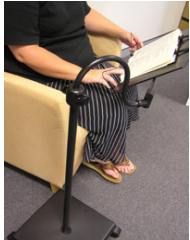


Reading and Writing Equipment

This fact sheet discusses some common equipment which may assist people to perform reading and writing more easily and independently.



Adjustable Book Holder

READING

Magnifying sheets and glasses can assist people with visual difficulties in reading tasks. For more details regarding magnification, please refer to our low vision fact sheet.

For people who have difficulty holding books, a book holder may be of assistance. Many book holders are adjustable and allow the book to be positioned at a good angle and height for the individual. Some book holders are also designed to enable the user to read while lying in bed.

Prism glasses use prisms to alter the direction of view by 90 degrees, therefore also allowing the user to read whilst lying flat in bed.

People who have difficulties turning pages in a book may benefit from a Page Turner. They range from simple rubber thimbles to highly technical, electrically operated devices.

Overbed tables with a tilting surface may also be helpful when reading, writing or completing other tasks from bed.



Electric Page Turner



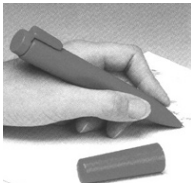
Over Bed Table



Pen/Pencil Grip

WRITING

A range of pen/pencil grips are commercially available to assist correct pen grip and to help reduce fatigue.



Pen with build up shaft

Pens/Pencils with built up shafts are also easier to grip for people with a weak grip or painful hands. A range of specialised pen holders are also available to assist these people.



Weighted Pen
with built up handle

Wrist weights or weighted pens may assist people with unsteady hands.

LifeTec Queensland ABN 19 690 319 www.lifetec.org.au

LOCATION
Level One, Reading Newmarket
Cnr Newmarket & Enoggera Roads
Newmarket, Queensland 4051

POSTAL ADDRESS
PO Box 3241
Newmarket
Queensland 4051

CONTACT
Phone: 07 3552 9000 or 1300 885 886
Facsimile: 07 3552 9088
Email: mail@lifetec.org.au

Independent Living Centre Association of Queensland Incorporated trading as LifeTec Queensland



Modified Pens

A range of adapted pens are also available that suit an individual's particular needs.



Angled Writing Surface

Angled writing surfaces may help prevent neck, shoulder and back pain for some individuals by helping improve desktop activities.



Signature Guide

Signature and envelope guides can assist a person with low vision to sign documents and address a letter.

For some people using typewriters or computers may be an easier way to produce written communication. Please contact LifeTec Queensland directly to discuss Computer Access or specific communication needs.

NEED TO KNOW MORE?

Telephone, fax or e-mail your enquiry to obtain further information from an occupational therapist about products. Alternatively, you can call LifeTec Queensland to make an appointment to see or trial equipment at the our display centre or possibly to try equipment through the outreach service.