

# Gadgets and equipment for your home

[arthritis-uk.org](https://www.arthritis-uk.org)



# We are Arthritis UK

**We're the 10 million adults, young people and children living with arthritis. We're the carers, researchers and healthcare professionals. The families and the friends. All united by one powerful vision: a future free from arthritis. So that one day, no one will have to live with the physical, emotional and practical challenges that arthritis brings.**

There are many different types of arthritis. And we understand that every day is different. What's more, what works for one person may not help another. That's why our trusted information blends the latest research and expert advice with a range of lived experiences. In this way, we aim to give you everything you need to know about your condition, the treatments available and the many options you can try, so that you can make better-informed choices to suit your needs.

We're always happy to hear from you whether it's with feedback on our information, to share your story, or just to find out more about the work of Arthritis UK. **Contact us at [healthinfo@arthritis-uk.org](mailto:healthinfo@arthritis-uk.org)**

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**Please note:**

Some of the products featured in this booklet are available to order via our online shop. Every purchase will help to fund life-changing research and services that will bring us closer to a future free from arthritis **shop.arthritis-uk**

Other products and brands mentioned are from suggestions by people with arthritis. We do not receive money or sponsorship by featuring them. There are often similar products produced by other brands, and we'd suggest looking around to see what's available.

If possible, ask an occupational therapist for advice and try products before buying them. We cannot be held liable if any product featured is unsuitable for you.

# How to get new equipment

**Arthritis can make everyday tasks – like getting dressed, opening jars or turning taps – more difficult or painful. Using gadgets or making small changes at home can help you stay independent and reduce strain on your joints.**

It's completely fine to need a bit of extra help. Even simple things, like easy-grip utensils, tap turners or supportive handles, can make a big difference to your comfort and confidence.

## Local authorities

You may be able to get gadgets and equipment from your local authority.

Your local council may call equipment or modifications to your home 'aids and adaptations' or 'community equipment'.

An aid is any equipment that can help you manage your everyday tasks. This could be:

- an easy-to-use electric can opener
- a mattress topper to help you sleep
- kettle tipplers that make it easier to pour water.

Adaptations are physical changes, or home modifications, that can be made to help you get around your home. These include:

- grab rails
- a level access shower
- a ramp
- a stairlift.

Local authorities have a duty to care for the people who live in their area. They should be able to tell you which types of care you are eligible for, and whether you will have to pay for this care or not.

Your local authority may also be able to arrange for you to have support in the home and advise you on local schemes and services that can help.

### Help for equipment in England

In England, local authorities have to provide aids and home adaptations, up to the value of £1,000, to anyone who can't perform two acts of daily living, like eating, washing or going to the toilet.

If there are things you struggle to do at home and this impacts on your quality of life, ask your local council for a free needs assessment. Everyone is entitled to one, and you could be eligible for free equipment.

You can find your local authority's home adaptations service by entering your postcode at this website: **[gov.uk/apply-home-equipment-for-disabled](https://gov.uk/apply-home-equipment-for-disabled)**

### Help for equipment in devolved nations

For information on the support available for aids and adaptations in Scotland, Wales or Northern Ireland visit the following websites:

- Northern Ireland: **[nidirect.gov.uk/articles/equipment-use-about-home](https://nidirect.gov.uk/articles/equipment-use-about-home)**
- Wales: **[gov.uk/apply-home-equipment-for-disabled](https://gov.uk/apply-home-equipment-for-disabled)**
- Scotland: **[gov.scot/policies/independent-living/housing-adaptations](https://gov.scot/policies/independent-living/housing-adaptations)**

## Disabled Facilities Grants (DFG)

If you need to make adaptations to your home, you may be able to access financial assistance from your local authority. The Disabled Facilities Grant is designed to help people living with disabilities to meet the cost of making major adaptations to their home.

Eligibility for a Disabled Facilities Grant differs from eligibility for aids and adaptations in two important ways:

1. The legal definition of 'disability' is different.
2. The DFG is means tested, whereas eligibility for community equipment isn't.

If you live in England or Wales you can apply for a disabled facilities grant with your local authority by entering your postcode at this website: [gov.uk/apply-disabled-facilities-grant](https://www.gov.uk/apply-disabled-facilities-grant)

If you live in Northern Ireland you should contact your local Health and Social Services Trust. You can find out more on this website: [nidirect.gov.uk/articles/disabled-facilities-grants](https://nidirect.gov.uk/articles/disabled-facilities-grants)

In Scotland, local councils provide support for adaptations through a Scheme of Assistance. You can contact your local council to find out what help is available and how to apply.

Make sure you apply for grants or support before you start any work on your home, or your application could be rejected.

To find out more about disabled facilities grants visit: [gov.uk/disabled-facilities-grants](https://www.gov.uk/disabled-facilities-grants)

## Getting advice from a professional

It's a good idea to speak to an occupational therapist about your daily needs and the equipment available. You can ask your doctor to refer you to one or you can refer yourself.

An occupational therapist can advise you on equipment that may help with your daily activities. They can also give you tips on ways of pacing yourself and changing the way you do tasks to make them easier.

Their advice should help you manage fatigue, reduce your pain and can help you keep your independence.

New gadgets can make daily tasks easier on your joints. But stopping regular movements, no matter how small, could create stiffness and loss of movement. So make sure you're still exercising your joints in other ways to keep them strong and mobile.

You can find out more about exercising with arthritis on our website [arthritis-uk.org](http://arthritis-uk.org)

## Buying new equipment

If you're not eligible for support, or prefer to buy your own products, you'll be able to get many of the gadgets mentioned here online, as well as in supermarkets and local hardware stores.

Make sure you compare prices at a few different places before you buy anything. If possible, try out the equipment before buying it to make sure that it's right for you. If you can't do this in store, you can try out items and get expert advice at demonstration centres. These can be found in Independent Living Centres, social services centres and occupational therapy departments. Visit [livingmadeeasy.org.uk/](http://livingmadeeasy.org.uk/) for information on your nearest centre.

Most of the staff at Independent Living Centres are occupational therapists or physiotherapists, who can give impartial advice. It can be a good idea to go with a friend or relative to help you decide on the best equipment for your needs.

## AskSARA

AskSARA gives helpful advice on gadgets and equipment to make everyday activities easier. The website will ask you to select the topic you're interested in and answer a few questions before giving a personalised report full of useful advice and products that may help you.

Go to [asksara.livingmadeeasy.org.uk/about-ask-sara](https://asksara.livingmadeeasy.org.uk/about-ask-sara) to find out more.

## Other organisations that can help

There are many organisations and charities that will be able to offer advice and support for people wanting to get started with new equipment.

The British Red Cross runs an equipment loan service for wheelchairs and other specialist equipment, and Age UK helps with shopping and housework in some areas.

Age UK offers practical support such as help with shopping, housework and small household jobs. Alternatively, your local authority is likely to be able to recommend a reliable handyman service.

There are also charities and organisations that can adapt existing items in your home or even create new equipment tailored to your specific needs. While many places may charge a fee, there are charities which provide their services for free. Have a look at a charity called [remap.org.uk](https://remap.org.uk), who provide custom-made equipment for people with disabilities. Their services are also completely free.

Home improvement agencies are local not-for-profit organisations that can help people adapt their homes. Go to [findmyhia.org.uk](https://findmyhia.org.uk) to find a home improvement agency in your area.

Your local fire service is likely to offer free safety checks for your home. They can test, fit and relocate smoke alarms as well as provide new batteries – all free of charge. They can also help you work out an escape route and will check for any potential trip and fire hazards.

These and other voluntary organisations that can help are listed in the 'Further advice and information' section on p.35. You may also find others online. You can also ask your local authority, Social Services department or Citizens Advice.

## **Tips for every room around the house**

**Some simple changes can make a big difference. Here are some suggestions:**

### **Reducing bending**

- Attach a basket to the inside of your letterbox.
- Move electrical sockets higher up the wall with an extension cable or by getting them rewired.
- Try using a reaching stick or pick-up stick. These can also be useful to remove clothes from inside the washing machine.
- Use a laundry basket that has a handle and wheels.
- Raise your washing-up bowl by putting it on blocks or another upturned bowl in the sink.



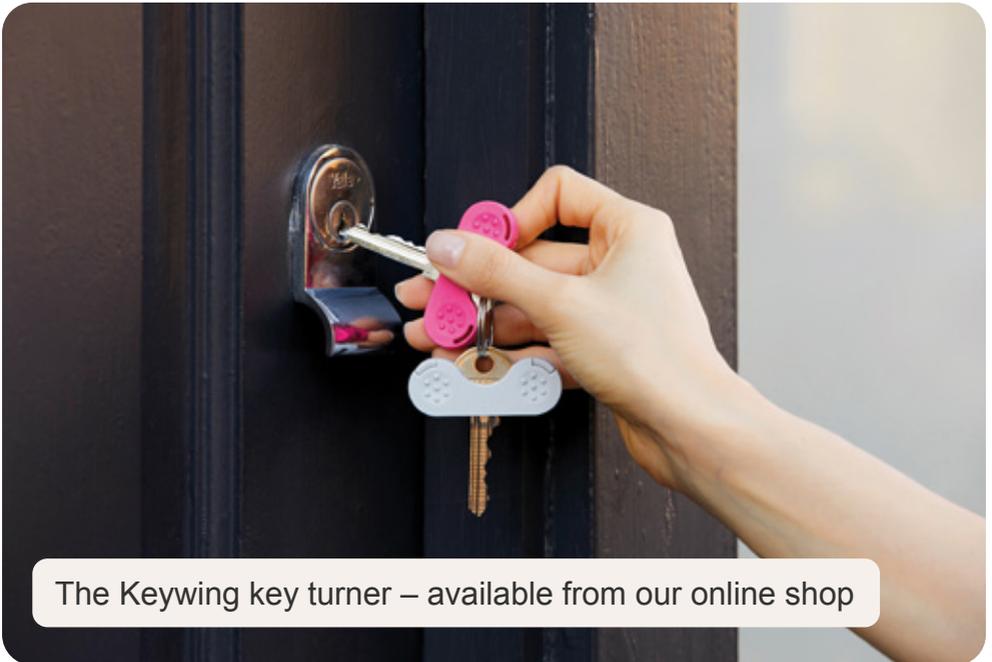
A reaching stick

## Housework and DIY

- Use a towelling mitt for dusting or cleaning mirrors and windows, as it's easier than gripping a cloth.
- Use a long-handled dustpan and brush.
- Choose a lightweight ironing board that is easy to open and close. You could also think about installing a wall-mounted ironing board.
- A tabletop ironing pad can be handy for smaller items and saves getting an ironing board out.
- Pad the handles of tools to make them easier to grip and buy lightweight, power-assisted tools, such as drills or screwdrivers.

## Making switches, plugs and keys easy to use

- Large rocker, pull-cord or touch-operated light switches are easier to use.
- Electric or gas fires are easier to turn on if the control knob is located at the top. Or consider getting a model that uses a remote control.
- You can buy specially designed grips to help you turn dials and knobs, and make plugs easier to pull out.
- Key turners can help with inserting and turning the key in the lock.
- Wrapping an elastic band around rounded door handles can make them easier to open.



The Keywing key turner – available from our online shop

## Avoiding trips and falls

- Remove any loose mats or carpets.
- Make sure your stairs, hall and landing are well lit.
- Make sure you have enough space to get between or around your furniture.
- Fix a grab rail by the front door to help you go in and out.
- Think about altering your doorstep, especially if mobility is a problem or if you use a walking aid or wheelchair.

## Medication management

- If you have trouble opening childproof containers, your pharmacist might be able to put them in a more suitable container for you.
- Tablet poppers are available if you struggle to get your pills out of the packet.
- You might find it handy to organise your pills in a box containing separate compartments for every day of the week.



Tablet popper

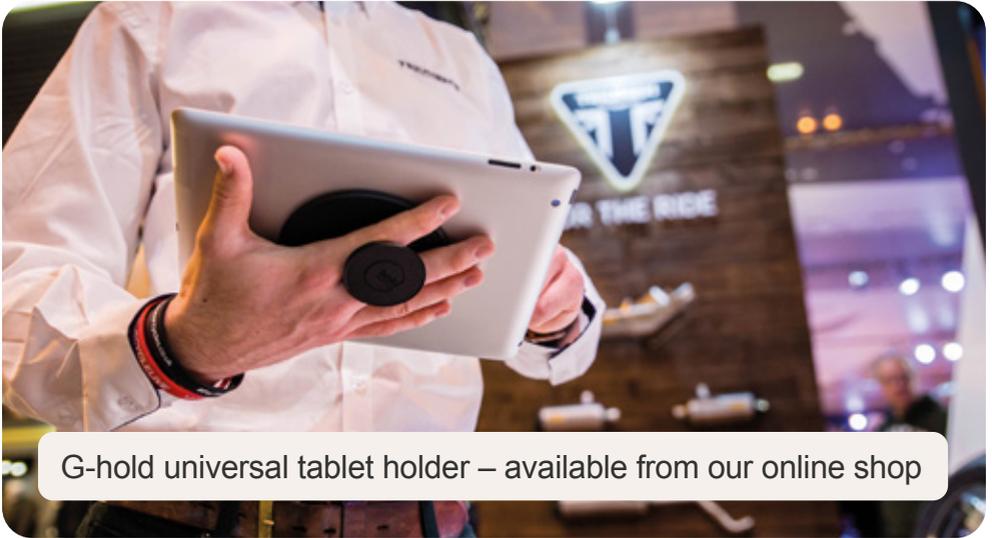


A pill organiser

## Technology and leisure activities

### Using phones and tablets

- Many smart phones and tablets can be used with a stylus to make it easier to type. It is a good idea to look for one with a broad grip.
- Smart phones now have voice-activated features which include message dictation, web searches and hands-free phone calls.
- Try to get a cover that makes your phone or tablet easier to hold. Many covers also double up as stands.
- Gadgets, such as a PopSocket, can make it easier for you to hold your smartphone.
- Think about buying touchscreen gloves to use your phone more comfortably when outdoors during the colder months.



G-hold universal tablet holder – available from our online shop

## Personal alarm system

A personal alarm system is a device that can call for help if you fall or have an accident at home. They can be kept in a pocket, pinned to your clothes or even worn around the neck or wrist.

Many councils and charities operate phone alarm systems that let you call for help in an emergency. Contact your local council to find out what's available in your area and how much it costs.

## Smart speakers

Smart speakers, such as Amazon's Alexa, Google Home or the Apple HomePod, can be used to make your home much more accessible. They can play music hands-free, as well as control your lighting and other devices in your home. You can even use them to make phone calls without using your phone.

Some speakers can also function as a personal alarm system – you can ask the speaker to alert someone if you have an accident and can't make it to the phone.

## Using a computer

Voice-activated software can be a good alternative to typing on a keyboard. You could try downloading a free version of the software before deciding if you need to pay more for a professional version.

Try resting your wrists on a sponge bar in front of the keyboard – mouse mats are available with similar cushioning if you feel you need the extra support.

Ergonomic mice are available which can be held vertically. Some also have trackballs instead of scroll wheels, which can be easier to use.

## Reading and writing

- Look for a pen that has a chunky grip that is easy to hold.
- Try resting your book or newspaper on your lap or on a table to avoid straining your fingers.
- Rest a book on a beanbag, lap tray or book rest.
- Use an e-reader or tablet to get digital copies of books and magazines, as these may be easier to hold than a book. You can also get covers that double as stands so you don't have to hold them.

# The kitchen

## Top tips for the kitchen

Everyday kitchen tasks can put strain on your joints, especially when lifting, gripping or standing for long periods. Small changes and the right equipment can help make cooking easier and more comfortable.

- Use lightweight crockery and cups with large handles that can be held with several fingers.
- Insulated or pedestal mugs can be held with both hands, allowing you to support them from underneath.
- A trolley can be useful for moving heavy plates, pans or food.
- Pre-prepared food, such as chopped vegetables or grated cheese, can reduce preparation time and strain.
- Frozen vegetables can save effort and usually have similar nutritional value to fresh vegetables.
- Keeping ready-made meals or prepared ingredients in the freezer can be helpful during a flare-up.

## Gadgets for preparing food

Using adapted kitchen equipment can reduce strain and make food preparation safer.

- Kettle tippers can make pouring hot water easier. You can also use a lightweight plastic jug to fill the kettle.
- Hot water dispensers can be an alternative to a kettle, though you'll still need to fill them carefully.
- Easy-grip cutlery and utensils with chunky handles are easier to hold.

- Non-slip mats can help keep bowls and chopping boards steady.
- Wide-handled peelers, jar openers and bottle openers can reduce grip effort.
- Ring-pull or electric can openers can make opening tins easier.
- Spring-loaded scissors that open by themselves can be useful for food packaging.

You could also try:

- Adding foam tubing to handles to make them thicker and easier to grip.
- Wrapping a tea towel or elastic band around jars or bottles for extra grip.
- Placing a damp cloth under a bowl to stop it slipping while mixing.



## Cooking tips

- Use lightweight saucepans with two handles for better control.
- Steamers often need less water and can be lighter than full saucepans.

- Tabletop slow cookers can be easier to manage than heavy casserole dishes.
- Use slotted spoons or ladles to remove food rather than lifting pans.

## Work surfaces and cupboards

Reaching into very low or high cupboards can be hard, particularly if they're cluttered or stacked several layers deep.

The following tips might help:

- Store items you use most often within easy reach.
- Avoid stacking heavy items in high or low cupboards.
- Plate racks or step-shelves inside cupboards can make items easier to see and reach.

## Buying new kitchen equipment and appliances

When buying new equipment for your kitchen, ask yourself the following:

- Is the appliance easy to use?
- Are control knobs easy to reach, grip and turn, push or pull?
- Will you be able to clean and maintain it easily?
- Can you lift and move it if you need to?

## Tips for redesigning your kitchen

- Have wall-mounted cupboards moved to a lower position.
- Fit large handles or sliding doors.
- Have drawers mounted on rollers, which run more easily than standard drawers.
- Have shelves that slide or rotate out when you open the door.

- Make sure all the cupboards and surfaces are at the right height.
- Have a wall mounted oven with a drop-down door to make it easier to reach in and remove items.

## Top tips for food shopping

- Online shopping is a really convenient way to get food. Most supermarkets offer a free click and collect service, but you can also get your shopping delivered to your door for a small fee.
- Plan to shop on a day when you don't have many other things to do.
- Don't try to carry too much in one go.
- Use shopping bags with strong handles, which are easier to carry – you should be able to buy these at supermarkets.
- Adapted silicone bag handle grips stop carrier bags digging into your fingers.
- Ask for help at the supermarket, especially with packing and loading into the car.
- Consider using a shopping backpack, or a trolley on wheels for short trips on foot.
- Ask friends or neighbours to shop for you.

Many large stores provide wheelchairs for customers. Some councils run Shopmobility schemes, where you can hire wheelchairs and scooters to go shopping or around town.

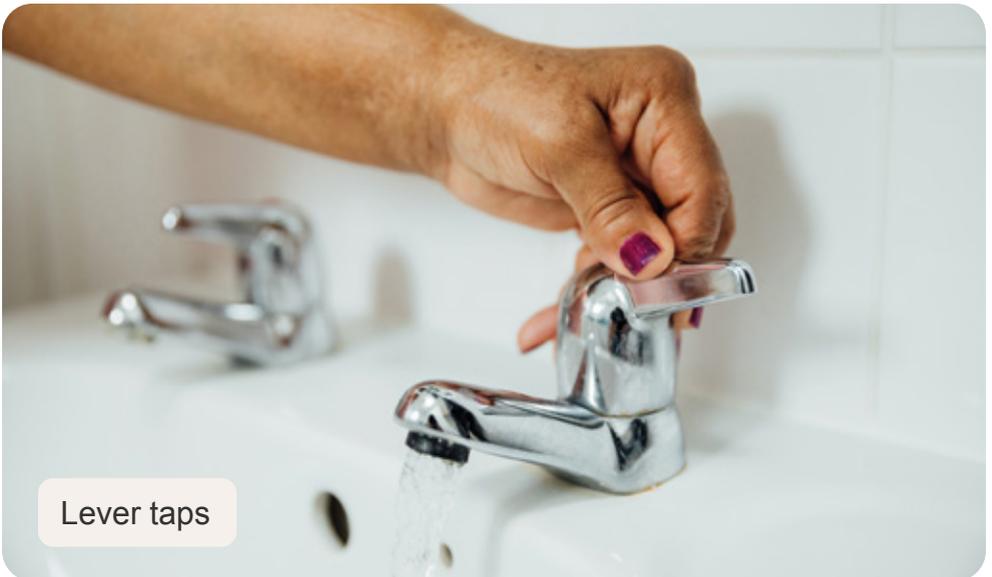
Go to [gov.uk/community-transport-services-shopmobility](https://www.gov.uk/community-transport-services-shopmobility) to find out about community transport services and Shopmobility schemes in your area.

# The bathroom

## Top tips for the bathroom

Making small changes in the bathroom can help reduce strain and improve safety.

- Liquid soap in a pump bottle is often easier to use than a bar of soap.
- You can refill pump bottles with shampoo or conditioner you already use.
- Wrapping an elastic band around a toothbrush can make it easier to grip.
- Lightweight or microfibre towels are easier to handle and don't require rubbing.
- Electric toothbrushes and razors can reduce strain on your hands and wrists.



## Gadgets and aids for the bathroom

Simple aids can make washing and grooming easier.

- Lever taps or tap turners are easier to use than traditional taps.
- Long-handled sponges, brushes or combs can help you reach without bending.
- A toothpaste squeezer can help you use toothpaste more easily.
- A flannel strap with rings at each end can help with drying hard-to-reach areas.

## Getting in and out of the bath

If getting in or out of the bath is difficult, equipment that may help includes:

- Grab rails
- Non-slip mats
- Bath boards or bath seats
- Powered bath seat lifts

Walk-in baths are another option, but they can be expensive. It's a good idea to speak to an occupational therapist before buying larger items to make sure they're right for you.

Before you buy a new walk-in bath or a powered bath seat it's worth speaking to an occupational therapist to ensure you get the right model for your needs.



Grab rail

## Taking a shower

- Grab rails and fold-down shower seats can help you shower more comfortably.
- Free-standing shower stools may be suitable if wall-mounted seats aren't an option.
- Walk-in showers or wet rooms can improve access, but may involve higher costs.



A fold down shower seat

## Using the toilet

Equipment that can help includes:

- a grab rail beside the toilet
- a raised toilet seat
- a toilet frame
- a bottom-wiping gadget
- a portable bidet which fits onto a standard toilet pan
- an automatic flushing toilet with built-in bidet, which washes and dries you
- gadgets that convert toilets into automatic flushing toilets.



A toilet riser – available from our online shop

## Periods

Inserting and removing tampons or menstrual cups might not be easy, especially during a flare-up. But there are alternatives that should be easier to use.

A number of different companies have now designed easy to use menstrual cups to make them as easy to use as tampons. Have a look to see if there are any which might be suitable for your needs.

Period-proof underwear can also be a good option if you want to avoid menstrual cups but still want something that's reusable.

# The bedroom

## The bed

Making a bed can be difficult if lifting or gripping is painful. Shifting the weight of a mattress can make tucking in sheets uncomfortable.

- A lightweight mattress or a mattress topper can make bed-making easier, as you only need to lift a thin layer.
- Using fitted sheets and a duvet can reduce the amount of lifting and tucking needed.
- An extra sheet under the duvet can reduce how often you need to change the duvet cover.
- Some duvet covers have larger buttons instead of poppers, which can be easier to manage.
- Easy-grip pegs can help hold the duvet and cover together while you shake it into place.

## The mattress

The right mattress should feel comfortable and support your back. What works best will be different for everyone. It all depends on your personal preference and your condition.

A mattress will tend to sag as it gets older. If you can feel the springs easily or if it's lumpy, saggy or floppy, it's probably time to replace it.

You may be advised to put a board under a sagging mattress. This is poor advice and won't improve how it works. In fact, a board under the mattress can create painful conditions at the pressure points of the hip and shoulder.

Before you buy a new mattress, do your research. Go to a good retailer who can discuss the features and benefits of their products.

Don't be shy about trying out several beds in the store, particularly in the position you sleep in. If you share a bed with someone, take them along too, so you can find a mattress that suits both of your needs. And take your time – physiotherapists recommend trying a mattress for 20 minutes before buying.

Many people find memory foam mattresses or toppers helpful. A common recommendation is to buy a firm or orthopaedic mattress. But whether this is right for you depends on many factors, including:

- your weight and build
- your size and age
- the way you sleep
- the sort of aches and pains you have.

## Pillows

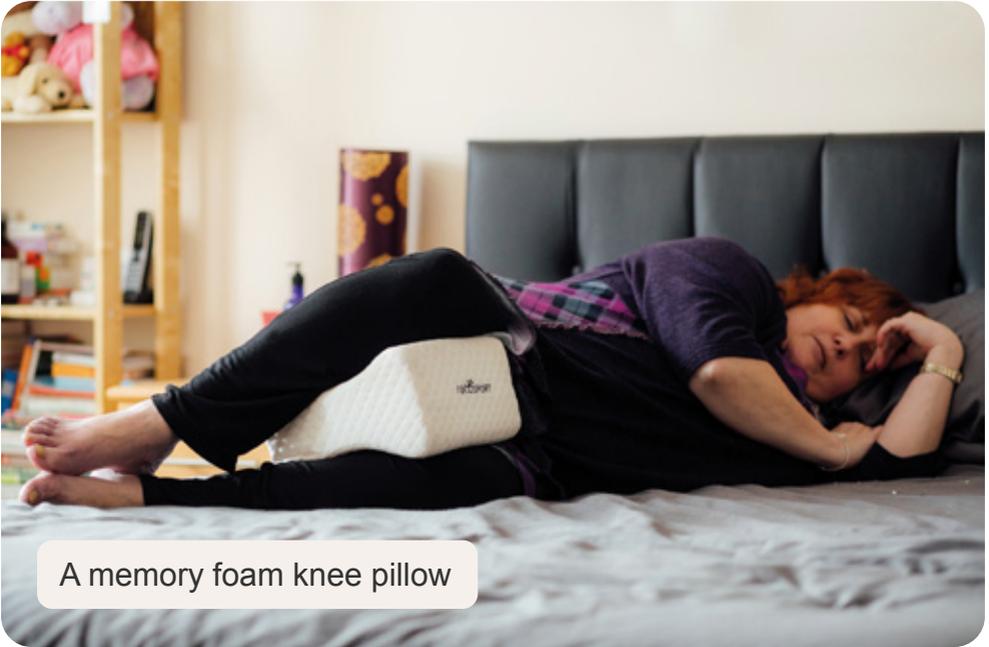
Choosing a comfortable pillow can help reduce neck and shoulder pain. Shaped or memory foam pillows can also be useful.

There's no specific type or number of pillows that will suit everyone. What's best for you will depend on how you sleep and what you find most comfortable.

The best thing you can do is find a position in which your neck is aligned with your spine. Be careful not to prop your pillow too high, as this can put your neck at an uncomfortable angle.

A pillow between your legs when you lie on your side can help ease hip or knee pain. Some people find long body pillows more comfortable. Specialist pillows shaped to fit your legs can also give extra support.

Pregnancy pillows, sometimes called body or support pillows, can provide full-body comfort for anyone. They can help improve posture, reduce pressure on sore joints and make sleeping more comfortable.



A memory foam knee pillow

## Dressing

It's usually easiest to sit down while putting your clothes on, and there are a wide variety of gadgets to help, including:

- a buttonhook for fastening buttons
- long-handled shoehorns
- a dressing stick
- sock or tight aids to help you pull them onto your feet and up over your legs
- elastic shoelaces
- a front-fastening bra or one with magnetic fastenings can be easier to manage – bras without fastenings that you pull on over your head or pull up from the floor are also available.

You can adapt clothes by replacing some fastenings with Velcro. Try placing a zip pull tag, small piece of ribbon or key ring on a zip to hook your finger through.

Some companies offer clothing with different fastenings designed to make dressing easier.

For information on footwear and what you should look for in a good pair of shoes visit [arthritis-uk.org/footcare-and-footwear](https://www.arthritis-uk.org/footcare-and-footwear).



Shirt with magnetic buttons

## Getting ready

- Using a hairdryer or straighteners may be easier if you sit at a table and support your elbow on a pillow or cushion.
- Think about getting a hair dryer brush so that you can dry and style your hair with one hand.
- Try hands-free hairdryer holders or stands.

- Use a small make-up sponge to apply face cream if you find it difficult to do with your fingertips.
- Wrap elastic bands around make-up pencils or brushes to make them easier to grip.
- A universal cuff – a soft or adjustable strap that fits around the hand or palm – can also help you hold small items like a make-up brush or mascara wand. And you won't need to grip tightly.

## Stairs



### **If you struggle to use your stairs there are a number of things you can do:**

- If you have the space and the facilities, you could rearrange your living space so that you only use the ground floor.
- Install adaptations, such as grabrails, an extra stair rail or stairlift.
- Consider moving to a bungalow or ground floor flat.

Before you make a decision, make sure you get some professional advice from an occupational therapist about what your needs are and speak to your local council about the grants available.

## Stair rails

There are quite a few options when it comes to stair rails. When installing them you should try to make sure each end extends to just past the bottom or top of the stairs, so that you have a steady anchor point to grab hold of.

Most staircases will already have handrails installed, but if it's not long enough to provide an anchor point, you might want to consider extending them. Your local DIY store may sell handrails which can be used to extend the existing rail.

There are a wide variety of stair rails available for all shapes and sizes of stairs. You can get short grab rails installed over just a couple of stairs, and rails that are designed to bend around the upright post of the stair banister.

You may even want to think about installing stair rails that move with you. These rails have a bar that folds down that you can grab hold of and slide along the stair rail. They are designed to stop moving when a sudden movement is made, so they can hold you steady if you lose your balance.

If you need a trader to make any changes to your home, it's a good idea to check if your local council runs a Trusted Trader scheme. They'll help you find a reliable trader that will do a good job at a fair price.

## Stairlifts

You can buy or rent stairlifts to fit pretty much every type of staircase. The shape of the track depends on the staircase, but ones with straight tracks are generally cheaper than curved tracks.

There are a wide range of designs to suit your needs. Some you can use standing or perching. Others have seats and some have wheelchair platforms.

Remember to try before you buy or rent, as everyone's needs are different. Here are some features to consider:

### Seat height

Some chairs have adjustable seat heights. If you have any hip, knee or back problems, the height of the stairlift seat is important. You should make sure the seat height is right for you at both the top and bottom of the stairs.

### Swivel seats

Swivel seats can be manual or automatic and are designed to make it safer to get on and off a stairlift. They work like an office chair and swivel at the top of the stairs, so you end up facing the landing. These seats also have armrests for you to grip, making them easier to get out of.

### Control switches

When it comes to controlling the stairlift, you can choose between different types of controls, including joysticks or rocker switches. Depending on how arthritis is affecting your hands, you might prefer to use one design over another, so try them out and see what works best for you.

### Hinged rails

If there's a door that could be blocked by the track of the stairlift, you might want to consider installing a hinged rail that can be folded

away. If you're unable to fold it away manually, motorised hinges are available.

### **Foldable chairs**

Some stairlifts make it difficult for others in the house to climb the stairs. In these cases, the footrest, seat and armrests need to be folded out of the way. You can select a design where the footplate and armrests automatically lift out of the way when the seat is folded up.

Although stairlifts with wheelchair platforms fold away, these types of stairlifts can take up a lot of room and often staircases aren't wide enough for them. So you might have to consider if a through floor lift would be a better option.

### **Safety**

Stairlifts should have sensors that stop it from moving if they sense an object is in the way.

If you think you may have trouble with young children wanting to operate the lift, you can get models that can be turned off with a key.

Don't take a walking aid with you on the stairlift. It might catch on the steps or banisters while the lift is moving. Ask for another walking aid so you can have one at the top of the stairs and one at the bottom. If you use a wheelchair you might need to think about having one upstairs and downstairs.



## Through-floor lift and short-rise lifts

If a stairlift is not suitable, other options include:

- Through-floor lifts, which travel between floors through the ceiling.
- Short-rise lifts, which help with smaller changes in height.

These options usually require more space and structural changes, so professional advice is important.

## Stairlift costs

### Purchase

Stairlifts are usually cheaper than through floor lifts as they are easier to install and require fewer modifications to the house.

You may even be able to get a second-hand stairlift, but try to get it straight from the manufacturer or an authorised organisation to make sure it's in good working condition, under warranty and suitable for your house.

Always get a few quotes from different suppliers so you can do a price comparison. But make sure you won't be charged extra for the quotes.

Stairlifts typically range from £2,000 to £6,000, but can be more. The price will vary depending on the size and shape of the staircase, as well as the type of stairlift being installed. An annual maintenance and service plan may cost from £100 to £200 per year.

If your stairlift has a straight track, you'll usually be able to sell it once you no longer need it. Selling curved tracks can be trickier.

Lifts are classified as a major adaptation. If you need financial help to buy one, you should apply for a Disabled Facilities Grant from your local council. Find out more at: [gov.uk/disabled-facilities-grants](https://www.gov.uk/disabled-facilities-grants)

There are also charities and organisations that may be able to help. Turn2us is a charity that provides financial support. Visit [turn2us.org.uk](https://turn2us.org.uk) to find out what grants you may be eligible for.

## Running costs

The cost of running a stairlift is very small. In fact, manufacturers claim that it's cheaper than boiling a kettle. Maintenance can be more expensive and varies from make to make. But it's important that your stairlift is inspected at least once every six months and serviced every year.

For more information on stairlifts visit [livingmadeeasy.org.uk/category/access-and-mobility/stairs-and-lifts/stairlifts](https://www.livingmadeeasy.org.uk/category/access-and-mobility/stairs-and-lifts/stairlifts)

# Further advice and information

## Age UK

Tel: 0800 678 1174  
[ageuk.org.uk](http://ageuk.org.uk)

## AskSARA

AskSARA gives helpful advice on gadgets and equipment to make everyday activities easier. The website will ask you to select the topic you're interested in (for example cooking) and answer a few questions before giving a personalised report full of useful advice and products that may help you.

[asksara.livingmadeeasy.org.uk/about-ask-sara](http://asksara.livingmadeeasy.org.uk/about-ask-sara)

## Disability Rights UK

Tel: 0207 250 8181  
[disabilityrightsuk.org](http://disabilityrightsuk.org)

## Disabled Living

For a huge range of information on equipment available and advice on living independently.

Tel: 0300 999 0004  
[disabledliving.co.uk](http://disabledliving.co.uk)

## Foundations

The national body for disabled facilities grants and home improvement agencies in England

**Tel: 0300 124 0315**  
**foundations.uk.com**

## National Rheumatoid Arthritis Society (NRAS)

**Phone: 0845 458 3969**  
**Helpline: 0800 298 7650**  
**nras.org.uk**

## Remap

**Tel: 01732 760209**  
**remap.org.uk**

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You don't need to face arthritis alone. Get the information, advice and support that you need.



Call our free helpline:  
**0800 5200 520**



Connect with our online community, go to:  
**[community.arthritis-uk.org](https://community.arthritis-uk.org)**



Chat with AVA, our online assistant, go to:  
**[arthritis-uk.org/ask-AVA-our-virtual-assistant](https://arthritis-uk.org/ask-AVA-our-virtual-assistant)**



Track your symptoms with our easy app, go to:  
**[arthritis-uk.org/track-my-arthritis-symptoms-app](https://arthritis-uk.org/track-my-arthritis-symptoms-app)**

# Thank you!

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# Support our work

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[arthritis-uk.org/donate](https://arthritis-uk.org/donate)



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