

# Independence In Your home

# The 50 plus

Many of us need a little more help as we age. This article looks at some of the more common areas where a little knowledge about how to make often relatively simple changes to the home can offer significant benefits in terms of the ease of everyday living. Solutions do not have to be expensive; often taking the simple low cost approach is the most beneficial. Frequently a little knowledge about the possibilities is required. If that's the case do feel free to ask using our Independence In Your Home advice service. Note that if adaptations are required to meet the needs of anyone disabled these can often be provided VAT free.

Problem	Solution
Helping with reduced vision, difficulty reading, seeing art & crafts and medication labels.	Improved lighting. Modern technology in the form of LED lighting offers cheap, simple solutions for aging eyesight. The 'colour' of the 'white' light and the output level, now in lumens rather than watts, are both important. If you are unsure about what to purchase use our advice service.
Helping with hearing loss.	Everyone's hearing deteriorates with age. It's one of the areas where a range of technological solutions (in addition to hearing aids) can help. Examples include hearing loops (to work with hearing aids), headphones and other aids such as visual or online doorbells are available and just need a little technical knowledge to implement.
Going and staying online.	Many people of a mature age now enjoy the benefits of being on line. Sometimes the challenge of getting and staying connected presents a challenge. 50plus can usually resolve the issues so do call if you get into difficulties.
Concerned about leaving the water on when going on holiday? Unable to operate the stopcock.	Installation of a water on-off switch, which looks and works just like a light switch. Can be fitted in the majority of homes.
Arthritis and strength in hands issues, struggling with operating appliances particularly for turning.	There are a number of home adaptations that assist. The most common is fitting lever taps handles in place of the twist and turn variety; many existing taps can be adapted. It is also relatively straightforward to change rotational door handles for a lever types. Rotating dimmer switches can often be changed for touch sensitive ones. There are solutions to most of these issues.
Difficulty with reaching electricity sockets/switches or require more sockets installed for safety devices, scooters etc.	It is often simpler to fit remote controls than relocate sockets or light switches, although the latter is feasible. Fitting additional sockets at more convenient locations is often simpler than moving existing ones. There are a lot of lighting solutions available to make control easier.

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Worrying or finding it difficult to answer the front door.	A wide range of solutions are available. These range from distributed doorbells, through key safes to remote door entry. Ask for advice for specific circumstances.
Need to keep an eye on an elderly relative	Modern technology offers a range of solutions from the classic pendant or wrist alarm, which calls for help, through movement detectors to remote monitoring. Ask for advice.
Requiring more physical support in particular parts of or throughout the home.	Installation of hand and grab rails. A wide variety and more colourful versions are available. Sometimes standard versions can be fitted by your local authority at reduced or no cost. Ask for advice.
Need to live on a single floor.	Furniture moving in the home can be arranged, as can bathroom and toilet adaptations.
Hard to get in and out of the bath.	Change the bath for a low level shower. There are a variety of solutions. Your bathroom needs to be surveyed to determine the most pragmatic approach.
Heating costs.	Installation of simple or smart thermostats can reduce the cost of heating bills. 15% can be saved on typical heating costs. Remember grants may be available for insulation improvements. Use secondary heating in the rooms you use the most and don't heat the whole house. One useful item is the electric oil filled radiator, fitted with a thermostat.
Struggling to maintain the home or garden.	50plus provides a broad range of maintenance services on an ad hoc or regular basis ranging from the simple to the more complex
<div data-bbox="228 1110 934 1203" data-label="Text"> <p><i>Independence In Your home</i></p> </div>	<div data-bbox="1182 1098 1935 1241" data-label="Text"> <p>From The 50plus Call us on 01494 784 448 Visit the website: <a href="http://www.the50plus.co.uk">www.the50plus.co.uk</a> Pop in and visit us at 110A High Street, Chesham, HP5 1EB</p> </div>