



Household gadgets and adaptations

Adaptive equipment items are designed to help people in completing day-to-day tasks; they are easy to use and can be bought online, from high street stores such as Argos, from pharmacies such as Boots and Lloyds and from specialist mobility and independent living stores such as [British Red Cross Store](#), [Ableworld](#) and [Redland Mobility](#).

If you or someone you care for is struggling to complete daily activities, the following equipment might be helpful.

General household

Long handled grabber	Long handled aid to help with picking up light-weight objects to avoid bending
Pendant alarm	Falls pendant to wear around your neck or wrist to call for help in an emergency
Furniture raiser	To raise the height of your chair or bed to make it easier to stand up or sit down
Electrical plug pull	Device to help with removing electric plugs easily
Key turner	Key holder to help with gripping and turning keys easily

Bathroom and personal care

Raised toilet seat	To raise the height of your toilet to make it easier to stand up and sit down
Bottom wiper (toilet aid)	To enable personal hygiene when reaching around is difficult
Bath brush or long handled sponge	Long handled aid to assist with reaching difficult spots during shower / bath
Non-slip bath mat	Non-slip mat for shower or bath to reduce risk of falls from slipping
Tap turner	To assist with gripping and turning bath or sink taps easily

Dressing

Socks aid	Dressing aid to help with pulling socks on without bending or reaching
Shoe horn	Long handled aid to help put on shoes without bending
Button hook or zipper pull	Dressing aid to help with doing up buttons and pulling zippers open or closed
Bra angel	Dressing aid to help put on bra easily

Meals and kitchen

Kettle tipper	To help with pouring water from the kettle when lifting is difficult
Non-slip table mat	To prevent crockery from slipping
Adaptive cutlery	Designed with weighted or shaped handle for easier control
Bottle opener or can opener	Kitchen device to open cans or bottles easily
Two handled mug	Mug with two large handles to hold easily

If you are experiencing difficulties in caring for yourself or others

Please speak to your GP or local social service for advice. There are community services available to assess equipment needs at home and to explore other support options.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Yan Chan, RBFT Occupational Therapist, September 2024

Next review due: September 2026