



Home in on independence

Description



What help do you need to stay independent at home? Do you need to adapt your house or flat to make it more suitable? Do you simply need a hand with the garden?

These important aspects of [wellbeing](#) are part of the Society's work in caring for our residents. We also keep you informed about other useful sources for further help.

'Social services sent an occupational therapist to see me. She was lovely'

Independent Age have published a free guide called [Getting Help At Home](#). This 40-page publication (cover image pictured) offers advice on a range of issues, such as:

- getting help with household chores;
- equipment and adaptations;
- gadgets to make you feel safer;
- staying connected at home;

- extra money if you need help to look after yourself;
- home from hospital help.

Everyone needs different types of help, the book advises. To prove it, a number of people share their experiences through the pages.

‘Housework and going to the laundrette were really taking it out of me because of my angina,’ said one contributor. ‘Now a friendly woman comes four hours a week and finishes jobs that took me three days! My flat is clean as a new pin and even my shirts get ironed.’

Another contributor said, ‘I get dizzy if I stand for too long and it made me anxious about taking a shower. The social services sent an occupational therapist to see me. She was lovely. She arranged for a grab rail to be fitted on the wall of my shower cubicle, and a folding shower seat to the side’.

Even small changes can make life easier

There’s a range of services, gadgets and equipment from which you might benefit. According to Independent Age, even small changes can make life easier, and you might qualify for some help to pay for what you need.

The guide can be downloaded [here](#). Advice applies to England only. Independent Age have a few suggestions if you are looking for advice specific to other parts of the UK.

Category

1. News & reviews

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