

## Great Gadgets for the Home

Day to day activities can be made easier by using various types of assistive equipment. With great gadgets and a different approach, you can gain more independence.



### HOUSEHOLD AND KITCHEN

Jar openers make it easier for people with painful joints and weak hands to remove lids.

Chopping boards with spikes or vice type holders hold food in place while chopping or peeling. These devices may help people who have difficulty holding items or can only use one hand.



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Tap turners make it easier to turn difficult taps on and off. Lever taps can also be installed.



Long handled reachers can be used to pick items up from the floor without bending.

### EATING AND DRINKING

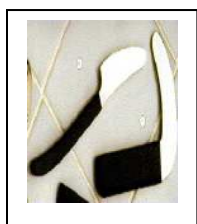
Lightweight cutlery with large handles make grasping and holding cutlery easier. Weighted cutlery can reduce spills for people with tremors.

Angled or rocker knives can be helpful for people requiring an alternative method of cutting.



Plates with high sides may assist those with difficulty loading their spoon or fork.

Lightweight cups with large handles are easier to hold if you have difficulty lifting and holding regular cups.



Non-slip matting can be placed under cups and plates to prevent sliding.

### BATHING

Devices to increase a person's safety when bathing include bath boards, shower chairs, stools and bath seats. For more details on these devices refer to the Fact Sheet: *Bath and Shower Equipment*. Non-slip matting or flooring can help prevent falls on wet surfaces. Long handled sponges and brushes make reaching your back easier.

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### TOILETING

Raised toilet seats which are fitted to the toilet and over toilet frames make it easier for someone to get off the toilet.

Over toilet frames sit over the toilet and they provide a raised seat and armrests. Some brands come with a bucket and can also be used as a bedside commode.

Bedside commodes may be useful for those having difficulty getting to the toilet.

Bottom wipers are curved/angled handheld aids designed for people who have difficulty reaching their bottom for toileting/hygiene.



### DRESSING

Adapted clothing may be useful for people who have difficulty dressing themselves.

Long handled shoe horns, dressing sticks and sock aids can assist with dressing. Elastic laces eliminate the need to untie and re-tie laces. Button hooks may assist individuals with limited hand function to do up buttons.



### GROOMING

Long handled combs and brushes enable people with limited arm and shoulder movement to brush their own hair.

Grooming tools which have lightweight large handles are easier for individuals with weak hands, to grasp.



### GARDENING

Hand tools which have large grip handles that are set at right angles may be easier to use. Long handled equipment allows you to sit or stand while gardening.

Raising garden beds will also improve access to the garden. A garden kneeler or seat can be used around the garden to conserve energy.



### CRAFT

Needle threaders or self-threading can assist individuals with vision impairment or limited fine hand skills. Hands-free magnifiers or magnifiers with lamps make it easier to see your work. Larger crochet or knitting needles are easier to hold. One handed aids also exist for those who can only use one hand.

### CARDS

A range of card holders exist for individuals who are unable to hold the cards in their hands.

### LAWN BOWLS

A bowling arm enables individuals to bowl without bending. A ferrule that fits the bottom of a crutch or walking stick can be used to prevent damage to the green.

### NEED TO KNOW MORE?

Telephone, fax or e-mail your enquiry to obtain further information from one of the therapists about products. Alternatively, you can make an appointment to trial the equipment at our display centres or through our outreach service. Please phone LifeTec Queensland for further details.

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