

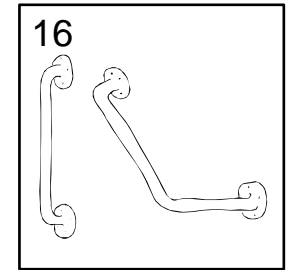
This is one of 18 leaflets in the "WiseBuy" series to enable people to choose the right product for easier living. The titles include:

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

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
£11.00
(Oct 2011)**

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)**