

# Equipment to support you



This document was written by RCT Council. It is an easy read version of ['Information about small pieces of equipment you can purchase to support you: A Factsheet'](#).

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# How to use this factsheet



We are **Rhondda Cynon Taf County Borough Council**.



We want to tell you about equipment which you can buy to support you.



This is an Easy Read factsheet. You may still need help to read it. Ask someone you know to help you.



If you need more information, you can phone the Single Point of Access team.



Phone **01443 425003**

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# What this factsheet is about



There are many special equipment items that you can buy to help to manage everyday tasks more independently and safely.



Choosing the right equipment for you is important. This factsheet will help you make decisions about:

- what kind of equipment could be helpful for you.
- things to think about before purchasing.
- where you can buy the equipment.

# Getting Up

## Do you find it difficult to get in and out of bed?

A **bed lever** or **bed handle** helps you get in and out of bed.



This piece of equipment should not be used to stop you falling out of bed.

A bed lever has a handle that you can hold onto when sitting or getting out of bed.



A bed lever can also be used to help you move and turn in bed.

Some are fixed under the mattress, and some are fixed to the bed frame.



It's important to make sure that bed levers are safe and sturdy to avoid accidents.

Follow manufactures guidelines to avoid being trapped or other risks.

## Do you find it difficult to sit down or get 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 seller whether furniture raisers will be ok to use with your chair or sofa before you buy.

# Moving Items

## Do you find it difficult to move items you need around your home?



A home helper trolley can be helpful to move items around your home.



Home helper trolleys should not be used as a walking aid. Please get in touch with your GP if you need support when walking.



The home helper trolley can be adjusted to your height.

Home helper trolleys with bigger wheels will be able to go over high door thresholds, and different floor surfaces better than trolleys with smaller wheels.

# Washing

## Do you find it difficult to get in and out of the bath?

A **bath board** is a seat that goes over the bath to help support you when you wash.



A bath board is a seat that goes over the bath. You can sit on this whilst you wash with a handheld shower head.



You may find it easier to wash 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 buying a bath board, you should check that:

- the edges of your bath frame are 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.
- Your bath is strong enough to support a bath board.



You might need to check this information with the seller of the bath board.



An **adjustable platform bath step** can also be helpful in supporting you to get in and out of a bath.



Bath steps lower the size of the step that you need to take when getting into a bath.



Some bath steps can be used with handrails for more support.



Care & Repair Cymru

If you think you need rails installed by your bath, contact Care and Repair Cwm Taf



By phone- 01443 755696



By email- [enquiries@cwmtafcr.org.uk](mailto:enquiries@cwmtafcr.org.uk)



By website- [Care & Repair Cwm Taf](http://Care & Repair Cwm Taf)  
[\(careandrepair.org.uk\)](http://careandrepair.org.uk)

## Do you find it difficult to stand in the shower?



A **shower stool** is a seat which can be sat on whilst you are in the shower.

A shower stool may be helpful if you struggle with your balance or become tired quickly when standing.



A shower stool's legs should be moved to a height where your feet can rest flat on the floor comfortably.



A **wall mounted shower stool** can be sturdier than a normal shower stool as it screws into the wall.



A wall mounted shower stool will need a fitting service and measured to your height.

Most wall mounted shower stools can be folded out of the way when not in use.



If you need more support on your back, a **shower chair** might be most suitable.

If a shower chair is adjusted to your height, you will be steadier when seated.

# Going to the toilet

## Do you find it difficult to sit and stand from the toilet?



A **toilet seat and frame** can help you move on and off the toilet by giving you handles to hold on to.

It can be fitted to many different toilets as it has legs that can be made shorter or longer.



Toilet seats have a weight limit, so it is important to check this before buying.



An **adjustable toilet frame with arms** might help if you like to have something to hold onto when sitting on the toilet, but don't want your toilet seat raised.



A **raised toilet seat** makes your toilet seat higher so that it is easier to get on and off.



You can buy different heights of raised toilet seats.

It is important to check that your raised toilet seat is safely attached.

## Are you having difficulty getting to the toilet?



A **commode** is a movable toilet that does not use running water. It looks like a chair with a toilet seat and has a bucket underneath.



Commodes should be placed against a hard surface like a wall for stability.

The bucket will need to be removed for cleaning every day.



A **commode** may help if you find difficult to get to the bathroom.



You should check the weight limit of commodes before you buy. If you weigh more than 25 stone (180kg), you should buy a bariatric commode.

# Standing

## Do you find it difficult to stand for long periods of time?



A **perching stool** is an adjustable stool with a sloped, padded seat.

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.



Perching stools should not be used in a shower or wet room environment.

# Communication

## Do you find it difficult to use a telephone?



There are many different varieties of **accessible telephones** available for people with visual, audio, or mobility disabilities.



Accessible telephones may have large buttons with good spacing between to make dialling easier.



Important phone numbers can be put into a device if you find it difficult to remember phone numbers.



Accessible telephones can be used with a hearing aid.



The volume can be changed to a level that works best for you.





Accessible telephones can automatically call another person if the first person does not answer in case of an emergency.



An **accessible mobile phone** can help you feel independent and stay in touch with loved ones. These are created to be easier to use than other mobile phones.



Some mobiles have fall-detection features, and assistance buttons to tell others if you need help.

# Where can I buy the equipment that I need?



**Vision Products** is a supported business that is a part of Rhondda Cynon Taf Council.



Vision Products have many different pieces of equipment for people who need help with everyday tasks.



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



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



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

**Other places in Rhondda Cynon Taf you can buy small pieces of equipment:**



BUSH Healthcare – Aberdare

Mobility House, Aberaman Park Industrial Estate, Aberdare, CF44 6DA



Phone: 01685 37 83 40



Email: [aberdare@bushhealthcare.co.uk](mailto:aberdare@bushhealthcare.co.uk)



Website: <https://bushhealthcare.co.uk/>



BUSH Healthcare – Pontypridd

20 Taff Street, Pontypridd, CF37 4UA



Phone: 01443 400877



Email: [pontypridd@bushhealthcare.co.uk](mailto:pontypridd@bushhealthcare.co.uk)



Website: <https://bushhealthcare.co.uk/>

**Other places in South Wales you can buy small pieces of equipment:**



Ableworld – Bridgend

Bridgend Shopping Centre, Brackla Street,  
Bridgend, South Wales, CF31 1DD



Phone: 01656 337626



Email: [info@ableworldbridgend.co.uk](mailto:info@ableworldbridgend.co.uk).



Website: <https://bridgend.ableworld.co.uk/>



Ableworld – Cardiff

Penarth Road Retail Park, Penarth Road,  
Cardiff, CF11 8EF



Phone: 029 2105 0529



Email: [info@ableworldcardiff.co.uk](mailto:info@ableworldcardiff.co.uk)



Website: <https://cardiff.ableworld.co.uk/>



Ability Living & Mobility – Cardiff

236a Cowbridge Road East, Canton,  
Cardiff. CF5 1GY



Phone: 029 2066 7272029



Website:

<https://www.ability.co.uk/index.html>



Ability Living & Mobility –Barry

282 Holton Road, Barry. CF63 4HW



Phone: 01446 733 310



Website:

<https://www.ability.co.uk/index.html>



Cymru Health Care – Merthyr Tydfil

Unit 6 Triangle Business Park, Pentrebach,  
Merthyr Tydfil.



Phone: 01685 350802



Website: [www.cymruhealthcare.co.uk](http://www.cymruhealthcare.co.uk)

Eazability – Newport

2 Emlyn St, Kingsway Centre, Newport NP20  
1EW



Phone: 01633 213074



Haven Mobility – Cwmbran

Unit 14 Avondale Industrial Estate, Cwmbran  
NP44 1UG



Phone: 01633 861717



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



Snowdrop Independent Living – Cardiff

2a Merthyr Road, Whitchurch, Cardiff, CF14  
1DG



Phone: 02920 691 945



Website:

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



Snowdrop Independent Living – Penarth  
Crown House, Windsor Road, Cogan,  
Penarth, CF64 1JG



Phone: 02920 707111



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

### **Online sellers of small pieces of equipment:**

- 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/>



If you are worried you can't afford to buy the equipment you need, please contact:



Age Connects Morgannwg (if you are 50+ years old)

Cynon Linc, Seymour Street, Aberdare, CF44 7BL



Tel: 01443 490650.



Email: [information@acmorgannwg.org.uk](mailto:information@acmorgannwg.org.uk).



Website:

<https://www.ageconnectsmorgannwg.org.uk/>



Citizens Advice – Rhondda Cynon Taff  
Citizens Advice, Knight St, Mountain Ash CF45 3EY



Phone: 01443 409284



Website: <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. The contact details are:



Phone - 01443 425003



Email - [singlepointofaccess@rctcbc.gov.uk](mailto:singlepointofaccess@rctcbc.gov.uk).