



Technology and Equipment for Independent Living

This factsheet gives advice on how to use technology and equipment to make your life easier. It should be read with the 'Home Adaptions' factsheet.

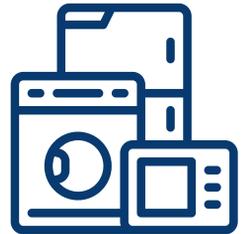
There is a wide variety of equipment and technology available to help keep you as independent as possible.

If you have OI you may find daily tasks like cooking, bathing and dressing difficult. Fortunately, there is a wide variety of equipment and technology available to help keep you as independent as possible.

There are many products available, some of which your local authority may be able to provide. New technology makes it possible to operate equipment in your home using a remote control or a mobile phone. For example, starting a dishwasher, switching on lights and locking doors.

You may be entitled to a grant to cover the costs of specialised equipment. For help with buying equipment contact your local authority or NHS (see our needs assessment and housing adaption leaflets for more information). There may also be some types of equipment that your local authority will not provide for free.

Please contact the [BBS](#) or see our [Grant Application Form](#) for more details.



Find the Solution

Sometimes the exact piece of equipment is readily available, other times you will need to improvise or purchase from a specialised source. It is always worth talking with an Occupational Therapist for advice in relation to specialised equipment. Below is a list of the types of equipment that individuals with OI may need to think about sourcing.

Types of Equipment

There is a huge range of equipment and technology available to make everyday life easier. Some examples are:

Bathroom

- Long handled devices such as reachers, sponges, toilet paper holder, combs.
- Shampoo or toothpaste dispensers (i.e. wall mounted).
- Grab rails.
- Bath aids such as non-slip mats, bathboard/shower seat or bath lift.
- Accessible showers.
- Toilet aids such as different seats, rails and steps.
- Closomat /bidet toilets.
- Lever or sensor taps.
- Hoists and slings.

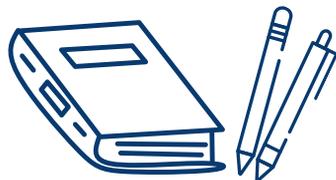


Bedroom

- Bedroom accessories (i.e adjustable pillow lift, transfer board).
- Bed lever.
- Bed raising feet.
- Specialised mattresses.
- Pull down wardrobe rails.
- Adjustable, profiling beds.

Daily Living

- Specialist footwear and shoe inserts.
- Functional clothes with easy to use fastenings.
- Dressing Aids such as long-handled devices e.g. reacher, dressing stick, sock aids, button hooks, shoe horns.
- Help with hobbies (i.e use book holder for reading to save tired arms, consider chunkier, ergonomic grips or light weighted items if you struggle with writing).
- Adaptive cutlery and kitchen aids.



General Household

- Door entry: consider things such as safe key storage, intercoms, video entry, Key turning tool.
- Home safety: good lighting, consider type of floor covering, secure rugs.
- stair lifts, home lifts, stair climbers.
- Access ramps.
- Window openers and closers for unreachable windows. They may be operated by push-button or by a long handled winding device.
- Powered curtain and blind openers and closers enable remote activation.

Lounge and Kitchen

- Riser recliners and armchairs including height adjustable and ergonomic office chairs.
- Back support and cushions
- Eating and drinking aids.
- Kitchen aids: easy-to-use tin openers, kettle tippers, non-slip mats and cutlery with large handles for easy grip.
- Kitchen step, perching stool.
- Kitchen design such as low level or height adjustable units and sockets.

Mobility

- Walking aids: sticks, crutches, walking frames or kitchen trolleys.
- Mobility scooters.
- Manual wheelchairs.
- Power wheelchairs
- Tri-rides and Smart Drives



Motoring

- Motoring aids and accessories (these should be individually assessed).
- Car modifications: such as transfer support, hand controls, wheelchair accessible vehicles, hoists and ramps.
- [Blue Badge Parking](#)
- [The Motability Scheme](#): helps you get mobile by exchanging your qualifying mobility allowance to lease a new affordable car, wheelchair accessible vehicle, scooter or powered wheelchair.

Technology (hearing and safety)

For more information about accessible technology visit [AbilityNet](https://www.abilitynet.org.uk/).

- Personal Alarms.
- Sensory Lights.
- Landline Phones with Large Display and flashing lights.
- Mobile phones and tablets with features such as voice activated internet searchers.
- Digital assistants or smart speakers such as Amazon Echo or Google Home (You give instructions verbally for functions like playing music or searching the internet). It can be linked to the radio and TV or other devices in the house.
- Smartwatch: gives you access to your phone and apps (making it easier to make phone calls).
- Some apps let you control the heating, answer a door, or open curtains via a smart speaker.
- Hearing aids, hearing implants.
- Vibrating fire alarms and clocks, including light up alarms.
- TV loop system.

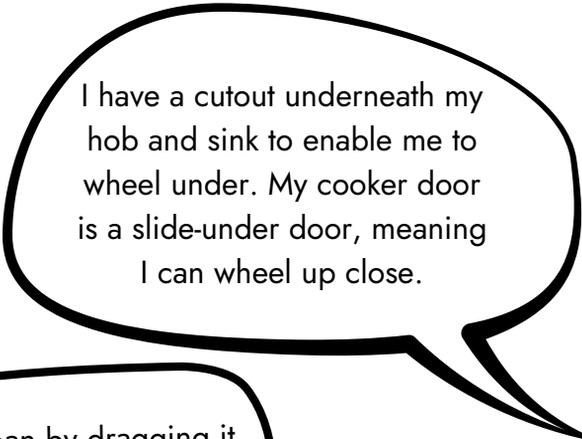
Top Tips from people living with OI:

Please note if you are in rented accommodation to ask your landlord for permission.

For the Kitchen



I have a hot water tap which is so much easier and safer than lifting a kettle.



I have a cutout underneath my hob and sink to enable me to wheel under. My cooker door is a slide-under door, meaning I can wheel up close.



Moving a pan by dragging it along a worktop on a tea towel folded twice.

For the Bedroom

Overhead hoist fantastic, so much handier than manual one.

The profiling bed is extremely helpful particularly in reducing the risk of bedsores.

For the Toilet and Bathroom

The Occupational Therapy (OT) department got me a toilet raiser which has been so useful and a chair so I can sit down while showering if I need to.

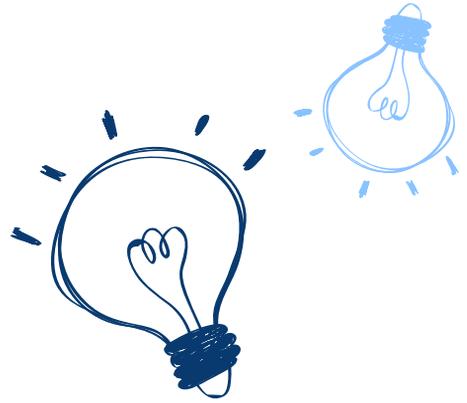
Small stools for sitting on when bending and dressing or undressing getting in and out of bath and shower

My bathroom is just a regular bathroom suite, but the sink doesn't have a pedestal - enabling me to wheel under. I've got a stool with suckers in the bath tub so that I can have a shower and have lowered the shower controls.

The wet/dry toilet is a game changer when broken as it can be set to an individuals needs and a remote control or sensor is in place, meaning you avoid any twisting or further damage just to go to the toilet

Other Tips

I use colour changing bulbs in my lamps and ceilings that I can switch on and off with a little remote control, I find that so helpful, particularly if I'm tired or having a bone pain day.



Specialist desk chair to support my spine.

Using an extendable back scratcher to reach controls on window blinds.



Smartphone apps and smart devices are also great (lights etc).

Ring doorbell has been amazing! I never get to the door before someone walks away and this way I can answer through my mobile, I can see and talk to the person and tell them I'm on my way.

Other Useful Links

Living made Easy— Advice about equipment for people with disabilities.

Focus on Disability— A website providing information, guides and resources on a wide range of topics including disabled living centres where you can get impartial advice about equipment and products.

Remap: Remap is a charity that makes or adapts equipment for people with disabilities if nothing suitable is already available.

Independent Living: offers impartial information about products and services to help with mobility and independence.

Driving Mobility: a UK wide network of independent disabled driving organisations that provide a range of mobility assessment services and advice.

Access to Work: Can help you get or stay in work if you have a physical or mental health condition or disability.

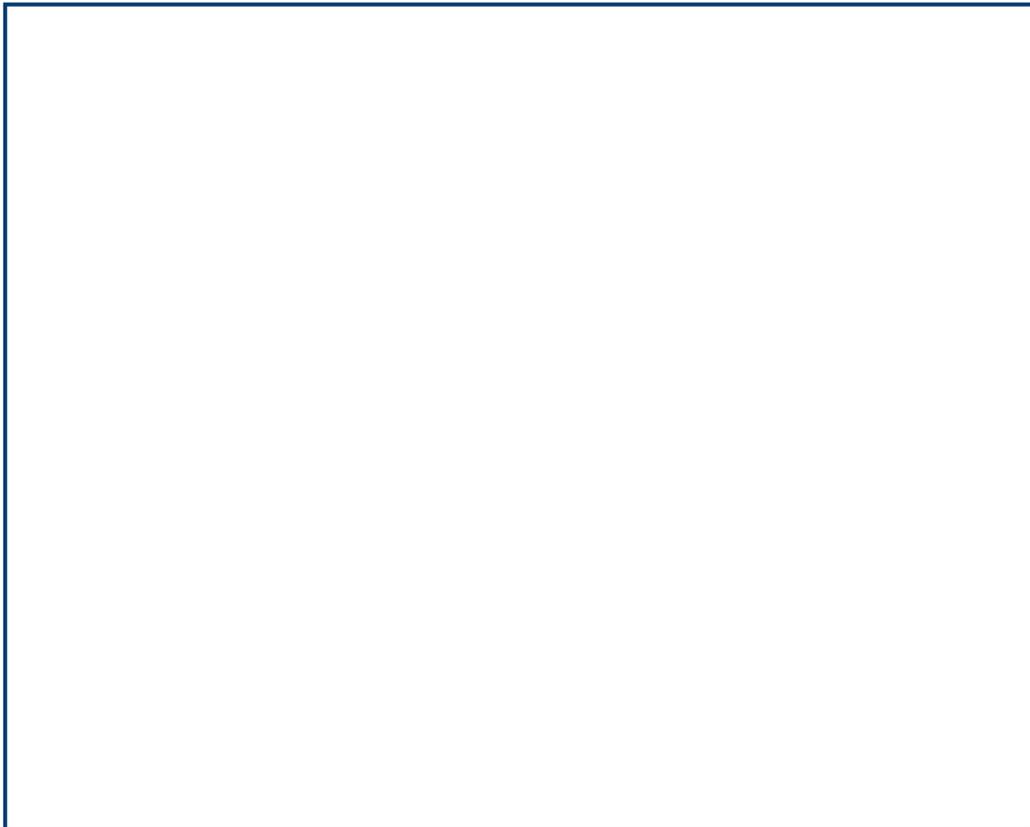
The support you get will depend on your needs. Through Access to Work, you can apply for:

- a grant to help pay for practical support with your work.
- support with managing your mental health at work.
- money to pay for communication support at job interviews.

Community Alarm Services:

Many councils provide community alarm services to support independent living in your own home. See the Government website to find out what is available in your area.

Notes



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to the BBS



If you found our factsheet helpful and would like to support the BBS in continuing to provide resources, you can donate by scanning our QR Code



Compiled by the Brittle Bone Society in collaboration with BBS Medical Advisory Board and POINT (Paediatric Osteogenesis Imperfecta National Team). The information in this leaflet is correct as at 31st July 2022 but we cannot guarantee that it will be accurate and current at any given time. This leaflet is not intended in any way to replace the advice of your doctor or other medical professional. Leaflets are available online at www.brittlebone.org. This information is available in accessible formats on request.

The Brittle Bone Society (BBS) is a registered charity in Scotland (SCO50854) and company limited by guarantee (SC677346), supporting the OI community throughout the United Kingdom and in Ireland.