

Aids and adaptations for your home



If you have a disability and find some day to day tasks difficult, your home may need adapting to suit your needs.

eastTHAMES



Adapting your home

If you think your home may need adapting to better suit your needs, an occupational therapist will first need to assess your home. The assessment looks at different aspects of your life, including your home environment, your ability to care for yourself and complete daily tasks, and the support you have from people around you.

An occupational therapy assessment can be arranged directly through your local council's social services department. The assessment should be completed within 28 days, although this will vary depending on your local council.

Once the assessment has been carried out the occupational therapist will, if necessary, recommend specialist equipment, or minor/major adaptations

to your home. These are features that can be added to your home to help you move about and complete day-to-day tasks.

Major adaptations

Typical major adaptations include:

- Stair-lifts
- Ramps to entrance doors
- Level access showers
- Mechanical hoists and lifts

If a major adaptation is recommended we will either fund this work or apply to the council for funding via a **Disabled Facilities Grant (DFG)**. Your home will then be surveyed and the work completed by approved, experienced contractors. The time it takes to obtain the Disabled Facilities Grant can vary depending on your local council.

Minor adaptations

Typical minor adaptations include:

- Grab rails
- Stair rails
- Shower rails
- Lever taps

We will normally arrange for these works to be completed quickly within a maximum of 25 days.

Arranging an assessment

If you would like adaptations made to your home, contact your local council's first response team who will take down the details of your requirements and arrange an assessment with an occupational therapist.

Please let us know once you have spoken with the first response team so we know to expect adaptations to your home.

London Teams

Barking & Dagenham
T: 020 8227 2915

Havering
T: 01708 432 000

Newham
T: 020 8430 2000

Redbridge
T: 020 8708 7333

Tower Hamlets
T: 020 7364 5948

Waltham Forest
T: 020 8496 1814

Essex Teams

Basildon
T: 0845 603 7630

Castle Point
T: 0845 603 7630

Enfield
T: 020 8379 1000

Harlow
T: 0845 603 7630

Rochford
T: 0845 603 7630

Southend-on-Sea
T: 01702 215 008
Option 7

Thurrock
T: 01375 652 868



Need more help and advice?

If you would like to know more about aids and adaptations, or if you would like us to arrange an assessment with an occupational therapist on your behalf, call our customer contact centre on **0845 600 0830** Monday - Friday, 8.30am and 8.30pm and ask to speak to the aids and adaptations manager, or email: **info@east-thames.co.uk**



Part of a bigger picture

The East Thames Group is a registered social landlord and social regeneration charity working across east London and Essex since 1979. Our mission is 'to make a positive and lasting contribution to the neighbourhoods in which we work'.

East Thames

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You can order more copies of this leaflet or we can provide Braille, audiotape or large print versions. Translations into other languages are also available on request.

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