

Thurrock Council

Self-assessment for equipment and minor adaptations

This guidance form is simply to help you take measurements. You don't have to send it to us.

Section 1a – how high your chair should be raised

A) Measure the height from the back of your knee to the floor while wearing your most regular footwear – this is 'knee height'	
B) Measure the height from the top of the seat when pressed down to the floor – this is the 'compressed chair height'	
Subtract A from B, and state whether your measurements are in inches or centimetres	

If the compressed height of your chair is the same or greater than your knee height, the chair is at the best height or is too high for you.

We may need to contact you for further information or to visit you at home.

Section 1b – how high your bed should be raised

A) Measure the height from the back of your knee to the floor – this is 'knee height'	
B) Measure the height from the top of the mattress when pressed down to the floor – this is the 'compressed mattress height'	
Subtract A from B, and state whether your measurements are in inches or centimetres	

If the compressed height of your mattress is the same or greater than your knee height, the bed is at the best height or is too high for you.

We may need to contact you for further information or to visit you at home.

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Section 2a – what size raised toilet seat you may need

A) Measure the height from the back of your knee to the floor while wearing your most regular footwear – this is 'knee height'	
B) Measure the height from the top of the toilet seat to the floor	
Subtract A from B, and state whether your measurements are in inches or centimetres	

If the height of your toilet seat is the same or greater than your knee height, the toilet seat is at the best height or is too high for you.

We may need to contact you for further information or to visit you at home.

Section 2b – a toilet frame or a toilet frame with a seat attached

You may consider a toilet frame with a seat attached if you need both a higher seat and a frame to push up on when you get up from the toilet.

When you stand, are you able to get up using both arms evenly?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is there 9 inches or 23 centimetres of space on both sides of your toilet?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Does the soil pipe run either side of the toilet?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you said 'No' to any of the questions above, a toilet frame or toilet frame with seat attached may not be right for you.

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Section 3a – will a commode be right for you

When you stand, are you able to get up using both arms evenly?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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If you said 'No', a commode may not be right for you.

If you said 'Yes', to work out the height you need:

Measure the height from the back of your knee to the floor while wearing your most regular footwear – this is 'knee height'. State whether your measurement is in inches or centimetres	
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Section 3b – how high a perching stool should be

Do you think you have enough room for a perching stool?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
When you stand, are you able to get up using both arms evenly?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you said 'No' to either of the questions above, a perching stool may not be suitable for you.

The height of the perching stool can be adjusted depending on comfort and safety.

In general, the perching stool should be set so you are not in a normal seated position, but both feet should still be in contact with the floor and you do not feel like you are slipping forward.

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Section 4a – what size bath seat

You will need to think about:

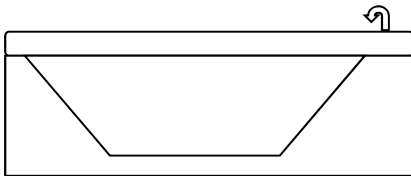
- whether you would be able to stand up from the bath seat when in the bath
- the general height or depth of your bath to enable a bath seat to be placed in the bath

If you feel your bath is deep enough and you would be able to stand up from a low height, a bath seat that is 6 inches / 15 centimetres high may be suitable.

If you feel your bath is deep enough but you would not be able to stand up from a low height, a bath seat that is 8 inches / 20 centimetres, or 12 inches / 30 centimetres may be better.

If you feel the height or depth of the bath is too shallow, a bath seat may not be suitable.

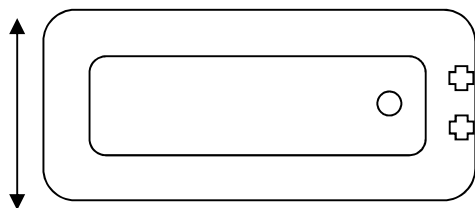
A shower board may be an alternative if it would help you to use a shower over the bath, but may not be suitable if you will be attempting to lower into a bath without a bath seat.



Section 4b – what size bath or shower board

Measure the width between the outside edges of the bath.

Make sure there is at least 1.5 inches / 4 centimetres on each rim of the bath.



Total width of the bath – state whether your measurement is in inches or centimetres	
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Section 5a – a shower stool

When you stand, are you able to get up without the need to push up on your arms?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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If you said 'No', a shower stool may not be right for you, but a shower seat may be.

If you said 'Yes', to work out the height you need:

Measure the height from the back of your knee to the floor while wearing your most regular footwear – this is 'knee height'. State whether your measurement is in inches or centimetres	
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Section 5b – a shower seat

When you stand, are you able to get up using both arms evenly?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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If you said 'No', a shower seat may not be right for you, but a wall-mounted shower seat may be.

If you said 'Yes', to work out the height you need:

Measure the height from the back of your knee to the floor while wearing your most regular footwear – this is 'knee height'. State whether your measurement is in inches or centimetres	
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Section 6 – length of stair rails

You will need 1 length of rail for each section of the stair case

You need to take the following measurements, as shown in the two diagrams below:

- i. from the edge of the top step down to the edge of the bottom step
- ii. the width of the staircase
- iii. the distance from the edge of the top step to the facing wall at the top of the stairs

Please be very careful on the stairs when taking these measurements.

(i) from the edge of the top step down to the edge of the bottom step – state whether in inches or centimetres	
(ii) the width of the staircase – state whether in inches or centimetres	
(iii) the distance from the edge of the top step to the facing wall at the top of the stairs – state whether in inches or centimetres	

