



We'd love to hear from you.

1) [Share your views](#). Have your say and be involved in updating our guides by joining our Readers' Panel. You don't need any specialist knowledge at all.

Join our Readers' Panel at [Age UK's Readers' Panel](#).

2) [Share your story](#). Have you been affected by any of the issues in this guide? Has Age UK's information and advice helped? If so, we'd love to hear from you to provide relatable examples that benefit others.

Email your story to [Age UK's Readers' Panel](#).

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What this guide is about



Next steps



by local council phone

Getting around





In the kitchen



Washing, bathing and using the toilet

Handwashing is an important part of staying healthy. It helps to get rid of germs that can make you sick. You should wash your hands often, especially before eating, after using the toilet, and after touching something that might be dirty.

When you wash your hands, you should use soap and water. Rub your hands together for at least 20 seconds. Make sure you wash all parts of your hands, including the backs, between the fingers, and under the nails. Rinse your hands well with water and dry them with a clean towel or paper napkin.

- Wash your hands with soap and water for at least 20 seconds.
- Use a clean towel or paper napkin to dry your hands.
- Avoid touching your face, especially your eyes, nose, and mouth, while your hands are still wet.
- If you don't have soap and water, use hand sanitizer.
- If you are sick, avoid touching other people and surfaces.
- If you have a cough or sneeze, cover your mouth and nose with a tissue or your elbow.
- If you have a fever, stay home and rest.



Helpful technology

Telehealth







Telecare



If you have an impairment

Sight loss

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Good to know





Hearing loss

• Hearing loss is a common condition that affects millions of people worldwide. It can be caused by a variety of factors, including aging, noise exposure, and certain medications. Hearing loss can significantly impact a person's quality of life, making it difficult to hear and understand speech, and leading to social isolation and depression.

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Combined sight and hearing loss

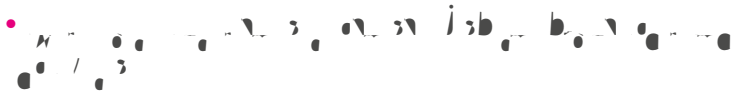


Next steps

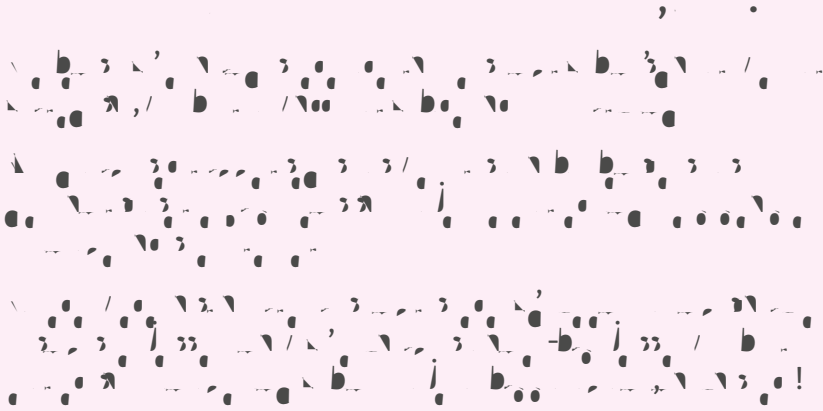


Memory loss

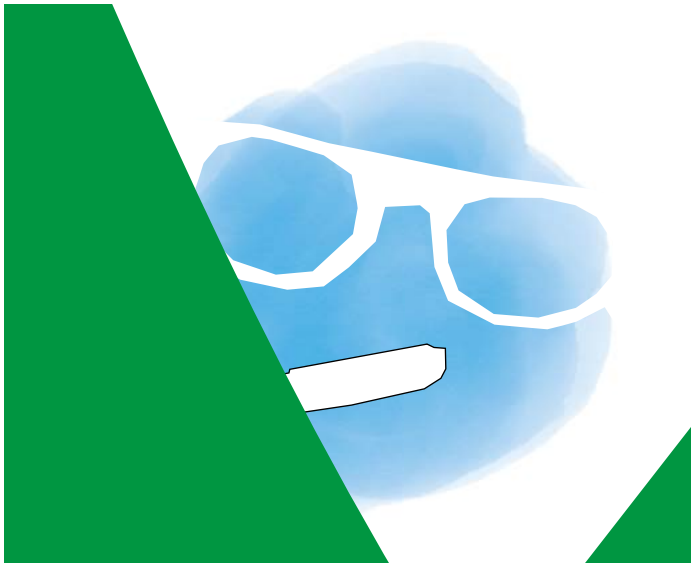




Carol and Fred have found ways to make their lives easier.







Getting the support you need

Help from the council



Paying for equipment and adaptations

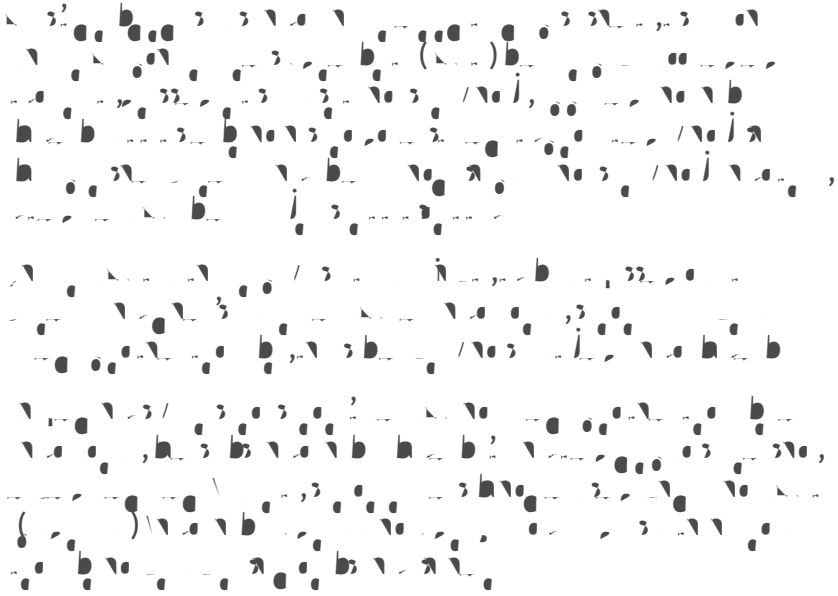
1. The first step is to identify the equipment and adaptations needed. This can be done by consulting with a specialist, such as a physiotherapist or occupational therapist, who can provide a list of recommended items and their estimated costs.

2. Next, it is important to check if there are any grants or financial assistance available. Many governments and organizations offer grants to help cover the costs of equipment and adaptations for people with disabilities.

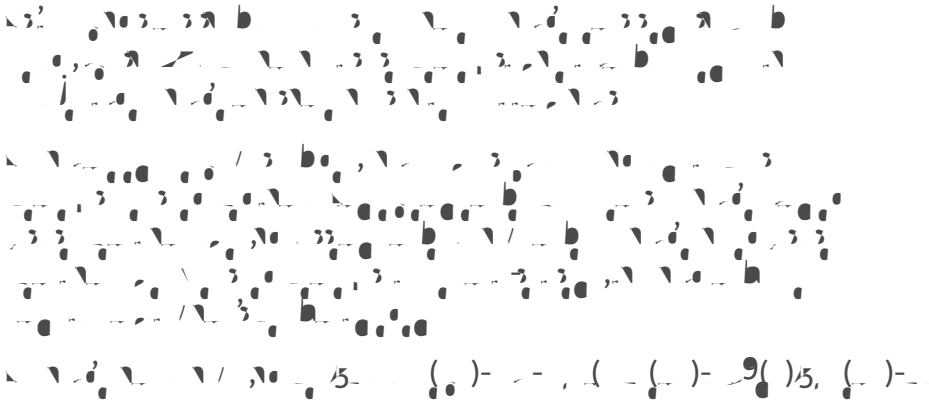
3. If grants are not available, it may be necessary to explore other options, such as crowdfunding or seeking financial support from family and friends.

Disabled Facilities Grants

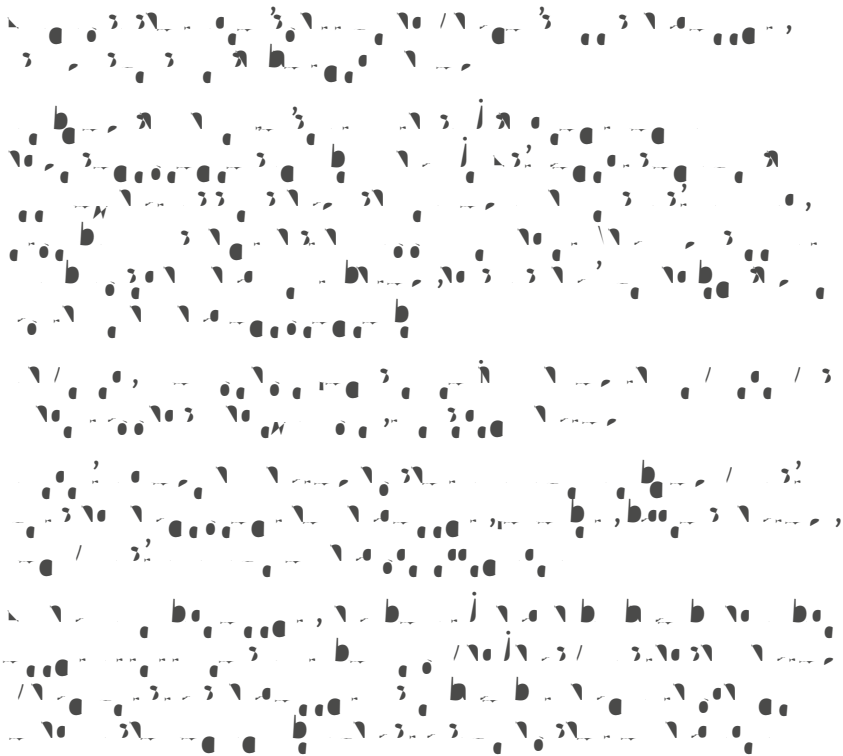
HIAs and handyperson services



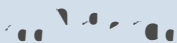
Boosting your income



Moving to more suitable accommodation

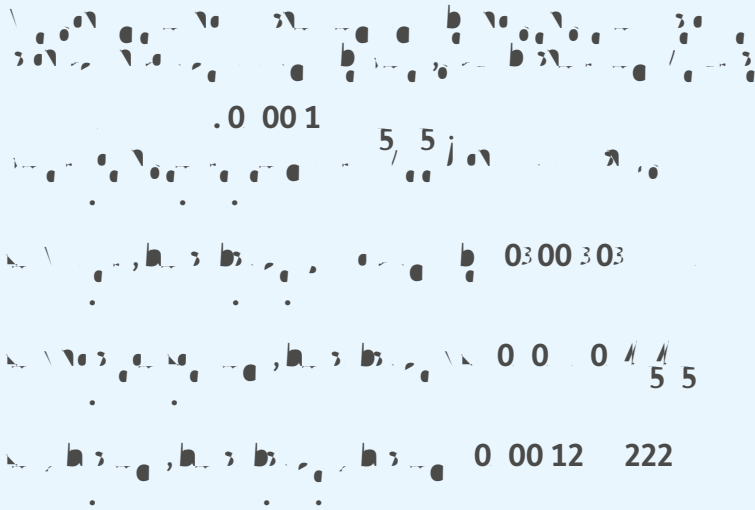


Next steps



Useful organisations

Age UK



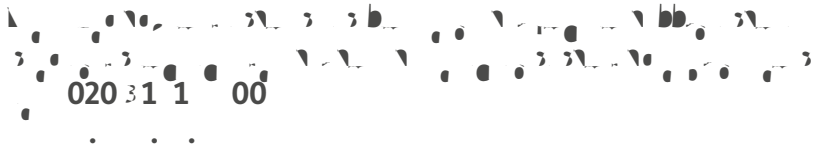
Radius



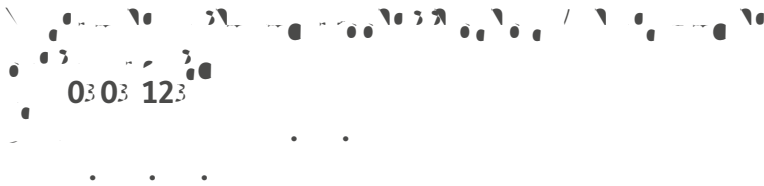
RiDC (Research Institute for Disabled Consumers)



Royal College of Occupational Therapists (RCOT)



Royal National Institute of Blind People (RNIB)



Royal National Institute for Deaf People (RNID)



Royal Society for the Prevention of Accidents (RoSPA)

0121 2 2000

Thomas Pocklington Trust

020 5 0 0

Turn2us

Can you help Age UK?



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Your details

1. 2, 31. }-20)

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Your gift

10 15 20

Help us be there for someone else

1

Give your views on guides like this

2

Donate to us

3

Volunteer with us

4

Campaign with us

5

Remember us in your will

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