

The 50plus Organisation



Independent Living

Making independence viable

Maintaining ones independence in the latter years of living is increasingly important. Independence is the preferred option for most of us and in many cases we wish to stay in our own homes. For financial reasons government is encouraging independence as it seeks to minimise the number of people in residential and care homes. So what can we do to make this independence more viable?

Keeping warm

Keeping warm is the single most important consideration. As our bodies become less active we need more heat around us and in the UK climate that means consuming increasingly expensive energy. The key to minimising this and the associated cost is insulation of the home. A range of government grants, often via energy suppliers for loft and wall insulation is available. The grants available vary by local area and over time. The Energy Saving Trust at www.energysavingtrust.org.uk (free phone 0800 512 012) will have details of currently available grants and eligibility. It is also worth calling or going on-line to your energy supplier as they often act as the conduit of government grants.

Feeling secure

Feeling relaxed and secure in ones own home, particularly when caring for others or living alone is important. Having a means of calling for help in an emergency when it may not be possible to get to the telephone provides both peace of mind and when an emergency arises is vital. Technology provides the answer in the form of auto dial distress alarm systems. These may be rented with an answering service, typically through local authorities or purchased. 50plus supplies the Yale auto dial distress alarm system. Ideal for those who may wish to call for help but don't want to pay a monthly fee, this panic button-operated alarm automatically dials of up to 3 numbers of your choice when activated and plays a pre-recorded message. It includes a wireless panic button that may be worn as a pendant. The unit has a radio transmission range of up to 50 meters so the pendent can also be used in the garden.

Access solutions

If one does call for help whoever comes needs to be able to get in. A key safe provides the answer and they are also useful to allow trusted access to family or friends if the doorbell isn't heard. Most key safes are mechanical so can't fail if the electricity is off. A spare set of keys is accessed via a 4 or 5 digit code. Simple and practical key safes are available in a range of sizes to suit most needs.

Keeping safe

As we grow older our bodies become less agile and sometimes we need support in parts of the home. Grab rails and if required additional stair rails make manoeuvres that have become more difficult that much easier and safer. A wide range is available. 50plus install a number at fixed price with discount for multiple fittings and can supply a wide variety to suit most needs.

Practical solutions

A wide range of practical solutions are available to assist with day-to-day living. In addition to well known larger scale solutions such as stair lifts and walk in showers a number of small practical changes can be made to household items to make life that bit easier. Amongst these are:

- Lever taps to make turning the tap much easier
- Remote controlled lighting to negate the need to get up and down or reach switches
- Visual aids to warn for instance have a doorbell or telephone ringing
- Door intercom systems to talk check who is at the door before opening it
- Shower stools so one may sit down to bathe.

Bespoke solutions are available to suite most circumstances.

For further details contact The 50plus Organisation on:

Telephone: 0845 22 50 495

Web: www.the50plus.co.uk

*The 50plus Organisation provides the 50plus Handyman service and runs The 50plus Shop.
Email enquiries@the50plus.co.uk.*