



*“...After a chat with our physio,
I’ve started using a transfer belt
to help John get around at home.*

*At first he wasn’t keen on it, but
he likes it now because it helps
me to help him and we are able
to get about easier...”*

EQUIPMENT AND APPROPRIATE MODIFICATIONS





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SAFETY TIPS

Safety Tips

- You can improve the ergonomics of a house simply by making sure there is appropriate seating that assists the person who has mobility difficulty. Things to consider are the height of the seat; e.g. is it easy for the person to stand from, or is it too low and requires extra effort?
- Ensure the chair is stable with good 'grippy' feet.
- Ensure the chair has comfortable arm rests for the person to push up from.
- Make sure that the person has sensible footwear with supportive, non-slip soles (not slippers).

Provision of any of the equipment below is based on clinical need following assessment by a relevant health provider.

DRESSING AND REACHING AIDS

1. Long handled shoe-horn

This aid can be used by both you and the person to take off and put on shoes. Many types have a hook on the end of the handle that can be used to aid dressing. Four types are shown below.



2. Stocking and sock aid

This aid is used in helping the person put on socks or stockings by themselves.



3. Dressing aids

These grip style aids can be used for a variety of purposes when a person's movement is limited.



4. Quick release shoe lace tightener, drawstring waist and button-opener

These aids show the variety of smaller implements designed to make fine movements easier.



MOVING AND HANDLING AIDS



1. Slide sheet

Slide sheets come in a variety of shapes and sizes.

Pictured here are a tubular sheet and a flat square sheet.



2. Transfer sling

A transfer sling (or transfer strap) is used in assisting the transfer of a person from a variety of positions. The sling will usually be attached to the person's waist and have a number of handles to use in assisting the transfer.



3. Height adjustor blocks

These adjustor blocks can be used for beds and chairs to adjust height according to the needs of the person. They are a simple and inexpensive modification in the home.

Only use approved purpose-built height adjustor blocks.



4. Lifting hoist

A lifting hoist is a hydraulic mechanism that carries the weight of a person in a sling. It can be used in a number of transfer scenarios, most commonly from a bed to a chair.



5. Standing lifter

A standing lifter can assist a person into, or out of, the standing position. They can be used to lift a person out of a chair, off a bed or into or out of a standing position. There are several types available.

BEDDING AIDS



1. Bed stick and bed rails

These aids assist the person's ability to move in bed; they can also assist a person to sit up in bed and to stand up beside the bed.



2. Rope ladder

The rope ladder is used to assist the person's mobility in bed, particularly sitting up from a resting position.



3. Overhead triangle handle grip

The triangle handle grip, like the rope ladder, assists the person's mobility in bed. It can assist a person to move around in a bed by helping them use their upper body strength.



4. V-shaped pillow

These pillows are widely available and can provide support and comfort for a person wishing to sit up in bed.



5. Woollen re-positioning under-pad

This under-pad can assist two people to transfer a person from one part of the bed to another.



6. Variable pressure mattress

This specialised mattress reduces the risk of the person developing pressure sores.

MOBILITY AIDS



1. Walking stick

A walking stick is used to assist balance when walking and going up and down stairs.



3. Hip protector

Hip protectors are an inexpensive aid that can reduce the risk of injury of fractures to the hip. For those people who have fallen or are concerned about falling, hip protectors can help provide confidence when walking. The area most fractured from a fall is the neck of the thigh bone (femur). A hip protector is designed to reduce the risk of fractures to this area.



2. Four legged walking stick

A walking stick with added stability for balance.



4. Walking stick with seat rest

This is a single leg walking stick with a built-in fold-down seat, to allow the person to rest when they need to.



5. Four legged walker

This walker provides added stability and arm rests for the person requiring more assistance than a walking stick.



6. Wheeled-walker

This lightweight walker provides stability for the person and includes a seat, brakes and carry rack.



7. Wheelchair

A wheelchair provides mobility for a person unable to walk. There are a large variety of wheelchairs including lightweight, attendant propelled, transit, one arm drive, amputee and electric models.

IN THE BATHROOM



1. Bath boards

A bath board is a relatively inexpensive aid used to assist the transfer of a person into the bath. They come in a variety of different materials, most commonly timber and plastic.



2. Bath seat

A bath seat is placed on the floor of the bath to make it easier for the person to get into the bath, as they do not have to lower themselves in as far.



3. Grab rails

A person can hold onto the grab rails when moving in and out of the bath, the shower or when using the toilet.



4. Over-toilet rails

These rails provide excellent support when sitting on and standing up from the toilet. There are a variety of over-toilet rails available and some are fully portable and removable.



5. Non-slip flooring

This makes moving around the bathroom safer, especially when feet are wet.

Note: It is recommended the person's feet are dried properly after showering or bathing.



6. Sliding bath board

This can assist the person entering the bath by helping to slide them over the wall of the bath.



7. Shower chairs

These are used to support a person while showering, and are non-slip and fully waterproof.