Self-Assessment for Minor Adaptations
To help you with adapting your home
This booklet gives details of minor adaptations you can request without a formal assessment. There is a self-assessment application form provided with this booklet. If you would prefer an Occupational Therapy assessment, please call the Contact Centre advisers on:

03456 081206

What is self-assessment?
Self-assessment is a quick way of getting minor adaptations without having to be visited and assessed by a member of staff.

Who is it for?
It is for anyone who is:
• Having difficulty due to a long-term illness or disability.
• A permanent resident of Aberdeenshire (living in their own home or rented accommodation).

Will I have to pay?
There is no charge for the service.

How do I apply?
Have a look at the information contained in this booklet. Decide what minor adaptations you require and complete the self-assessment form provided with this booklet. Return the form to the Joint Equipment Service.
If you require the information in a different format please ask, and our member of staff will assist you.

What happens next?
• Your application form will be processed by a member of staff who will then make arrangements for your adaptation to be supplied and fitted.
• Adaptations require agreement from the property owner and will be installed by them (if it is a Council or Housing Association property) or by a contractor appointed by the Joint Equipment Centre (if the property is privately owned).
• In some cases we may have to contact you for additional information.

What if I want an assessment?
You choose if you want to use the self-assessment form. At any time in the process you can request to have a formal assessment from an Occupational Therapy member of staff. Just call the Contact Centre advisers’ number for more information.
External Grab Rail

Short plastic or epoxy coated steel rail providing a raised grab area (style may vary).
Can be placed on the doorframe or on a wall at the side of the door. You will need to tell the technician where you want it to be positioned.
This item is usually only provided at one door to the property

Instructions:
To assist with negotiating steps and doorways.
Can be used for single steps instead of a handrail.

It is recommended that a handrail be installed instead if there are two or more steps.
**External Metal Handrail**

Tubular metal rail fixed to wall and path to cover length of steps. Height approx. 900mm from ground or steps. This item will be made from galvanized steel. This item is usually only provided at one door to the property and to cover no more than three steps.

**Instructions:**
To assist with negotiating steps at a front or back door.
Where possible the rail should be installed at the same side as the door handle.
Internal Banister

Wooden rail running the length of a staircase, fixed to the wall with metal brackets. Can be cut to fit a specific length. Height approx. 900mm from ground or steps. This item is unpainted.

Instructions:
To assist with negotiating a staircase.
Internal Grab Rail

A Plastic Grab rail for internal use only in a variety of lengths and can be fitted beside the bath, by the shower or by the toilet. When deciding where you require your rail think about if you need it whilst standing or sitting.

Instructions:
To assist with transfers and balance
Reflective Painted Lines On External Steps

Yellow reflective lines place on the edge of a step.

Instructions:
Provides a visual prompt for people with a visual impairment.