

Mobility House, Aberaman Park Industrial Estate, Aberdare, CF44 6DA.
Opening Hours: Mon – Sat: 9am - 5pm. Tel: 01685 37 83 40. Email:
aberdare@bushhealthcare.co.uk Website: <https://bushhealthcare.co.uk/>

BUSH Healthcare – Pontypridd

20 Taff Street, Pontypridd, CF37 4UA. Opening Hours: Mon – Sat: 9am - 5pm.
Tel: 01443 400877. Email: pontypridd@bushhealthcare.co.uk Web:
<https://bushhealthcare.co.uk/>

Other suppliers in South Wales:

Ableworld – Bridgend

Ableworld Bridgend, Bridgend Shopping Centre, Brackla Street, Bridgend,
South Wales, CF31 1DD. Opening hours: Mon – Fri: 9am – 5pm. Tel: 01656
337626. Email: info@ableworldbridgend.co.uk. Web:
<https://bridgend.ableworld.co.uk/>

Ableworld – Cardiff

Penarth Road Retail Park, Penarth Road, Cardiff, CF11 8EF. Opening hours:
Mon – Sat: 9am – 5pm. Tel: 029 2105 0529. Email: info@ableworldcardiff.co.uk
Web: <https://cardiff.ableworld.co.uk/>

Ability Living & Mobility – Cardiff

236a Cowbridge Road East, Canton, Cardiff. CF5 1GY. Opening Hours: Mon –
Thurs: 9am – 5pm, Friday: 9am – 2.30pm. Tel: 029 2066 7272. Web:
<https://www.ability.co.uk/index.html>

Ability Living & Mobility – Barry

282 Holton Road, Barry. CF63 4HW. Opening Hours: Tuesday – Thurs: 10am-
4pm. Tel: 01446 733 310. Web: <https://www.ability.co.uk/index.html>

Cymru Health Care – Merthyr Tydfil

Unit 6 Triangle Business Park, Pentrebach, Merthyr Tydfil. Opening hours: Mon
– Fri: 8am – 4.30pm. Tel: 01685 350802 Web: www.cymruhealthcare.co.uk

Eazability – Newport

2 Emlyn St, Kingsway Centre, Newport NP20 1EW. Opening hours: Mon – Fri: 9am – 4pm, Sat: 9am – 2pm. Tel: 01633 213074.

Haven Mobility – Cwmbran

Unit 14 Avondale Industrial Estate, Cwmbran NP44 1UG. Opening hours: Mon - Fri: 9am - 5pm, Sat: 9am - 1pm. Tel: 01633 861717. Web:

<https://www.havenmobility.com/>

Snowdrop Independent Living – Cardiff

2a Merthyr Road, Whitchurch, Cardiff, CF14 1DG. Opening hours: Mon – Fri: 9am- 5pm, Sat: 10- 3. Tel: 02920 691 945 Web:

<https://www.snowdropindependentliving.co.uk/our-locations/cardiff/>

Snowdrop Independent Living – Penarth

Crown House, Windsor Road, Cogan, Penarth, CF64 1JG. Opening hours: Mon – Fri: 9am- 5pm. Tel: 02920 707111 Web:

<https://www.snowdropindependentliving.co.uk/our-locations/penarth/>

Online suppliers*:

- Amazon UK - <https://www.amazon.co.uk/>
- Argos - <https://www.argos.co.uk/>
- Boots UK - <https://www.boots.com/shop-online>
- Care Co - <https://www.careco.co.uk/>
- Complete Care shop - <https://www.completecareshop.co.uk/>
- The Range - <https://www.therange.co.uk/>

**Where the above are high street chains, please note that the items you are looking for are likely to only be stocked online.*

If you are concerned about the cost of purchasing equipment, we recommend that you contact Citizens Advice or Age Connects Morgannwg to check that you have maximized your income. They can also assist you if you need help with any other financial difficulties you may have.

- Age Connects Morgannwg*
Age Connects Morgannwg, Cynon Linc, Seymour Street, Aberdare, CF44 7BL. Opening hours: Mon – Thurs: 9am – 5pm, Fri: 9am – 4.30pm. Tel: 01443 490650. Email: information@acmorgannwg.org.uk. Web: <https://www.ageconnectsmorgannwg.org.uk/>

** Please note you will need to be aged 50+ to access this service.*

- Citizens Advice – Rhondda Cynon Taff
Citizens Advice, Knight St, Mountain Ash CF45 3EY. Opening hours: Mon – Fri: 9.30am - 3.30pm. Tel: 01443 409284. Web: <https://carct.org.uk/>

You can also access information to help with your finances from our website: <https://www.rctcbc.gov.uk/EN/Resident/ConsumerAdviceandMoneyMatters/CostofLivingSupport/CostofLivingSupport.aspx>

Contact our Single Point of Access team if you need our assistance to access equipment. Their contact details are on the first page of this document.

**This information can be made available in other formats
(Welsh, easy-read, large print, Braille and other languages)**

To comment on this fact sheet or any other information received from Adult Services, please contact [**socialservices@rctcbc.gov.uk**](mailto:socialservices@rctcbc.gov.uk)