



Adapt 2Fit



Ideas and resources to help you live independently at home.



Care and Repair services operate from 35 offices throughout Scotland to offer independent advice and assistance to help homeowners repair, improve or adapt their homes so that they can live in comfort and safety in their own community.

The service is available to owner-occupiers, private tenants and crofters who are aged over 60 or who have a disability.



Care and Repair is a home-based and personalised service, which puts the client in control of decisions. Staff visit people at home and assist them through the entire process of deciding what work is to be done, arranging finance and organising the building works.

Each case involves a different approach and often staff must cross disciplinary and departmental boundaries, working closely with health, housing and social work staff.

The building work is funded in a variety of ways, including local authority grants, benefits, equity release, home loans, and charitable funds.

Care and Repair Scotland

135 Buchanan Street, Glasgow G1 2JA

Tel: 0141 221 9879

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enquiries@careandrepairsotland.co.uk



Welcome

Welcome to Adapt2Fit, a new independent living equipment and adaptations resource which has been developed by disabled people for disabled and older people.

If you have difficulty with everyday tasks such as moving around your home, getting up and down stairs, getting in and out of the bath, or managing in the kitchen, then Adapt2fit can help you find solutions to make life easier!

This user friendly guide is also available online at www.adapt2fit.org.uk where you can, find the most up to date equipment, find suppliers, view demonstration videos and importantly give us your comments and suggestions!

The Adapt2Fit Guide is designed to let you go through your home room by room, thinking about your journey, the areas you are having difficulty and then exploring ideas and equipment which can help you. It's as simple as that!

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Adapt2Fit



Have you seen our website?

We have developed an accessible website called Adapt2Fit which has further information on aids, equipment and adaptations please visit www.adapt2fit.org.uk

Need to move?

If you can not adapt your house and have to move home, please visit: www.home2fit.org.uk



Foreword



GCIL have worked in partnership with Capability Scotland to produce this guide and website to help disabled

and older people in Scotland have access to good information on aids and equipment which can make living at home much easier.

Housing is the cornerstone of independent living, disabled and older people should be able to access all areas of their home and suitable aids and equipment can make a huge difference to the time and energy spent doing everyday tasks, like bathing or dressing.

The right home with the right equipment can enable disabled people to live full and active lives with the benefits to both physical and mental health this brings, we as disabled people should be able to take up employment or access education or enjoy social and recreational opportunities equally.

In extreme cases lack of accessible housing and equipment can lead to unnecessary time in hospital, and the additional use of health and social care services. I have worked with older and disabled people over the last two years to develop this guide, it contains helpful suggestions to enable you to access all areas of your home...

If you need information on aids to daily living, equipment or adaptations then Adapt2Fit can help you...

I would like to thank everyone who contributed to the guide, including Garry McCann and the staff at ColeAD, our Occupational Therapists advisory group, the many disabled and older people who generously gave of their time to help us... and The Scottish Government Housing and Independent Living team and all of our funders and sponsors.

A handwritten signature in black ink that reads 'Grant Carson'.

Grant Carson

Director, Employer and Housing Services, GCIL



I am delighted that Link has sponsored Glasgow Centre for Inclusive Living (GCIL) in publishing this edition of

Adapt2fit. Developed by disabled people for disabled people, it provides some of the information required to make choices about the equipment or adaptations you may need to live as independently as you want.

The Link group of housing, support and regeneration social enterprise companies offers a wide range of services to 12,000 families and individuals throughout Scotland. Link intends to provide more than 3000 new or improved homes within the

next five years, primarily for social rent but also for low cost home ownership. We are committed to building 10% of these to fully wheelchair accessible standards. Equally importantly, we seek ever better design in all of our new homes, with maximum flexibility and adaptability, using our own Inclusive Design Team to bring the expertise needed to achieve this. We also support and carry out adaptations for about 1000 tenants and home-owners each year, work which we know is fundamental for independent living.

Our 55-year history is one of evolving and adapting services to meet the changing needs of the people who use them. Link knows from

experience that “one size doesn’t fit all” – what works for one person may be completely wrong for another. We hope the information you will read here will support you to make informed decisions about what will work for you.

Although it cannot provide all the answers or information on every option, this publication aims to equip readers with information to help change the things you can change yourself. For instance, there is a very wide range of equipment and adaptations available. But as you will read here, an “adaptation” can be as simple as moving the position of furniture or using an everyday item in a different way.

It also offers guidance on when to get more advice from others, including professional expertise.

GCIL and Link, particularly through our subsidiary Horizon Housing Association, work in partnership with disabled people and many other agencies to urge the importance of provision of more accessible homes. Adapt2Fit offers the practical information and advice on adaptations for disabled people which is fundamental to this and I congratulate GCIL and the authors for making it so readily available.

Craig Sanderson

Craig Sanderson

Chief Executive, Link Group



Adapt2Fit

A young boy with dark hair, wearing a striped shirt, is seated in a wheelchair at a yellow table. He is looking down at a cardboard box on the table. A woman with long brown hair, wearing a blue shirt, is partially visible in the foreground, also looking at the box. The background shows a brightly lit room with large windows and a white railing.



How to use the guide

Have a look through this guide, starting over the page, and find the areas where you are having problems.

The left hand page shows you a picture of the room. The numbers on the picture highlight various aspects of a room. By selecting the number of the area causing you difficulty you can then find possible solutions on the right hand page. Being clear in your mind about the problem will make it easier to find a solution. Under the following headings: 'Simple Solutions', 'Complex Solutions', we've listed things that might solve the problem. As you go down the page, the solutions get more complex. The simple things should be tried

first. They are mostly things you can arrange for yourself, like moving furniture around or buying small gadgets. The complex solutions may cost more than the simple solutions.

How do I get the equipment I need?

Even simple equipment can mean the difference between living independently and needing someone to help you.

You can buy your own equipment but an Occupational Therapist or other Health & Social Care worker can help you determine the most suitable solution.

Decisions about the kind of equipment you may need will often be the result of an assessment of your care and support needs.

Once you have found things to help you there are a variety of ways you can get equipment including:

- buying privately with your own funds from a shop or charity. Please see our suggested suppliers list included with Adapt2Fit
- via your local Health & Social Care Partnership arrangements; contact your local Council Social Work department in the first instance
- hiring or loaning equipment perhaps for a shorter term need, for example from your local Red Cross branch

For more information please see our contacts section later in this guide.

Front Door pt.1



If in doubt please seek professional advice before purchasing any of the suggested solutions.

1 Door Threshold

Difficulties

Threshold is too high. Weather proofing trips you up. Threshold needs repaired.

Simple Solutions

Use another door. Repair or replace threshold. Fit grab rail.

Complex Solutions

Portable ramp. Replace door frame.

2 Letterbox

Difficulties

Post/milk too low down.

Simple Solutions

Fit cage behind letterbox. Fit bottle holder to wall. Pick up stick. Milk bottle holder with long handle.



Complex Solutions

Tailor-made item to suit needs.



3 Steps

Difficulties

Steps are too high, deep or narrow. Too many steps.

Simple Solutions

Fit a grab rail or handrail. Half-steps. Enlarge steps.

Complex Solutions

Replace steps with a ramp. Install a step lift.

4 Lock/Handle

Difficulties

Lock/handle is awkward.

Simple Solutions

Alter/change handle. Buy key turner. Key safe. Carer/family member to have key. Intercom/door release. Video entry system. Appropriate locks/security.

Complex Solutions

Environmental controls.

5 Path

Difficulties

Path is too long. Path is uneven or badly drained. Path is too narrow or too steep.

Simple Solutions

Fit handrail beside path. Resurface the path. Change the width or gradient.

Complex Solutions

Get a wheelchair. Move home.

Front Door pt.2



If in doubt please seek professional advice before purchasing any of the suggested solutions.

6 Main Entrance

Difficulties

Door is too heavy.

Simple Solutions

Alter tension in spring. Intercom/door release. Automatic door control.

Complex Solutions

Environmental controls.



7 Mains Supply

Difficulties

Difficult to get to.

Simple Solutions

Internal supply.

Complex Solutions

Request mains supply to be relocated to somewhere more accessible.

8 Poor Lighting

Difficulties

Too dark to see at night. Can't see doorway, steps or lock.

Simple Solutions

Light sensors fitted. Additional lighting fitted.

9 Going Outside

Difficulties

Knowing what time of the day or night is safe to leave property.

Simple Solutions

Install a voice prompt. Property exit sensor.

Complex Solutions

Specialist tracking systems.



Hallway pt.1



If in doubt please seek professional advice before purchasing any of the suggested solutions.

1 Staircase

Difficulties

Too narrow or steep. Lighting is poor.
Risk of tripping.

Simple Solutions

Remove clutter from stairs. Brighter light bulb / improve lighting. Secure carpet. Fit a hand rail or grab rail. Get commode to keep downstairs. Move bedroom downstairs. Install a stairlift.

Complex Solutions

Through the floor lift. Ground floor toilet.

2 Corridor

Difficulties

Corridor is too long. Lighting is poor.
Risk of tripping.

Simple Solutions

Walking stick. Walking frame. Remove small rugs. Fit handrails or grab rails. Secure carpets. Brighter light bulb / improve lighting.



Bifold Door

3 Door

Difficulties

Doorway is too narrow. Door opens wrong way. Threshold may trip you. Door is too heavy. Door handle is awkward.

Simple Solutions

Loop handle. Alter handle. Change tension of spring. Re-hang door. Replace threshold. Change door to sliding, bi-fold or concertina door.

Complex Solutions

Widen doorway.

4 Light Switch

Difficulties

Can't reach switch. Switch is awkward to use.

Simple Solutions

Light switch toggle. Socket extensions. Plug pulls. Move light switches. Remote control lighting.

Complex Solutions

Environmental controls.

Hallway pt.2



If in doubt please seek professional advice before purchasing any of the suggested solutions.



Environmental controls

5 Heating Controls

Difficulties

Can't reach controls for heating.

Simple Solutions

Fit timer switch. Move heating controls.

Complex Solutions

Install new or additional heating system. Environmental controls. Web/app based heating controls.

6 Rug

Difficulties

Risk of falling, tripping or slipping. Feeling unsteady or fear of falling.

Simple Solutions

Remove rug. Anti-slip mat under rug. Care alarm.

7 Moving Around House

Difficulties

Getting confused or disorientated. Feeling safe at home. Getting help in an emergency. Being mobile.

Simple Solutions

Voice prompt. Property exit sensor. Care Alarm. Panic button. Smoke detector. Care alarm sensors. Memory prompts. Appropriate locks/security. Door intercom. Video entry system. Additional lighting.



Kitchen pt.1



If in doubt please seek professional advice before purchasing any of the suggested solutions.

1 Table and Chairs

Difficulties

Not enough space.

Simple Solutions

Reorganise furniture. Review mobility equipment.

Complex Solutions

Adaptations to kitchen.

2 Dishes and Cutlery

Difficulties

Cutlery is hard to grip. Food/dish keeps slipping away. Can't carry food to table.

Simple Solutions

Large handed cutlery. Dycem non-slip mat. New crockery. Trolley.

Complex Solutions

Operated eating system.



3 Worktops

Difficulties

Work surface too high or low. Work surface too slippery.

Simple Solutions

Perching stool. Change wheelchair.

Complex Solutions

Change height of work surface.

4 Cupboards

Difficulties

Too high or low. Cupboards are too deep. Doors are too heavy.

Simple Solutions

Rearrange items. Reacher and grabber. Foot operated door openers.



Complex Solutions

Lower or raise cupboards. Change wheelchair. Install pull out drawers or baskets.

5 Windows

Difficulties

Can't reach window.

Simple Solutions

Gadget to open window. Extractor fan.

Complex Solutions

Environmental controls.

6 Taps

Difficulties

Taps are too awkward. Can't reach taps.

Simple Solutions

Fit tap turners. Fit lever taps. Raise or reposition taps.



Complex Solutions

Automatic taps.

Kitchen pt.2



If in doubt please seek professional advice before purchasing any of the suggested solutions.

7 Washing Machine

Difficulties

Washing machine is too high or too low. Using switches and taps.

Simple Solutions

Mark the controls. Raise/lower washing machine.

Complex Solutions

Change washing machine to suit needs.

8 Oven and Cooker

Difficulties

Difficult to reach.
Using gas or electric appliances safely.
Pans are too heavy to lift.

Simple Solutions

Extreme temperature sensor. Pan handle holder. Slow cooker.

Complex Solutions

Height adjustable work surface.
Change wheelchair.

9 Preparing Food

Difficulties

Hard to grip packets/jars/knife or food. Work surface too high or low.

Simple Solutions

Kitchen gadgets.
Knife with thick handle.
Chopping board with spikes.
Use a food processor.



Complex Solutions

Change height of work surface.
Change wheelchair.

10 Fridge

Difficulties

Difficult to reach.

Simple Solutions

Raise/lower fridge. Use a tabletop fridge. Change fridge/freezer.

11 Bin

Difficulties

Difficult to reach. Difficult to empty.

Simple Solutions

Fit slide away bin. Foot operated bin opener. Automatic sensor bin.

Complex Solutions

Install a sink waste disposal unit.

12 Ironing Board

Difficulties

Standing to carry out task.
Putting up iron board.
Using switches or taps.

Simple Solutions

Fold down/
pull out ironing board.
Perching stool.



Complex Solutions

Change iron to a cordless iron or steam generator iron.

Kitchen pt.3



If in doubt please seek professional advice before purchasing any of the suggested solutions.

13 Central Heating

Difficulties

Difficult to reach.

Simple Solutions

Lower central heating box.

Complex Solutions

Web/app based heating controls.

14 Hoover/ Brush

Difficulties

Difficult to manoeuvre/control/reach.

Simple Solutions

Long handled dustpan and brush.
Robotic hoover.

15 Clock

Difficulties

Can't see the time or reach clock.

Simple Solutions

Move clock to lower position. Talking watch or clock. Easy-to-see watch. Digital clock with AM/PM time that illuminates. Easy-to-see wall clock.

16 Plug Sockets

Difficulties

Difficult to reach.
Plugs are awkward to use.



Simple Solutions

Plug pulls. Remote controlled plug sockets.

17 Tiled Floor

Difficulties

Surface is too cold/slippery.

Simple Solutions

Wear slippers or comfortable footwear with rubber soles.

Complex Solutions

Change flooring.



18 Kettle

Difficulties

Kettle is too heavy to lift.

Simple Solutions

Use a kettle tipper.

Complex Solutions

Hot water dispenser.



19 Microwave

Difficulties

Difficult to reach. Using gas or electric appliances safely. Difficult to operate.

Simple Solutions

Extreme temperature sensor.

Complex Solutions

Talking microwave.

Living Room pt.1



If in doubt please seek professional advice before purchasing any of the suggested solutions.

1 Windows

Difficulties

Can't reach windows. Not secure to leave windows open.

Simple Solutions

Move furniture out of the way.
Gadget to open window.
Extractor fan.

Complex Solutions

Environmental controls.



2 Curtains

Difficulties

Curtains are too heavy. Can't reach curtains.

Simple Solutions

Move furniture out of the way. Fit pull cords. Buy pick up stick. Change curtains. Change to blinds.

Complex Solutions

Remote control/electric blinds or curtains. Environmental controls.

3 Telephone

Difficulties

Difficult to see numbers. Can't hear incoming calls.

Simple Solutions

Big button telephone. Flashing telephone. Talking telephone. Cordless telephone. Telephone amplifier. Easy to use smartphone. Photo telephone.

4 Chairs

Difficulties

Too low or too soft.

Simple Solutions

Blocks of foam in chair base.
Ready made chair raisers.

Complex Solutions

Buy new chair. Firm high seat chair.



Riser recliner chair

Living Room pt.2



If in doubt please seek professional advice before purchasing any of the suggested solutions.

5 Fireplace

Difficulties

Can't reach controls. Can't carry solid fuel/lay fire. Worried about carbon monoxide poisoning.

Simple Solutions

Change switches. Move heating controls. Carbon monoxide detector.

Complex Solutions

Install new or additional heating system. Replace with a remote control fireplace.

6 Plug Sockets

Difficulties

Can't reach plugs. Plugs are awkward to use.

Simple Solutions

Plug pulls. Remote controlled plug sockets.



7 Feeling Safe

Difficulties

Risk of falling.

Simple Solutions

Care alarm. Chair sensor. Telecare. Mobility assessment.

8 Rug

Difficulties

Risk of falling, tripping or slipping.

Simple Solutions

Remove rug. Anti-slip mat under rug. Care alarm.

Bathroom pt.1



If in doubt please seek professional advice before purchasing any of the suggested solutions.



1 Toilet

Difficulties

Toilet is too high/low. Difficult to clean yourself. Toilet is hard to get to.

Simple Solutions

Raised toilet seat. Bottom wiper. Combined toilet seat & support frame. Grab rails. Use a commode. Toilet frame. Portable bidet.

Complex Solutions

Specialist toilet to suit your needs. Move home. Toilet lift.

2 Sink

Difficulties

Standing at basin. Basin is too high/low. Can't reach all parts of body.

Simple Solutions

Long handled sponge. Flannel strap. Height adjustable stool or step. Assistance to bathe.

Complex Solutions

Raise or lower basin. Height adjustable wash basin.



3 Flush Lever

Difficulties

Lever/handle is awkward.

Simple Solutions

Paddle handle flush. Infrared flush valve. Automatic flush control.



4 Taps

Difficulties

Difficult to turn. Difficult to get correct temperature.

Simple Solutions

Tap turners. Lever taps.

Complex Solutions

Thermostatic Mixer Taps. Automatic sensor taps.



Bathroom pt.2



If in doubt please seek professional advice before purchasing any of the suggested solutions.

5 Toothbrushes

Difficulties

Gripping the toothbrush.

Simple Solutions

Toothbrush gripper. Electric toothbrush. Grip tubing over toothbrush handle.

6 Mirror

Difficulties

Mirror is too high.

Simple Solutions

Move mirror. Alternative mirrors such as a flexible mirror/magnifying mirror/extending mirror/unbreakable mirror.

7 Shower Curtain

Difficulties

Risk of tripping.
Hard to use.

Simple Solutions

Shower screen. Weighted shower curtain.



Shower screen

8 Shower

Difficulties

Difficult to stand for long. Controls are awkward. Not enough room to move. Risk of slipping.

Simple Solutions

Non-slip mat. Shower board/chair. Assistance to bathe. Grab rails.

Complex Solutions

Adapt existing shower. Level access shower/wet room. Move home.



Level access shower

Bathroom pt.3



If in doubt please seek professional advice before purchasing any of the suggested solutions.



Specialist bath

9 Bath

Difficulties

Stepping in/out of the bath. Risk of slipping in the bath.

Simple Solutions

Non-slip mat in bath. Grab rails. Bath board. Bath seat.

Complex Solutions

Mobile hoist. Ceiling track hoist. Replace bath with level access shower. Walk-in bath. Bath lift. Move home.

10 Tiled Flooring

Difficulties

Floor is slippery.

Simple Solutions

Non-slip mat.

Complex Solutions

Change floor covering.



11 Towel

Difficulties

Room is too cold. Can't reach around body.

Simple Solutions

Towelling gown. Additional heating. Assistance.

Complex Solutions

Wall mounted body dryer.



Bedroom pt.1



If in doubt please seek professional advice before purchasing any of the suggested solutions.

1 Bed

Difficulties

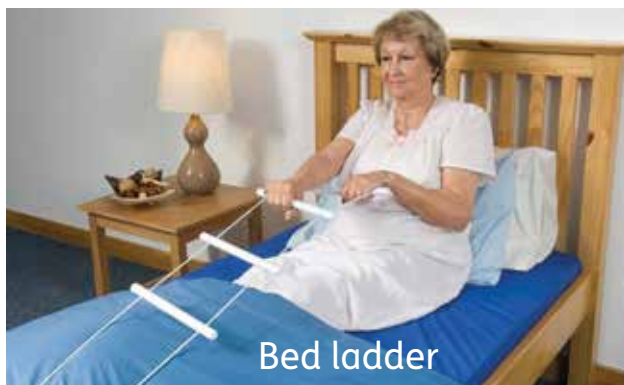
Bed is too low. Difficult to move from wheelchair to bed. Nothing to lean on. Bed is too soft. Bedding is too heavy.

Simple Solutions

Learn new techniques for moving safely. Transfer equipment. Move bed. Change bedding. Bed ladder. Leg lifter. Pillow raiser. Bed rails. Bed occupancy sensor and alarm. Buy new bed.

Complex Solutions

Specialised mattress. Hospital bed. Adjustable bed. Mobile hoist. Ceiling track hoist.



2 Lamp

Difficulties

Hard to reach/switch on.

Simple Solutions

Light sensor. Remote control.

3 Medication Dispenser

Difficulties

Remembering to take tablets. Knowing which tablets to take and when.

Simple Solutions

Dosette Box.
Medication dispenser.



4 Nail Clippers

Difficulties

Can't reach feet. Nail clippers are hard to hold.

Simple Solutions

Easy grip scissors. Chiropodist. Podiatrist.

Bedroom pt.2



If in doubt please seek professional advice before purchasing any of the suggested solutions.

5 Rug

Difficulties

Feel unsteady/risk of falling.

Simple Solutions

Care alarm. Care alarm sensor. Bed occupancy sensor. Remove rug. Anti-slip mat under rug.

6 Light Switch

Difficulties

Can't reach the light switch. Switch is awkward to use.

Simple Solutions

Light switch toggle. Socket extensions. Plug pulls. Move light switches. Big light switch.



Complex Solutions

Environmental controls.



7 Chest of Drawers

Difficulties

Hard to reach/open drawers.

Simple Solutions

Open shelving storage. Foot operated drawer opener.

Simple Solutions

'One touch' opening drawers.

8 Wardrobe

Difficulties

Getting dressed. Difficult to reach around body.

Simple Solutions

Seek advice to learn new techniques for dressing. Gadgets e.g. long handled shoe horn, elastic laces, dressing-stick, button hooks, stocking aids.

Complex Solutions

Specialist clothing.

Blackwood have been providing housing care and support packages to disabled people in Scotland for over 40 years. We are delighted to be working in partnership with GCIL and Capability Scotland to produce Adapt2Fit as an innovative equipment and adaptations resource.

Blackwood Homes provides a range of accessible, modern, attractive and bespoke housing aimed at providing great value to disabled and older people with housing needs. We have over 1,500 homes throughout Scotland and know how important equipment and adaptations are in helping disabled people live their lives.

For more information please contact us:

Blackwood Group

160 Dundee Street,
Edinburgh, EH11 1DQ.

Tel: 0131 317 7227

E-mail: info@blackwoodgroup.org.uk

Website: www.blackwoodgroup.org.uk





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DLF Helpline: 0300 999 0004 | Email: info@dlf.org.uk

Scottish Accessible Housing Network Contacts



Glasgow Centre for Inclusive Living

117 - 127 Brook Street Glasgow, G40 3AP

Phone: 0141 550 4455

Email: housing@gcil.org.uk

Web: www.gcil.org.uk



Adapt2Fit

Email: grant@gcil.org.uk

Web: www.adapt2fit.org.uk

Web: www.home2fit.org.uk



Home2Fit

House Ability

1 Carters
Close,
Peterhead,
AB42 1UU



Phone: 01779 490908

Email: info@houseability.org.uk

Web: houseability.org.uk

Capability Scotland

Osborne House, 1 Osborne
Terrace, Edinburgh
EH12 5HG

Tel: 0131 313 5510

Email: advice@capability-scotland.org.uk

Web: capability-scotland.org.uk



Housing Options Scotland

The Melting Pot, 5 Rose Street,
Edinburgh, EH2 2PR

Phone: 0131 247 1400

Email: info@housingoptionsscotland.org.uk

Web: housingoptionsscotland.org.uk





Disabled Persons Housing Service Fife

West Shop, Law's Close, 339 High Street, Kirkcaldy, KY1 1JN

Phone: 01592 803280

Email: enquiries@dphsfife.org.uk

Web: dphsfife.org.uk



Disabled Persons Housing Service Aberdeen

Top Floor, Raeden Court, Midstocket Road, Aberdeen, AB15 5PF

Phone: 01224 810222

Email: info@dphsaberdeen.org

Web: dphsaberdeen.org

Helpful Contacts



Glasgow Access Panel

Unit 17, Chapel Street Industrial Estate, Glasgow, G20 9BQ.

Phone: 0141 946 8488

Email: info@glasgowaccesspanel.org.uk

Web: glasgowaccesspanel.org.uk



Disability Information Scotland

Thorn House, 5 Rose Street, Edinburgh, EH2 2PR.

Helpline: 0300 323 9961

Email: info@disabilityscot.org.uk

Web: disabilityscot.org.uk



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This brochure is available in other formats, including large print, Braille and electronic format.

The information is also available to download from the following websites: **www.gcil.org.uk**

www.home2fit.org.uk

www.adapt2fit.org.uk

We would love to hear from you!

Comments?

Please send us your comments, and compliments to:

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Employment and Housing Services**

Glasgow Centre for Inclusive Living,
117-127 Brook Street,
Glasgow G40 3AP

Phone: 0141 550 4455

Email: grant@gcil.org.uk



Adapt2Fit

Further information on companies and organisations which supply equipment is provided as a handout here. If you need another copy please contact GCIL Housing Service **0141 550 4455** or email **housing@gcil.org.uk**



Partners

Adapt2Fit has been developed by a number of organisations including:

