

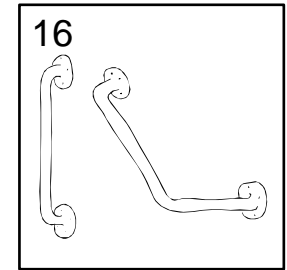
This is one of 18 leaflets in the "WiseBuy" series to enable people to choose the right product for easier living. The titles include:

- 1 *Choosing an Armchair*
- 2 *Choosing a Bath with a Door*
- 3 *Choosing a Bathlift*
- 4 *Choosing a Commode*
- 5 *Choosing an Electric Bed*
- 6 *Choosing an Electric Wheelchair*
- 7 *Buying by Mail Order*
- 8 *Choosing a Riser Recliner*
- 9 *Choosing a Scooter*
- 10 *Choosing a Stairlift*
- 11 *Choosing a Walking Stick*
- 12 *Choosing a Wheelchair*
- 13 *Choosing a Wheeled Walker*
- 14 *Choosing a Mattress*
- 15 *Choosing a Social Alarm*
- 16 *Choosing Grab Rails*
- 17 *Avoid Slips and Trips*
- 18 *Choosing a Power Pack*

**Large Print Versions Available on Request**

~ For more information contact your local ~  
Independent Living Centre : **01392 687276**  
Citizens Advice Bureau : **see local phone directory**  
Trading Standards Dept. : **0870 872 9000**  
Social Services Dept. : **see local phone directory**

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**Hold onto reality...**

... read our useful information guide  
before you buy a **Grab Rail**



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### Can you say YES to these questions?

Have you checked whether your local Social Services or Housing Department fix grab rails for older or disabled people? YES  
[ ]

Have you checked that the wall where you intend fixing a rail is solid and can take the stresses and strains? YES  
[ ]

Have you thought about the position of the rail? Vertical rails assist in pulling up to standing. Horizontal rails help mainly in pushing up. YES  
[ ]

Have you checked where any wiring may run in the wall, particularly in the bathroom? A plastic rail might be better here to eliminate the possibility of an electric shock. YES  
[ ]

Is a white rail the best colour? Sometimes a contrasting colour is easier for you to see. A dark rail may be better by a front door so it does not stand out to people passing by. YES  
[ ]

How good is your grip? An easy comfortable grip is given by a rail of 32 – 50mm diameter. YES  
[ ]

Would a rigid or anti-slip surface be easier to grip? YES  
[ ]

If you need a rail by your front door, would a light be useful too? YES  
[ ]

### COULD YOU ANSWER 'YES' TO ALL THE QUESTIONS?

**IF NOT TELEPHONE YOUR LOCAL  
INDEPENDENT LIVING CENTRE ON  
01392 687276**

#### Useful tips to help YOU decide

- If you are tempted to pull on a radiator, washbasin, door handle or bath to help you stand **get a grab rail!**
- A longer grab rail allows for a bit more play if you get the position slightly wrong
- A grab rail is only as strong as its fixing. Use someone knowledgeable to fix them
- Different types of grab rails are available:
  - Hinged drop down rails
  - Newel post rails
  - Linked rails
  - Angled rails
  - Floor to ceiling rails
- Plumbers merchants may stock grab rails, but will not have a wide range

**30cm (12") coated metal  
handrails start at around  
£10.00  
(Sept 2005)**

**Assist UK is the national network for advice on independent living equipment where anyone having difficulty with everyday tasks can get advice, information and try out a wide range of products and solutions.**

**To find your nearest centre call us now on 0870 770 2866 (Textphone 0870 770 5813)**