

assessment and for more information contact the Lambeth Service Centre by telephoning 020 7926 5555 or contact the estate office.

BGRMO recognises that some resident's require minor adaptations which do not warrant the wait for a community care assessment to be completed and have designated a limited resource to provide aids and adaptations to resident's making living in their home much easier. We can for example, fix handrails to stairs and bath areas, erect access ramps, lower plug sockets, change tap heads. We can also provide competitive quotations to supply and install shower units. Please contact the estate office for further details.

Ways to contact us:

Blenheim Gardens RMO
24 Prague Place
London SW2 5ED

Phone: 020 7926 0158
Website: www.bgrmo.org.uk
Email: blenheimgardens@lambeth.gov.uk

If you would like this information in large print, Braille, or in another format or language, please phone us on 020 7926 0158.

Español: *Si desea esta información en otro idioma, rogamos nos llame al 020 7926 0158.*

Français: *Si vous souhaitez ces informations dans une autre langue veuillez nous contacter au 020 7926 0158.*

Português: *Se desejar esta informação noutro idioma é favor telefonar para 020 7926 0158.*

Twi: *Se wope saa nkaeboy yi wo kasa foforo mu a fre 020 7926 0158.*

Yoruba: *Tí ẹ ba fẹ imoràn yíí, ní èdè Òmíràn, ẹjọ, ẹ kàn wà l'ágogo 020 7926 0158.*



Blenheim Gardens RMO Guidance Leaflet

Aids and adaptations

in partnership with



Occupational therapy

The occupational therapy service provides advice, information and help to adults and children who have long-term physical disabilities.

They carry out assessments what special equipment and adaptations are needed to help the client live independently within their home in Lambeth.

What is occupational therapy?

Occupational therapy aims to help those with physical disabilities to achieve a high level of functions and independence.

This may include providing specialist equipment or putting clients in contact with other agencies that can help.

We usually work with local health providers to assess need and provide support.

Occupational therapy helps people live more productive lives. It enables people with disabilities to carry out essential activities of daily living, with the aim of maintaining or improving independence.

Activities of daily living

Examples of essential activities include:

- managing personal care, e.g. getting to the bathroom and getting on and off the toilet
- safe mobility around your home to enable you to prepare meals, get in and out of bed
- manage the steps and stairs enabling your carer to care for you

How can occupational therapists help?

- Occupational therapists could help, or provide information about:
- raising the height of the bed or chair so that standing is much easier if a person has stiff, painful hips and knees

- making a home safer for getting around, e.g. by the installation of hand rails and ramps
- reducing worry and helping people raise their confidence about getting around or managing their disability
- providing information on ways to get support and helping people to contact other useful agencies
- helping carers to continue to maintain their caring responsibilities

For people able and wanting to fund their own equipment or adaptations, advice and information is available by contacting the estate office.

Specialist equipment

Equipment will only be offered on loan after an assessment of need is made by an Occupational Therapist. Some specialist nursing equipment may be available through your GP or district nurse.

There is a variety of equipment available from Lambeth adult and community services to help you with everyday tasks in your home.

How much will it cost?

Any equipment which adult and community services can loan you to help around the home, is available free of charge.

For people able and wanting to fund their own equipment and adaptations, advice and information is available by contacting the estate office or contacting the Disabled Living Foundation at www.dif.org.uk or telephoning 0845 130 9177 .

Professional advice from an OT can help you to select the right equipment to suit your needs and prevent you from making mistakes which could harm you and cost you money.

How to use this service

It is important to find out what equipment is available and, if possible, try it out before you buy anything. To arrange an