

Maintaining and adapting your home

As an unpaid carer you may need to make adaptations to your home to help you to care and to enable the person you care for continue to live at home. At the same time you want to ensure that it is warm and comfortable. Installing handrails or insulating the loft can make a lot of difference to people's quality of life.

Adaptations/aids for daily living

Gwynedd Social Services, through their occupational therapists (OTs), work with people of all ages who have a significant and permanent disability. They will also consider your needs as a carer. OTs look at the everyday activities that people with disabilities find either difficult or impossible, and look at ways to overcome them e.g. stair lifts, walk-in showers, walking sticks, easy grip cutlery, bed and chair risers. For an assessment through the Community Resources Team, please contact your area office (Llŷn area **01758 704099**; Caernarfon area **01286 679099**; Bangor area **01248 363240**; Eifionydd-North Meirionnydd **01766 510300**; South Meirionnydd **01341 424499**) **01286 682888**

Independent Sector - there are number of mobility shops where aids and equipment for daily living can be purchased. These are listed in the 'phone book.

Voluntary/Third Sector

- **The Red Cross** - loan wheelchairs, backrests, bath seats, bedpans, commodes, walking sticks etc for a small fee/donation. Contact them on **01248 364677**
- **The FDF Centre for Independent Living** – provide wheel chairs on short term loan, but also offer advice, guidance and information across the whole mobility spectrum, including, specialist equipment, assistive technology and disability aids to help and support people's everyday lives. Contact them on **01352 756618** or email advice@thefdf.org.uk / admin@thefdf.org.uk
- **The FDF Centre for Independent Living** – yn darparu cadeiriau olwyn rhentu tymor byr ond hefyd cynnig cyngor, arweiniad a

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gwybodaeth dros yr holl spectrwm symudedd gan gynnwys, offer arbenigol, technoleg cynorthwyol a chymorthion anabl i helpu a chefnogi anghenion bywyd bob dydd pobl. Cysylltwch â hwy ar **01352 756618** neu e-bostiwch advice@thefdf.org.uk / admin@thefdf.org.uk

- **Disabled Living Foundation** – you can find impartial advice and information on their website *Living made easy*, which has been developed by a team of occupational therapists
<https://www.dlf.org.uk/living-made-easy> They also provide a service AskSARA, namely an online self-help guide which is easy to use and very useful if you are not sure what equipment can be of help to you
<https://www.dlf.org.uk/content/asksara>

Help towards the cost of repairing, improving or adapting your home

You or the person you care for may be able to get a grant towards the cost of maintaining or adapting your home. However, some grants are means tested or have conditions attached, so it is important to make sure you understand before agreeing to any work. Some of the grants available include:

- **Disabled Facility Grant** - any disabled adult or child can apply for a disabled facility grant. The scheme helps to make life easier for disabled people and their families. Depending on the results of an assessment by a qualified OT, work could range from simple jobs such as providing ramps, widening doorways for wheelchair access, installing grab rails and stair lifts to major work like level access shower facilities, ground floor lavatories, or even extensions. This grant is available through the Council; telephone the Community Resources Team in your area (Llŷn area **01758 704099**; Caernarfon area **01286 679099**; Bangor area **01248 363240**; Eifionydd-North Meirionnydd **01766 510300**; South Meirionnydd **01341 424499**).
- **Benevolent Society Grants** - there are a large number of benevolent societies, who offer grants to people who have an association with a particular job, trade or profession. You can find out more by contacting **Turn2us**. This is a charitable service that helps people access money available through welfare benefits, grants and other help. They have a

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database of over 3500 charitable funds available. Contact them on Freephone (from landlines and most mobile phones) **0808 802 2000** or visit their website **www.turn2us.org.uk** The local carers support organisation **Carers Outreach Service** can also help carers locate grants; contact them on **01248 370797**

- **The Home Energy Efficiency Scheme (Nest)** This scheme facilitates the installation of energy efficiency measures such as central heating, boilers or loft insulation. To find out if you are eligible telephone Freephone (landline) **0808 808 2244** or **0300 456 2655** (mobile phone). Advice is also available on saving energy; money management; making sure you're on the best fuel tariff for you and if you are entitled to any benefits to boost your income. <https://nest.gov.wales/en/>

If you live in the parishes of Gellilydan, Trawsfynydd, Bronaber, Maentwrog and Llanfestiniog, Talsarnau and Llandecwyn, you can apply for a grant up to £100 towards the cost of assistance equipment that is not available on the NHS from **The Guy Jackson Howland Memorial Trust**. For more information, contact the Secretary Angela Swan, angelaswann@hotmail.com or **01766 770686**

Care and Repair offer advice and support to people 60 years and over and to disabled people in Gwynedd to make improvements to their homes. To find out more contact them on **01286 889360**

Free Home Fire Safety Check and Smoke Alarms

The North Wales Fire and Rescue Service offer free home fire safety checks which include

- supplying and installing free smoke alarms or checking that existing ones still work providing advice on how to make your home safe from fire
- help you prepare an escape plan in the event of a fire
- provide specialised equipment for people who are deaf or hard of hearing

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- assess if you are at high risk and might benefit from specialist equipment to keep you safe.

To arrange a free visit at a time to suit you, contact the fire service on **0800 169 1234** Monday to Friday between 9-5, or fill in an online form at

<https://www.nwales-fireservice.org.uk/keeping-you-safe/at-home/free-smoke-alarm/>