

Fact sheet

Created Date: 15 January 2021

Review Date: 15 January 2023

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Stairs and Getting Upstairs

If you are struggling with the stairs we can assist you with this. There are several solutions and this will depend on many different factors.

Minor Works – Stair Rails

A second stair rail can allow you to balance more steadily on the stairs. For most mobile people we will encourage this if the risks are minimal because it is important to keep mobile.

If you have a walking aid like a frame or stick we will seek to provide you with a second walking aid so you can keep one upstairs and one downstairs so you are not carrying this upstairs.

We do not recommend that a second person/carer stands behind you as go up the stairs or in front of you as you come down, the likelihood is that they will be unable to prevent your fall and you could both be injured.

Sometimes the wall cannot support a rail and we may need to consider a magic rail. This is a rail that fits to the tread of the stairs rather than to the wall.

If you live in a rented property then we have to seek consent from your landlord first.

If we identify a stair rail or magic rail as required, there is no cost to you for the works.

Please consider a referral to Wellbeing Independence Partnership on telephone: 01952 385385 (option 2)



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Major Adaptations – Stairlifts

If you are mobile but you continue to struggle to use the stairs, or you have a condition where the exertion to do so makes you unwell, we can assess you for a stairlift.

If it is identified that you need a stairlift, it may be subject to a financial assessment under the Disabled Facilities Grant process and if there are other adaptations needed then you may need to pay a contribution, depending on the outcome of the financial assessment. If you live in a rented property, we will also need to have consent from your landlord.

We are unlikely to recommend a stairlift for someone with a cognitive impairment including Dementia, Epilepsy or Vertigo due to the risks involved, though every case is individual. You also need to be able to stand from a sitting position independently.

We have a stairlift at the Independent Living Centre and you may be asked to attend here to assess your suitability for a stairlift.

We are unable to pay for the removal of your stairlift, if it is less than a year old, it may be possible to remove and recycle it.

If you are considering purchasing your own stairlift, you are welcome to visit the Independent Living Centre (with an appointment), where you can try one before you buy it. If you are considering the purchase of a stairlift, please ensure that it travels over all steps of the staircase as a transfer from this onto stairs can be risky.

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Major Adaptations - Through Floor Lifts

These are enclosed lifts that travel from a downstairs room to the upstairs. We tend to recommend these for those in wheelchairs because it reduces the number of transfers, reduces risky stairlift transfers and allows the person to use their wheelchair upstairs.

If it is identified that you need a through floor lift, or any further adaptations to your home it is subject to a financial assessment under the Disabled Facilities Grant process; this assessment is completed by our Home Improvement Agency. You may need to pay a contribution towards your adaptation depending on the outcome of the financial assessment. If you live in a rented property, we will also need to have consent from your landlord.

Please consider a referral to Wellbeing Independence Partnership on telephone: 01952 385385 (option 2)

No Picture Available Currently

Under the Disabled Facilities Grant legislation, we will assess for access to toileting but we will always look at how you can access your existing facilities; this might be a stairlift to access your facilities rather than the creation of downstairs facilities.

Similarly, we will explore a stairlift or through floor lift before we consider any adaptations/extensions downstairs as using internal space is the best use of the Disabled Facility Grant.

Sometimes, we may recommend that you need to live on one floor (typically downstairs) on a temporary basis until adaptations can be completed. This is necessary to manage any risks involved and is often recommended for someone returning back to their familiar home environment after a period in hospital and/or enablement.



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