

Occupational Therapy & Home Adaptations Team

Occupational Therapy

Occupational therapy is about giving you support with daily activities. This is to help with any physical or mental challenges that you may have.

A member of the team will visit you at home and assess your ability to carry out everyday tasks. They will then discuss with you how to maintain and increase your independence and assess your [safety at home](#).

The occupational therapist may assess your abilities in the following areas:

- getting in and out of bed
- getting on and off the toilet
- going up and down stairs
- getting in and out of your house

How the occupational therapy team can help

A member of the occupational therapy team can:

- make appropriate recommendations to address the difficulties you or your [carer](#) are having. They will try to find solutions to maximize your independence.
- offer advice on how to carry out activities or suggest [equipment](#) and minor adaptations to help you.
- recommend major [adaptations to your property](#) if necessary and appropriate.

Eligibility for community occupational assessment

Occupational therapy assessments are offered to people of all ages who fulfil the following three requirements:

1. You live permanently in Waltham Forest.
2. You live with a permanent and substantial disability.
3. You or your paid/unpaid carer have difficulty carrying out your daily activities.

Home Adaptions

You may be starting to think that your home isn't suitable for you anymore. If so, adapting it or moving to a readily adapted home could be an option for you.

Adapting your own home

You can speak to an [occupational therapist](#) who will provide you with expert advice to help you make a decision about the changes you need to make in your home to further enable your independence. They may suggest adaptations such as:

- providing small aids such as grab rails around the home
- portable access ramps to aid mobility outdoors
- stairlifts to ease with accessing upstairs

You may also consider undertaking more major adaptations to meet your longer-term needs. An Occupational Therapist will provide you with advice and information as to what adaptations are best suited to your individual needs. This might include:

- widening doorways so you can use a wheelchair indoors
- permanent ramping
- replacing bath or shower unit with a walk-in, level access shower
- downstairs living to provide access to essential washing/toileting facilities

How we provide adaptions

Minor adaptions

Our external providers will fit small minor adaptions, such as stair and grab rails, to improve your safety when recommended by an Occupational Therapist.

Major adaptions via a Disabled Facility Grant (DFG)

An Occupational Therapist may make recommendations for improving access to your home and facilities to increase your independence in and around your home.

The responsibility and process for providing any adaptations will depend on who owns your property. It will be funded by the landlord if you live in a council property, or through a Disabled Facilities Grant (DFG) if you're an owner occupier or private tenant or housing associate tenant. We use approved contractors to do all major adaptations following a funding agreement and a feasibility assessment from our surveyor.

Adaptations are not provided to people living in a residential or nursing home.

Paying towards the service

Advice and Assessment from Occupational Therapy is free.

If eligible for a DFG, you will be means tested to determine whether you need to

contribute towards the cost of your adaptations.

If you are in receipt of certain benefits, you will not need to contribute towards the cost of your adaptations.

For more information, you can contact us:

- Call 0208 496 3000
- Email: WFDliaison@walthamforest.gov.uk
- Website: www.bit.ly/WFAdultsHomeAdapt