

Great Gadgets for the Home

Day to day activities can be made easier by using various types of assistive gadgets. These tools and small changes can help you stay more independent and safe in your own home.



Household and Kitchen

Jar openers make it easier to remove lids.

Chopping boards with spikes hold food in place while you cut or peel. 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 turners** gives better grip and leverage on keys.

Long handled reachers help you pick up things up off the floor without bending



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 scooping food onto your fork or spoon.

Nonslip matting under cups and plates helps to prevent sliding.

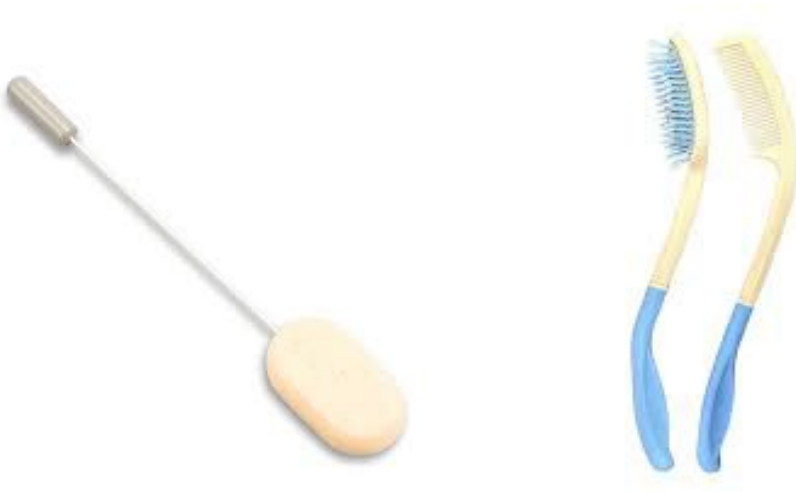


Bathing and Grooming

Bath Boards, Shower Chairs, Stools and Bath Seats. Help you wash safely while sitting.

Long-handled sponges help you reach your toes and back more easily.

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



Toileting

Raised Toilet Seats and **Over Toilet Frames** make it easier for someone to get on and off the toilet.

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

Bottom Wipers, Bidets and **Hand-Held Portable Water Sprays** help wash and dry your bottom after toileting.



Dressing

Long handled shoehorns and **sock aids** can assist with dressing.

Button hooks can 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 of 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 **cardholder** or **shuffler**.

A **book rest** can hold your book while you read.

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.



More information

For further information, or advice, about any item contained in this information sheet, please contact Independent Living Centre Tasmania Inc.(ILCT):

- Call 1300 452 827 to speak to a health professional.
- Visit our website www.ilct.com.au or email info@ilct.com.au.
- ILCT visits communities around Tasmania. Contact ILCT to find out when we will be in your area.

ILCT provides Occupational Therapy, Physiotherapy, Speech Pathology, and Allied Health Assistant services, on a fee-for-service basis. Our team delivers comprehensive assessments and support that may include assistive technology, home modifications, communication aids, and other tailored interventions to enhance independence and quality of life.

ILCT specifically provides supports to those aged over 18, who are Tasmanian residents and are of any culturally-diverse background. ILCT are a registered provider under the National Disability Insurance Scheme (NDIS).

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