

Making Choices, Finding Solutions

How to stay well and independent



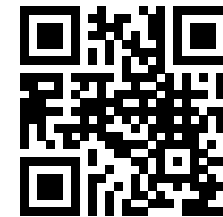
We acknowledge the Traditional Custodians of Country throughout Australia and recognise their continuing connection to land, waters, and community. We pay our respect to them and their cultures and to Elders past and present.

Contents

About this booklet	3
About iLA and LiveUp	3
What is assistive technology?.....	3
What are home modifications?	3
What do tradespeople do?	6
Work out what you need.....	6
Finding solutions	7
Checklist.....	8
Around the house	10
In the kitchen	17
In the bathroom	24
In the laundry	31
In the lounge	36
In the bedroom	41
Outside the house.....	44
Out and about	49
Your home safety plan.....	53
Allied health professionals	54
Useful resources	56
References.....	58
Acknowledgements	59

About this booklet

This booklet has information to help you stay independent, safe and well. It has a list of products from different shops and online stores. It also has information from experts. The products in the booklet are a suggestion only. They may change over time. This information is correct at the time of printing.



Scan me
to find out more

What is assistive technology?

Assistive technology is also called AT. It helps people stay independent and well. AT can be things like a walking stick or technology like an app. This document has simple AT solutions from pharmacies, supermarkets and hardware stores. For example, electric can openers, jar openers and non-slip bathmats.

Tips

Talk to an occupational therapist or a tradesperson. They can make sure the modifications meet Australian Standards.

About iLA and LiveUp

Only 25% of ageing is to do with genetics. The other 75% is to do with choices we make.

iLA is a non-profit organisation. We help older people make choices. LiveUp is a website by iLA with advice on how to keep healthy. It's free and easy to use.

It has the tools to help you with things you like doing. It also has ideas about new things you can try. LiveUp has a quiz with free advice, activities and products. It also has the LifeCurve™ program to help you to check how you are going with things.

Learn more at liveup.org.au or call **1800 951 971**.

Did you know?

AT can help with 50% of the difficulties older people have with things they do.

What are home modifications?

Home modifications are changes you can make to help you do things around your home. They can make things easier. This booklet only talks about simple modifications. It also has information on who to talk to for support.

What do tradespeople do?

Tradespeople are people like builders, plumbers and electricians. They can:

- Help you choose the right materials.
- Give you technical advice.
- Meet Australian Standards.
- Understand the advice occupational therapists give.

Work out what you need

How your body works

Good health is more than just not feeling sick. Everyone is different but older people can still do many things.

As you get older, moving your body helps you stay in good health. Using AT and making home modifications can:

- Make daily tasks easier.
- Help with the strain on your joints.
- Lessen pain in your hands, hips and knees.
- Give you the confidence to get out and do things.

Other things to think about:

- **Shower waterproofing**
Most bathrooms have waterproofing materials under the tiles. They protect your home from water damage. After modifications, they may need to be fixed.
- **Walls, fittings and rails**
Rails fixed to walls or other surfaces must be strong and hold your weight. A towel rail only holds a few kilos so it is not safe to hold onto. You can buy rails from a hardware store. Get professional advice to make sure you have the right rail.

Tips

Houses from before 1988 might have asbestos. A tradesperson can give you advice on important things like asbestos.

What is wellness?

The Commonwealth Home Support Program uses the idea of wellness. It slows down ageing and helps you stay independent. AT and home modifications can improve your safety.

Did you know?

Many older people do not use their muscles, bones and joints enough. It is important to eat well, exercise and stay active for health and long life. Learning new things, having healthy relationships and being part of a supportive community is also important.

Finding solutions

To work out how to use AT and organise home modifications, think about:

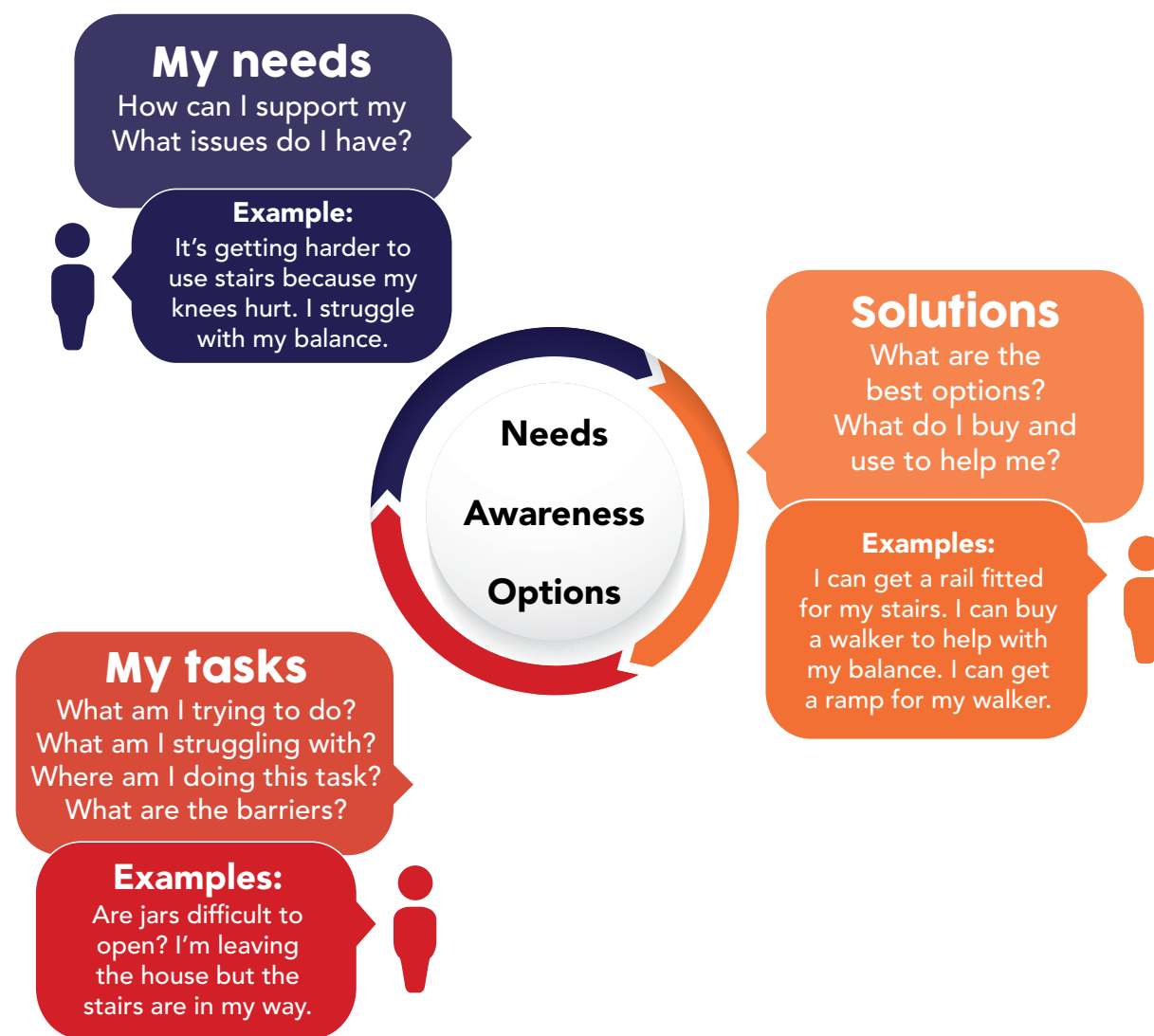


Figure 1.1 - Use the checklist on the next page to work out your needs. Go to the Finding Solutions section for advice on buying things.

Everyday activities checklist

Use this checklist to help you work out your needs and find good solutions.

I want to make these tasks easier:

Environment	Task	Yes	Page
Around the house	Sweeping, vacuuming and mopping the floor	<input type="checkbox"/>	9
	Cleaning the bath, shower and toilet	<input type="checkbox"/>	10
	Dusting	<input type="checkbox"/>	11
	Picking up things from the floor	<input type="checkbox"/>	11
	Using a phone	<input type="checkbox"/>	11
In the kitchen	Using a computer	<input type="checkbox"/>	12
	Opening jars and tins	<input type="checkbox"/>	15
	Turning the taps on and off	<input type="checkbox"/>	16
	Reaching into cupboards	<input type="checkbox"/>	16
	Cutting up food	<input type="checkbox"/>	16
	Using the kettle	<input type="checkbox"/>	17
	Lifting pots and pans	<input type="checkbox"/>	18
Turning the cooker on or off and using a timer	<input type="checkbox"/>	18	
In the bathroom	Using a cooking timer	<input type="checkbox"/>	18
	Washing and drying your feet and toes	<input type="checkbox"/>	22
	Putting socks, stockings and shoes on	<input type="checkbox"/>	22
	Using zips and buttons	<input type="checkbox"/>	23
	Cutting nails	<input type="checkbox"/>	23
	Using medications	<input type="checkbox"/>	23

Environment	Task/Activity	Yes	Page
In the laundry	Carrying laundry	<input type="checkbox"/>	27
	Hanging out the laundry	<input type="checkbox"/>	28
	Using the washing machine	<input type="checkbox"/>	29
	Ironing	<input type="checkbox"/>	29
In the lounge	Using TV remotes	<input type="checkbox"/>	32
	Using materials for crafts	<input type="checkbox"/>	33
	Reading and holding books	<input type="checkbox"/>	34
In the bedroom	Changing bed linen	<input type="checkbox"/>	37
	Seeing at night	<input type="checkbox"/>	37
	Sleeping	<input type="checkbox"/>	37
Outside the house	Using keys and door locks	<input type="checkbox"/>	40
	Gardening	<input type="checkbox"/>	41
	Home maintenance	<input type="checkbox"/>	42
Out and about	Getting in and out of the car	<input type="checkbox"/>	45
	Carrying shopping bags	<input type="checkbox"/>	46
	Finding the car	<input type="checkbox"/>	46
	Keeping fit and active	<input type="checkbox"/>	46



Around the house

Questions:

- Do you keep your cleaning products in one spot? Can you find them easily?
- Are your extension cords in good working order? Do you make sure they are not placed across rooms, doorways and corridors?
- Are there rugs that you can trip over? Can you stick them to the floor? Do they have non-slip backing to stop them moving around?
- Can you reach things high up, low down or on the floor? Do you stand on furniture or kneel on the floor to reach things? Can you use tools with long handles?
- Do you know how to set up your chair or desk to prevent pain?

Plan Split your tasks and do a little bit each day.

Tips
Light tools with long handles are easier on your joints.

Prepare Keep your cleaning products together in a basket with a handle. Use a trolley to move things around. Keep your workspaces ready to use.

Pace Swap between light tasks and heavier tasks. Take short breaks.

Prepare Support your body. Keep your head, shoulder and hips in line when you stand. Avoid bending. Change position every few minutes. Set up your chair and desk correctly.

Solutions

Ask a cleaner to do heavy tasks like vacuuming and mopping. Each month the cleaner can do a different task. For example, in December, they can clean the windows. In January, they can clean the oven. This way your home will stay clean for longer.

Cleaning floors

Use a dustpan and brush with a long handle. A light vacuum with a longer handle helps keep the place clean. Get a steam mop with a long handle.



Black & Decker 9 in 1 Steam Mop

You can also use this steam mop as a steam cleaner. It kills 99.9% of germs.

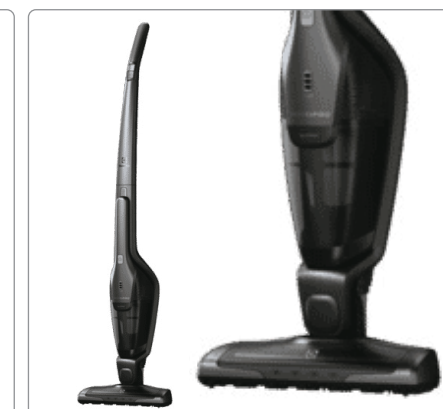
bunnings.com.au



Sabco Long Handle Lobby Broom & Dustpan Set

This set has a long handle so you do not have to bend.

mitre10.com.au



Electrolux Ergorapido

This stick vacuum cleaner is light but powerful.

thegoodguys.com.au

Dusting

Dusting is a light activity you can do to keep the house clean. Static dusters are better than cloths. They are light and have long handles. Use a damp microfibre cloth to pick up more dust. To get rid of pet hair, you can put a clean damp sock on your hand. Put a rubber glove on one hand, dampen it with water and use it over your furniture.

Cleaning the bathroom

Use a spray cleaner and squeegee after showering. Keep a brush with a long handle near the toilet.



Oates Soft Grip Squeegee

This is good for cleaning windows, tiles and showers.

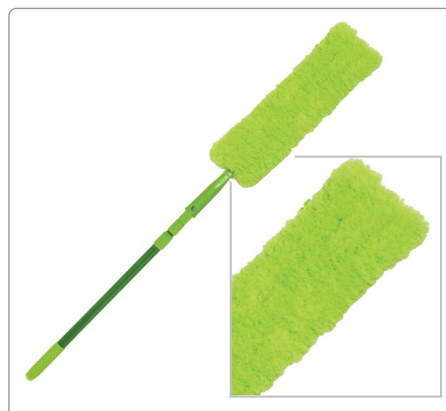
mitre10.com.au



Vileda Mop Bath Magic

This is good for cleaning difficult spots.

woolworths.com.au



Sabco Extension Electrostatic Duster

This is good for reaching difficult to clean places.

bigw.com.au

Picking things up off the floor

Get a reacher with a long handle to pick things up off the floor. You can also use it to bring things down from up high.

Use a kneeling pad with a frame if you need to kneel to get something. The padding protects your knee and the frame helps you get back up. Get a power board with a remote control. This will lessen the need to bend and reach.



Long Handle Reaching Aid

This tool has suction cups grabber and a long reach.

bunnings.com.au



Foldable Seat/Kneeler

This product is good for the garden.

bunnings.com.au



Arlec Remote Controlled Power Outlet

This is easy to setup. It has a remote control and helps you turn appliances. You do not have to bend down.

bunnings.com.au

Phones

You can get a phone with large numbers and louder volume. Use a magnifying glass with a light to help you see your phone.

When choosing a mobile phone, check the size of the screen, operating system and how easy it is to use. Use the Siri or Hey Google programs to make it easier to call people. Save the name of each person in your phone contacts so the program can find them.



Arlec 2m White Ringpull Extension Lead

This extension lead is long and helps the phone stay connected.

bunnings.com.au



Vtech Corded Phone

This phone has a speaker and a large display. You can use it with your hearing aid.

jbhifi.com.au



Uniden Sight and Sound Enhanced Cordless Phone

This cordless phone has large buttons, answering machine and loud volume.

jbhifi.com.au

Using a computer or tablet

Set up your computer or tablet so that it is easy to use. Put a lamp on your desk in a way that there is no glare. A bigger screen makes it easier to read. Microsoft and Apple computers have high contrast colours and large fonts.

To help you see better, you can use a separate keyboard for your laptop. It has large keys and you can use keyboard stickers.

Tips

The Australian Government has information about online safety at www.cyber.gov.au.



In the kitchen

Ask yourself:

- Do you keep things within easy reach on the bench top or near the stove?
- Are your cupboards and shelves within easy reach?
- Do you have to stand on your toes, stretch or get down on the floor to reach things?
- Do you mop up spills as soon as they happen?
- Do you have a working smoke alarm?
- Do you have a fire extinguisher and fire blanket?



Plan

Make a meal plan for the week. You can buy frozen fruit and vegetables to always have healthy food at home. Try to cook once and eat twice. Cook larger meals and freeze leftovers.

Prepare

Set up your cooking space and ingredients before you start cooking. Sit down when you cook.

Pace

Prepare your meat in the morning and vegetables in the afternoon. Clean as you go. Cook things in one pot. Slow cookers save time and use less energy.

Tips

Are there tasks you can do sitting down?
You can prepare vegetables at the dining table.

Solutions

Opening jars and tins

Use jar, bottle and can openers. They protect the joints in your hands and wrists. Put a jar under hot water. Dry it off and use the opener to open it.



One Touch Can Opener

This can opener makes it easier to take the lid off. It leaves no sharp edges.
ilsau.com.au



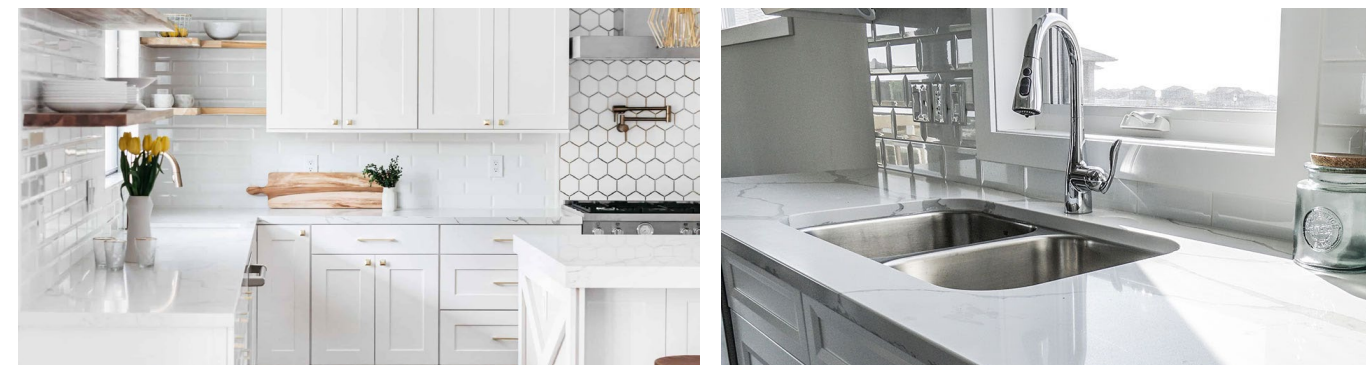
Oxo Good Grips Soft-Handled Can Opener

This can opener has big and soft handles.
bunnings.com.au



Brix Cankey Ring-Pull Can Opener

This can opener helps you avoid sore fingers and broken nails.
doability.com.au



Turning the taps on and off

Many taps need a lot of strength to turn them on or off. Use plastic tap turners to make it easier. You can replace old taps with lever taps.



Tap turner

This tap turner helps you to turn taps.

mobilityhq.com.au



Dycem Anchor Mats

These anchor pads grip to worktops, trays and tables.

ilsau.com.au

Reaching cupboards

There are inserts that make it easier to reach into cupboards. They are called pull-out or pull-down shelves. In corner cupboards, you can use carousel shelving.



Etac Food Preparation Board

This cutting board makes chopping and peeling safer.

bettercaremarket.com.au



Sunbeam Multiprocessor 355 Watts

This blender has five settings that make chopping food easily.

thegoodguys.com.au

Chopping or cutting food

Holding a knife can be hard if the handle is short or thin. Use knives with non-slip handles. They make holding them easier.

Use a spike board and a non-slip mat to stop things moving around. Use an electric food processor to help you with mixing, chopping or blending.

Pouring the kettle

Some kettles are heavy and hard to fill. Get a smaller kettle or use a plastic jug to fill it.



Uccello Easy Pour Kettle and Tipper

This kettle and tipper help to pour water out.

doability.com.au



1.7L Cordless Kettle

This kettle is cordless and easy to use.

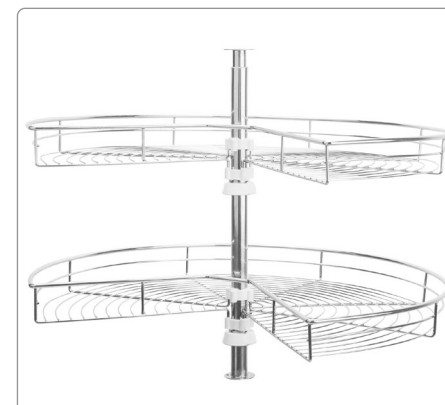
kmart.com.au



Cordless Kettle Tipper

This kettle tipper makes pouring safe and easy.

ilsau.com.au



Practa Solutions Chrome Corner Cabinet Carousel

This carousel can help you use space in corner cabinets. Easy to install.

bunnings.com.au



Rev-A-Shelf Appliance Lift With Soft Close And Shelf

This pull-out surface helps when using heavy appliances.

bunnings.com.au



Practa 450mm Chrome Pullout Basket

This wire basket helps you see what's inside.

bunnings.com.au

Lifting pots

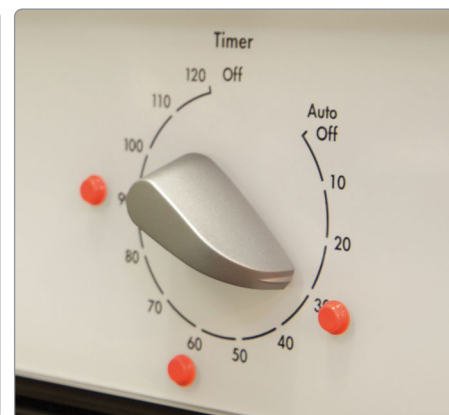
Fill pots using a plastic jug. Buy pots with two handles as they are easier to carry. Use steamer inserts that lift out of your pots. Leave the pot of water to cool and empty it later.



Steamer Insert

This steamer insert with two handles helps move cooked food to your plate.

kmart.com.au



Bump Dots

These dots help you see and set dials in the kitchen and around the house.

shop.visionaustralia.org

Turning the cooker on and off

Your cooker can be hard to turn on or off. Stick on dots help you see and feel when the cooker is on, off or at the right temperature. Buy stove dial turners.



Tactile Low Vision Timer

This big timer has large numbers and a loud bell.

shop.visionaustralia.org



Etac Uni Turner

Use the turner to get a good grip on handles, knobs and light switches.

easycareaustralia.com.au

Using the cooker timer

Use a timer so your meals do not cook for too long. Get a device that turns your stove off if you leave it on by accident. It needs to be professionally installed.

Simple changes you can make to your kitchen



Make more bench space by putting a chopping board on top of an open drawer.



Get carousel-style shelving.



Get a dishwasher with pull-out drawers.



Get a pull-out bench under the microwave to have a heat resistant surface.



Get a wall oven with a side opening door.



Replace cupboard and drawer knobs with easy to open handles.



In the bathroom

Ask yourself:

- Do you have non-slip flooring in your bathroom?
- Do you have a non-slip mat in your shower or bath?
- Do you have rails next to the toilet, shower and bath?
- Do you use the door frame or towel rail for support?
- Can you leave a light on at night?
- Can you control how hot your water gets?



Tips

Try using a towelling robe to help dry your body and sit down to dry your feet.

Plan

Sit on a strong chair in the bathroom for drying and dressing. Put your towel, clothes and things you need next to the chair.

Prepare

Brushes with long handles make it easier to reach your lower body, back and hair. Use a magnifying mirror for shaving or putting make up on. Non-slip handles make things easier to hold. Use a tube squeezer to get toothpaste out.

Pace

Sitting down makes it easier to reach your lower legs and feet. Wash your upper body first and then your lower body using brushes with long handles.

Solutions

Washing and drying feet and toes

Use brushes and sponges with long handles to clean and dry your feet. Loops or soft handles on your towels help you grip the towel when drying your feet and back.



Deluxe Shower Chair
This chair has a comfortable seating area, strong frame and non-slip feet.

bunnings.com.au



Shower Corner Grab Bar with Vertical Rail
This rail makes having a shower safer and easier.

bunnings.com.au



Foldable Wall Mounted Shower Seat
This seat helps you shower on your own. You can fold it and put it away.

bunnings.com.au

Putting socks, stockings and shoes on

Sit down to dry yourself and get dressed. Use a foot stool to reach your feet. Use shoehorns, sock aids and dressing sticks. Get shoes with Velcro straps or elastic laces.



ETAC Beauty Comb
This comb helps if you have trouble reaching.

easycareaustralia.com.au



Brix Tubemaster
Use it to squeeze the toothpaste from the tube. It has no sharp edges.

kitchenware.com.au



Medalist Anti Slip Adhesive Tape
This tape helps with the grip. Use on stairs, ramps, steps, entrances and exits.

mitre10.com.au

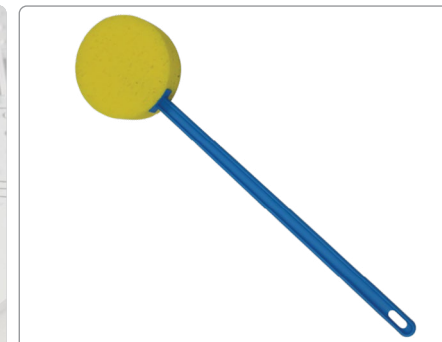
Using zips and buttons

If pulling up zippers or doing up buttons is hard, use a button hook or zip puller loop. It can also help keep zips up.



Barelli Non-Slip Rubber Bath Mat
This bathmat helps you stay safe. You can wash it in the washing machine.

bunnings.com.au



Long Handle Bath Sponge
This sponge helps you reach your legs, feet and back when bathing.

agedcareandmedical.com.au



Long Handle Toe Washer
The long handle of the washer helps you reach your feet.

bettercaremarket.com.au



Tremsum Swivel Magnifying Mirror
This mirror has two sides. One side has a normal mirror and the other side has a magnifying mirror that is great for shaving or putting on makeup.

ikea.com.au

Clipping nails

Suction nail clippers make cutting nails easier. Large nail clippers help you see better.

Managing medications

Get a medication organiser from your pharmacy. Talk to your pharmacist about pill crushers or splitters. There are products to help you hold your eye open for using eye drops. Get a pill reminder alarm. You can set it on your mobile or put it next to your medication organiser.



Dorking Stocking Aid

This helps you to you put stockings or socks on.

mobilityhq.com.au



Hush Puppies Men's Shoe

This wide-fitting shoe has velcro fastening.

caringclothing.com.au



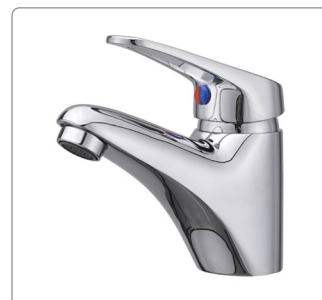
Aidapt Long Handle Shoehorn

This shoehorn helps you put your shoes on.

bettercaremarket.com.au

Things you can change in your bathroom:

- Get lever taps to make turning taps on and off easier.
- Get a hand-held shower to wash your back and feet.
- Use a shower seat.
- Get non-slip adhesive on the floor and inside the bath and shower.
- Plug in a night light to help you see.



Lever Mixer Taps

Lever taps are great if your hands are not strong.

bunnings.com.au



Propet Olivia Women's Shoe

This slip-on shoe has straps you can adjust and inserts you can take out.

athletesfoot.com.au



Button Hook and Zipper Puller

This tool helps to catch and thread buttons. It also helps with zippers.

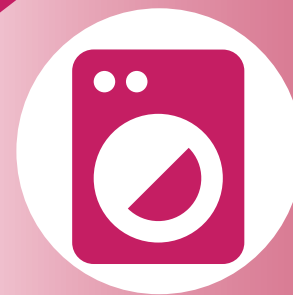
superpharmacyplus.com.au



Dressing Stick

This stick helps with dressing and taking clothes off.

ilsau.com.au



In the laundry

Ask yourself:

- Are there any steps from your laundry to the washing line?
- Do you have a chair or table next to your washing line to put your laundry basket on?
- Can you set up your clothes airer up where it is not a trip hazard?
- Do you have an apron with a large front pocket to carry pegs?

Tips

Hang wet shirts and tops to dry on a hanger so that you do not have to iron it.



<p>Plan</p>	<p>Buy clothes that do not need ironing. Keep washing powder next to the machine. Buy it in small packages.</p>
<p>Prepare</p>	<p>Keep your ironing board set up. Fill the iron with a little bit of water. Use the steam function or dampen the clothes to make ironing it easier.</p>
<p>Pace</p>	<p>Take clothes out of the machine one at a time. Iron a few things and rest. Use a trolley to take clothes to the washing line. Use a tumble dryer.</p>
<p>Posture</p>	<p>Put your washing basket on a chair. When sitting to iron, use a stool with a back. Set your ironing board so that your elbow is at the level of the iron.</p>

Solutions

Carrying laundry

Use a trolley with a washing basket.
You can also hang clothes on a clothes airer inside.



Hills Premium Laundry Trolley

This trolley holds most basket types. It makes it easier to move your laundry.

mitre10.com.au



Sunfresh Folding Laundry Trolley

This trolley brings washing loads to a height you can reach easily.

bunnings.com.au



Sunfresh 12 Rail Clothes Airer

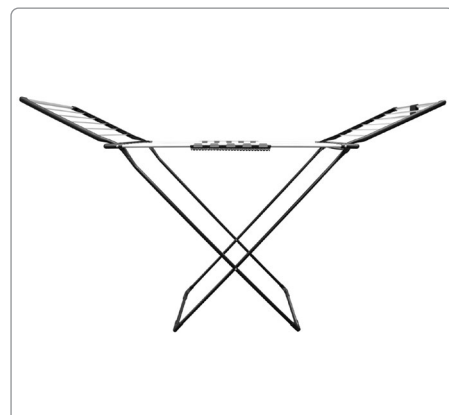
This airer is light and has antislip feet, a storage lock and a hanger.

bunnings.com.au



Hanging out laundry

Set up the washing line so that it is not too high. Put a chair or table next to the washing line. Put the washing basket on it. Hang clothes on a coat hanger. Use pegs with large grips.



Hills 18m Premium Winged Airing

You can fold and put this clothes airer easily.

mitre10.com.au



Easy Squeeze Stainless Steel Wire Pegs

These pegs are great for people with sore joints

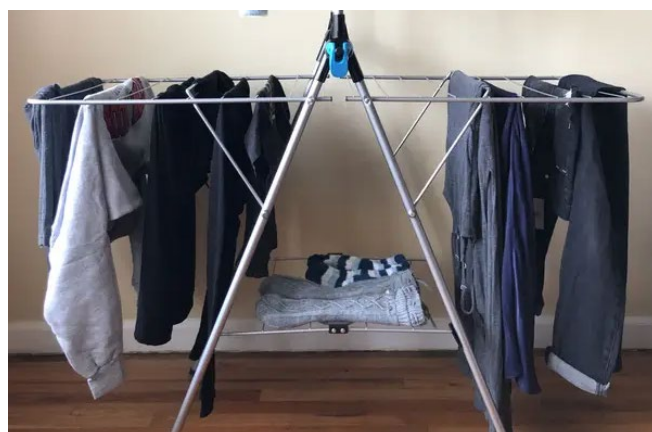
biome.com.au



Ezy Storage Soft Grip Clothes Pegs

These pegs make hanging out the washing easier.

bunnings.com.au

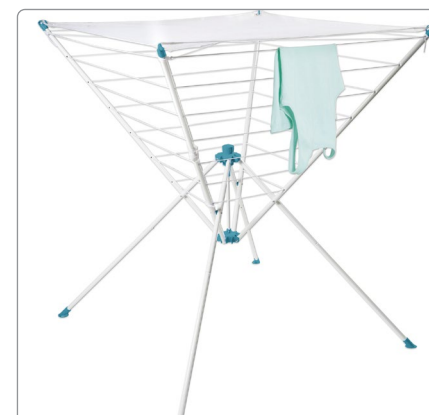


Using the washing machine

If you have a front-loading washing machine, get a stand to lift it up. If the dials become hard to turn or you cannot see them well, use contrasting stick-on dots. They will help you see and feel. Buy dial turners.

Ironing

Fold clothes as you take them off the line. Buy clothes that do not need ironing.



Daytek Porta-Line Folding Clothes Airing

This dryer has lots of drying space, with four coat hanger holes and a drying net.

mitre10.com.au



Sunbeam EasyGlide Soleplate Iron

This soleplate means less ironing. The iron switches off if you forget.

target.com.au



Unilux Laundry Pedestal With Lock

This pedestal puts your washer or dryer up. It makes it easier to reach.

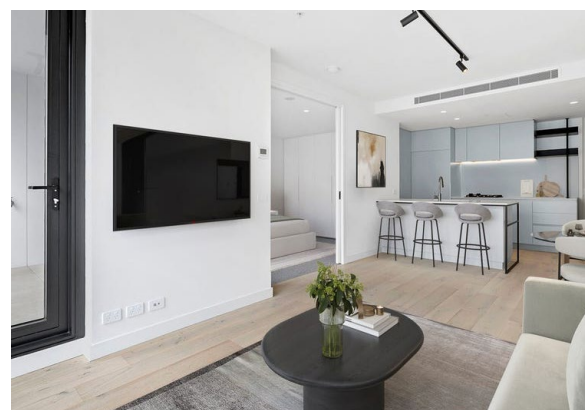
thegoodguys.com.au



In the lounge

Ask yourself:

- Are your floors clear?
- Are there loose rugs on the floors?
- Can you hear the TV well?
- Can you hear other people well?
- Are TV remotes hard to use?
- Is the TV difficult for you to use?
- Do you use large text to read things on your computer?
- Are larger buttons on keyboards and phones easier to use?



Tips

Magnifiers and bright lighting can help you keep in touch with friends and family. They also make it easier to go on the internet, read a book and watch TV.

Plan

Set up your chair so that it is comfortable. Set up a light to make it easier to read. Make sure it does not shine into your eyes. Make sure your head and neck are comfortable when watching TV. Have your remotes and other things you need next to you. Use a side table for your drinks and snacks.

Prepare

Use a desk for crafts or writing. Make sure the light from the window is behind you so that you can see better. Set up a table or lap tray with a black non-slip mat.

Pace

Keep your brain active and exercise. Eat healthy food and keep in touch with friends and family.




Posture

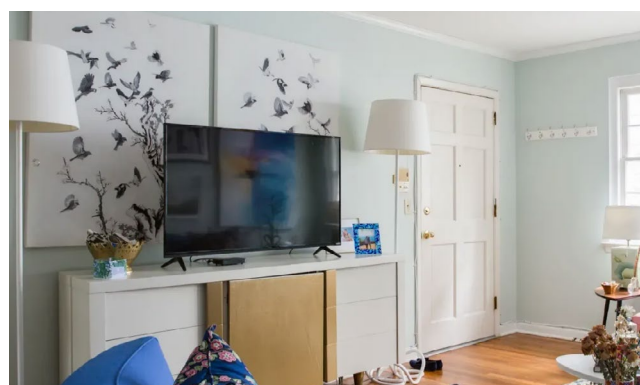
Standing and moving around helps to stay healthy and well.

Solutions

TV remotes


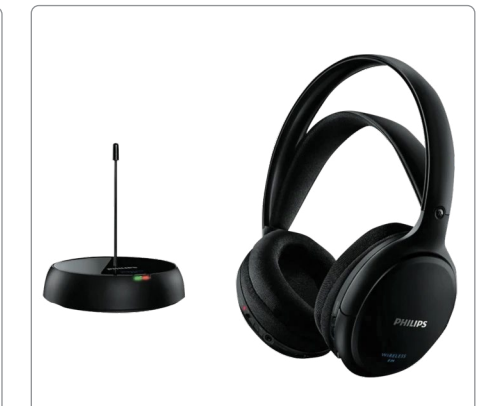

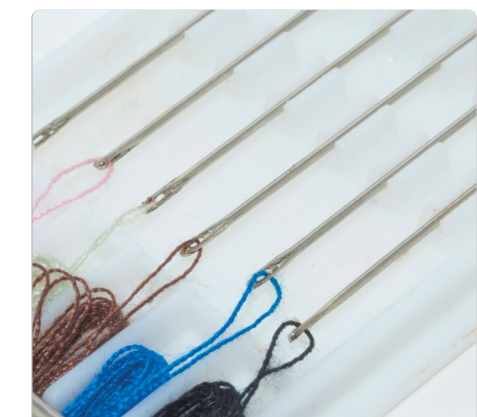
Simple TV remotes with large buttons work with most TVs. Use headphones.

		
<p>NuraLoop Headphones</p> <p>These measure your hearing and adapt the sound to your ears.</p> <p>nuraphone.com</p>	<p>Sony True Wireless In-Ear Headphones</p> <p>These are small and water-resistant with long battery-life.</p> <p>thegoodguys.com.au</p>	<p>LP Easy Learning TV Remote</p> <p>Simple TV remote control that can be used with most TVs.</p> <p>shop.visionaustralia.org</p>



Crafts and games

Vision Australia has an online store with things to help you see small crafts and needles. They have playing cards with large symbols and numbers or you can buy larger playing cards.

	
<p>Self-threading Machine Needles</p> <p>These make using the sewing machine easier.</p> <p>shop.visionaustralia.org</p>	<p>Philips Wireless TV Headphones</p> <p>Good quality wireless headphones and wireless transmission that can pass through walls.</p> <p>www.bunnings.com.au</p>
	
<p>Self-threading Needles</p> <p>This makes threading a needle easier.</p> <p>shop.visionaustralia.org</p>	<p>Korbond Threaded Needle Kit</p> <p>This pre-threaded needle set makes it easier.</p> <p>woolworths.com.au</p>

Holding and reading books

Your neck, arms and wrists can get tired when you are reading. A book stand can help. Many books are now printed in large print. You can get them from a library or bookstore. eReaders such as Kindle have larger font, greater contrast and audiobooks.



Handsfree Book Seat

The cushion gives support when you use books, tables, laptops or magazines.

thebookseat.com.au



Opti Large Index Playing Cards

Standard size playing cards with large numbers and symbols.

shop.visionaustralia.org



Jumbo Playing Cards

These are easier to hold, see and read.

superpharmacyplus.com.au



Set of 2 Aidapt Playing Card Holders

They hold up to 15 cards. You can put them on the table or hold in your hand.

superpharmacyplus.com.au



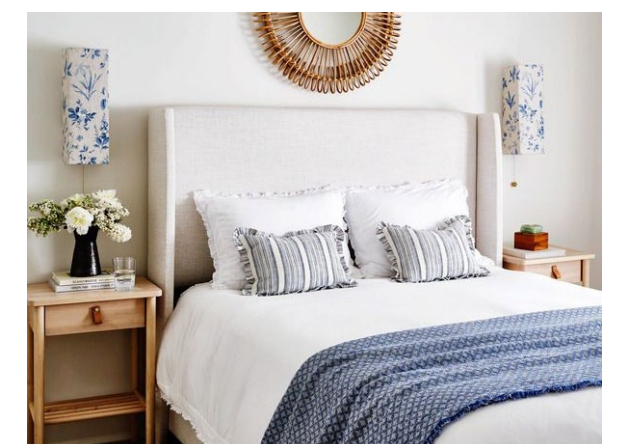
In the bedroom




Ask yourself:

- Do you have a personal emergency alarm?
- Do you know what to do if you feel sick during the night?
- Do you sit on the side of the bed, stretch and move your legs before you get up?
- Do you have a bedside lamp that is touch or voice activated?
- Do you have enough light to see at night?
- Do you have clips on your bedside table to make cords easier to use?

Tips

Go to bed and get up at the same time every day. Alarm clock can help. Try not to sleep in.



 <p>Plan</p>	<p>Put a torch on your bedside table. Make sure the space on the floor between your bed and the door is clear.</p>
 <p>Prepare</p>	<p>Doonas are lighter than blankets. They make changing bed linen easier.</p>
 <p>Pace</p>	<p>To help you wake up, enjoy some sunlight in the morning and during the day. Exercise early in the morning and go outside. This can help you sleep at night.</p>
 <p>Posture</p>	<p>It is best if the height of your mattress is just below your knees. Put your feet on the floor with your knees bent at 90 degrees and see if that works for you.</p>

Solutions

Changing bed linen

If your bed is too low to the floor, use bed raisers, longer legs or wheels. If your bed is on wheels, use your knee to move the bed out from the wall. If it does not have wheels, put your bed away from the wall.

Fold your sheets so that you can put them across the bed. Put a chair or bench at the end of the bed so that you can easily roll blankets up the bed. Do not lift the mattress. Kneel beside the bed. Slide your forearm under it to tuck sheets in.

Seeing at night

A night light helps you see on your way to and from the toilet. Leave the bathroom light on.

Sleeping

Do not to use smart phones, tablets or computers 1-2 hours before bed to prepare for sleep.

Go to bed and wake up at the same time every day. Do not nap for more than 20 minutes a day. The best time for a nap is 1-1:30 pm if you get up early or 2:30-3pm if you get up late.



'Move It' Black Bed Leg

These strong bed legs are good for use on carpet.

bunnings.com.au



Philips Large Display Alarm

This clock radio has a digital FM tuner. You can preset it with 10 radio stations and two alarms. It has a large display.

thegoodguys.com.au



Twin Pack Arlec Mini Q-Shaped Auto Night

These night lights are good for bedrooms, hallways, stairs and bathrooms. They turn on and off automatically.

bunnings.com.au



outside the house

Ask yourself:

- Do you wear shoes with a non-slip sole?
- Do you have strong handrails by the stairs and at entrances to your home?
- Can you see your steps outside?
- Are your steps non-slip? Do you use a key turner?



Tips

Get motion sensor lights at the house entrance. It is safer and you will be able to see better.

Plan

Choose native plants for your garden. Get a watering system or make your garden hydroponic which is growing plants without using soil. Get a pulley system to move hanging baskets up or down.

Prepare

Do gentle exercises before you start gardening. Make sure you can see your way around. Get strong light globes to see better in dark spaces.

Pace

Set your watering system on a timer. Do not drag the hose or lift the watering can if it is heavy. Make your garden from organic material, compost, newspapers and lucerne hay.

Posture

It is safer to step back and forwards when using a weeder or hoe. Set up the storage in your garden so that everything is within easy reach.

Solutions

Using keys and door locks

Replace handles on cupboards, drawers and doors with a lever or a D-shape handle. Put a magnetic door latch on your doors to hold them open when you go in and out of the house.



Fiskars PowerGearX Tree Pruner

This is good to reach and cut high branches safely.

bunnings.com.au



Cyclone Dutch Hoe Long Timber Handle

This has a good grip and a timber handle for better reach.

bunnings.com.au



Fiskars PowerGear II Hedge Shear

These are good for hedge trimming.

mitre10.com.au



KeySmart Key Organiser

This helps to turn your key in the door.

bunnings.com.au



Magnetic Sphere Door Stop

This stops doors and handles from marking walls.

bunnings.com.au



Holman Ergonomic Tap Handle

This helps turn taps that are hard to open or close.

bunnings.com.au

Gardening

Use garden tools with long handles, for example pruners and cutters. Get raised garden beds so you do not need to bend. Use a gardening trolley and stool with a kneeling board. Keep the tools you need near you. Sit or kneel comfortably for your gardening tasks.



Whites Round Pot Trolley

This helps move heavy plants easily and safely.

bunnings.com.au



Fountain Products Raised Garden Bed

This makes planting flowers, herbs and vegetables easier. It has legs you can take off.

bunnings.com.au



Sherlock Poly Cart

This is good for moving potting mix, mulch, planters or rubbish.

bunnings.com.au

Home maintenance

Get gutter protection to stop leaves collecting.

If water from your shower comes out too slowly, put a plastic bag with vinegar over the shower head. It will clean it overnight.



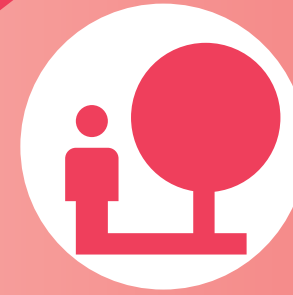
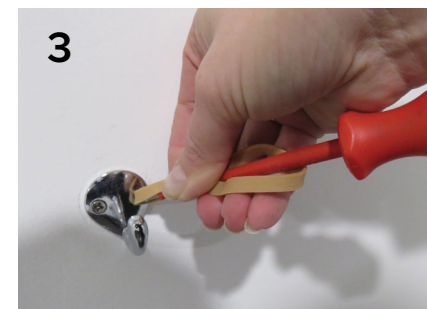
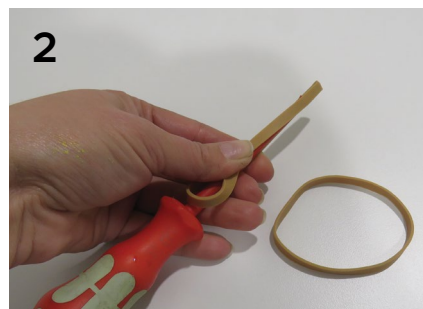
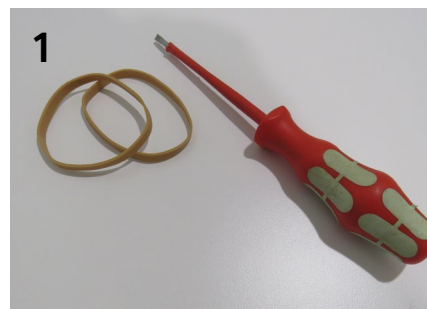
StayMesh Ultra Gutter Guard

A fast and easy way to keep leaves out of your gutter. Easy to set up.

bunnings.com.au



If your screwdriver is too small, put a rubber band over the tip of it. It will turn the screw.



out and about

Ask yourself:

- Can you get your heavy shopping delivered?
- Do you try to sit less and move more through the day?
- How do you stand when you put the shopping into the car or taking it out?
- Do you bend your knees when lifting things?
- Do you keep your keys, wallet and bag in the same place at home?



Tips

Know your local area. Find out where you can park and where the bathrooms are.

Plan

Plan to shop when it is not busy. Shop in familiar stores. Take shopping bags with long straps with you. They are easier to carry.

Prepare

Keep fit and exercise to do the things you love.

Pace

Keep things you need for going out in one place. Go shopping often rather than doing one big shop. Do some light tasks and some heavier tasks.

Posture

Ask staff to help you lift heavy things and put them into the car. Move carefully. Keep things where they are easy to get when you need them.

Solutions

Getting in and out of the car

Standing up from a car seat can be difficult. Use a transfer bar in the side of your door and a cushion that turns on your seat.

If you are in someone else's car and get stuck in the seat, put plastic shopping bag on the car seat to help you to slide in and out. Keep a bag with you for travelling.



Handy Bar

This car handy bar is portable and can help you get in and out of the car.

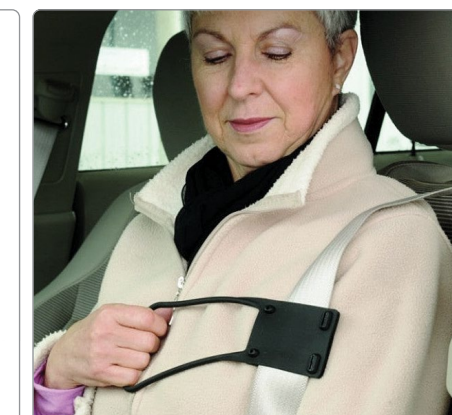
thinkmobility.com.au



Transfer Swivel Cushion

This cushion helps you get in and out of the car.

thinkmobility.com.au



Seat Belt Helper

The seat belt helper extends the handle of a seat belt.

agedcareandmedical.com.au



Carrying shopping

Use your shoulders and wrists to hold bags. Use a shopping trolley to carry things to and from the car or around the shops. Use your laundry trolley to take things from the car to the house. Use a walker to go shopping as you can sit on it to rest. Carry a few items in the basket under the walker. A physiotherapist will help you find a walker.

Keeping fit and active

Keep moving every day. Use the time you spend watching TV as exercise time. For example, stand up and sit down ten times at the start of the TV show, walk across the room and back during ads. Raise your toes a few times holding onto the kitchen bench when boiling the kettle. Walking or standing every day is better than one hour of exercise. Follow a routine.

Finding the car

Use your mobile to take a photo of where you parked. If the car park prints tickets, write the car park letter and number on the back. Park your car at the edge of the car park or near a spot you will remember.

Tips

Put things in the same place and do things in the same order each day. More ideas for healthy ageing are at www.LiveUp.org.au. Take the quick quiz and get advice and local activities, groups and classes.

Your personal home safety plan

Talk about your personal home safety plan with your family and friends. Answer these questions to help you write your action plan for times when the unexpected happens.

Community safety

Do you notice when lights are not on at night next door?

Do you tell each other if you are going away?

Do you carry a small card with you listing who to call in an emergency and important medical information?

Do you have a list of important names and phone numbers next to your phone at home? Do you have it in your favourites on your mobile?

Personal safety

Do you have an emergency information pack on your fridge?

Do you have a note about any medical alerts on your fridge?

Do you have a power of attorney for health and finances?

Do you keep a phone or your mobile charged by your bed at night?

If you fall, do you know how to get up off the floor? Have you practiced it?

Can you crawl to where you can reach a blanket, drinking water and call for help?

Home safety

Do you put notes around the house to remind yourself to do things?

Do you carry a notebook with things to do and important events?

Do you take your mobile with you when you go to the shed or garden to call for help?

Do you have an emergency call system? It is a device you always wear with a button that can be pushed in an emergency to get help.

Have you hidden a key outside or in a key safe so your friends and family or the emergency services can get in?

Do you have working smoke alarms?

Tips

An emergency information pack has a list of your medications, the details of a local neighbour, friend or family. It has important information for the emergency services. It also has the name of your power of attorney.

Allied health professionals

Allied health professionals are medical experts. They have services in your community. Some are paid for by the Department of Veterans Affairs, Medicare or My Aged Care. Some are paid for by private health insurance or community health services.

Speak to your doctor about allied health professionals that can help you.

Occupational therapy

Occupational Therapists are also called OT. They help to find ways to stay independent and safe. OT can help you decide what changes you need in your home, for example rails or shower chair.

Ask yourself:

Do you want to learn easier or safer ways to do everyday tasks?

Are you struggling with daily activities?

Have you had a fall or are worried about falling?

Do you need information about how to protect your skin or pressure areas?

Do you want to talk about things like ramps, electric scooters, beds and wheelchairs?

If you answer yes, speak to your doctor about getting a referral to an OT.

Physio

Physios are medical experts. They help improve your health through movement and exercise.

Ask yourself:

Do you need advice on mobility, for example using walking sticks or walkers?

Have you had a fall or are worried about falling?

Do you feel less strong when walking and doing daily activities?

If you answer yes, speak to your doctor about getting a referral to a physio.

Speech pathologists

As we get older, it may be more difficult to talk. Speech pathologists are medical experts. They help with communication, for example speech, language and voice. They also help with swallowing.

Ask yourself:

Do people find it hard to hear you?

Do you struggle to hear people?

Have you had health problems with your head, neck or throat?

Has the way you talk, eat or swallow changed?

If you answer yes, speak to your doctor about getting a referral to a speech pathologist.

Podiatrist

Podiatrists are medical experts. They help with feet, ankles and legs.

Ask yourself:

Do you need advice on your footwear?

Do you have diabetes, open sores or painful areas on your foot or ankle?

Do you worry about your foot and toenail care?

If you answer yes speak to your doctor about getting a referral to a podiatrist.

Useful resources

LiveUp

www.liveup.org.au

Information on healthy ageing, AT and exercise classes.

iLA

www.ilaustralia.org.au

Independent information and initiatives.

KeepAble

www.keepable.com.au

Information to support home and community care providers.

Village Hubs

www.ilaustralia.org.au/our-services/villagehubs

iLA is the national grants manager for the Village Hubs Grants Fund from the Australian Government. It is a way for older people to improve their mental and physical health.

ATChat

www.atchat.com.au

Connect with other AT users and get information about how they use AT.

National Equipment Database

www.askned.com.au

National Equipment Database is also called NED. It has information about AT to help you stay independent.

geat2GO

www.indigosolutions.org.au/funding/commonwealth-home-support-programme/geat2go

The Commonwealth Home Support Programme initiative called geat2GO can help you stay independent.

Choice

www.choice.com.au

CHOICE tests products and writes guides to help people buy. You can get more information on their website.

Australian Cyber Security Centre

www.cyber.gov.au

To help you stay safe online, the Australian Government and the Australian Cyber Security Centre have information on this website.

Don't fall for it

www.health.gov.au/resources/publications/dont-fall-for-it-falls-can-be-prevented

This booklet has advice to older Australians, their families and carers on how to prevent falls. You can download it here.

Vision Australia

www.visionaustralia.org

Vision Australia works with Australians who are blind or have low vision. Go to their website for more information.

Dementia Australia

www.dementia.org.au

Dementia Australia works with Australians with dementia and who care for them. Get free information from their website.

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