

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. ILC Tas can assist with information and advice about options that are available.

Household and Kitchen

Jar openers make it easier to remove lids. **Chopping boards with spikes** hold food in place while chopping and peeling. There are alternative style kitchen tools, such as peelers, with built up handles. A **kettle tipper** assists with pouring a kettle or jug without having to lift the kettle. **Tap turners** make it easier to turn taps on and off. A **Key turner** gives better grip and leverage on keys.

Long handled reachers can be used to pick things up off the floor without bending. They can also assist in dressing.

Eating and Drinking

Lightweight cutlery with large handles make grasping and holding cutlery easier. Other alternative cutlery is also available. **Plates with high sides** may help those with difficulty loading their spoon or fork. **Non slip matting** under cups and plates helps to prevent sliding.

Bathing and Grooming

Devices to increase a person's safety when bathing include; **bath boards, shower chairs, stools and bath seats**. **Long handled sponges** make reaching your toes and back easier.

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

Toileting

Raised toilet seats and over toilet frames make it easier for someone to get off the toilet. **Commodes** may be useful for those having difficulty getting to the toilet.



Dressing

Long handled shoe horns, and **sock aids** can assist with dressing. **Button hooks** may assist with doing up buttons. **Adapted clothing** may be useful for people who have difficulty dressing themselves. **Elastic laces** eliminate the need to tie laces.

Getting in and out of the Car

Swivel cushions can make it easier to get in and out of the car. Another alternative is to try a plastic bag on the seat.

The **Handybar** is a handle that attaches to the locking mechanism by a car door and provides a handle to assist someone to get out of the car.

A **back support** may be the answer for comfort on long car trips.

Recreation

Enjoy a “winning hand” with the help of the **card-holder** or **shuffler**.

A **book rest** could help support a good novel.

A **bowling arm** enables individuals to bowl without bending.

There are a variety of craft and gardening tools available that may be easier for you to use.

ILC Tas





ILC Tas provides information and advice about assistive equipment and technology.

We have health professionals who can help you decide what you need. They offer information and advice tailored to your situation. Solutions could involve changing a technique, using a service, home modifications, handy hints or adapting something you can find around the home.

For more information on the items in this information sheet, please contact us. We can send you information on suppliers, contact numbers and approximate prices.

We also have a list of hire agencies and a second hand listing.

Contact ILC Tas for more information

-  Ring 1300 885 886 to speak to a health professional.
-  Visit our website www.ilctas.asn.au or email ilc@ilctas.asn.au.
-  Make an appointment to visit the centre at 275 Wellington Street, South Launceston.
-  Ring us to find out when we will be visiting your area.

ILC Tas is a not for profit organisation and does not sell equipment.

Supported by the Crown through the Department of Health and Human Services and the Australian Government Department of Health. Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

