

Support worker help sheets

Maximising Independence with DRESSING 1

Do you support someone to get dressed?

How can you support a person to remain independent with these tasks?

Can you teach someone new ways to look after themselves?

Low risk AT assistive technology is designed to make tasks easier, safer and allow an individual to perform a task independently.

They are simple, low cost items that can be purchased from retail outlets, pharmacies, hardware shops and supermarkets.

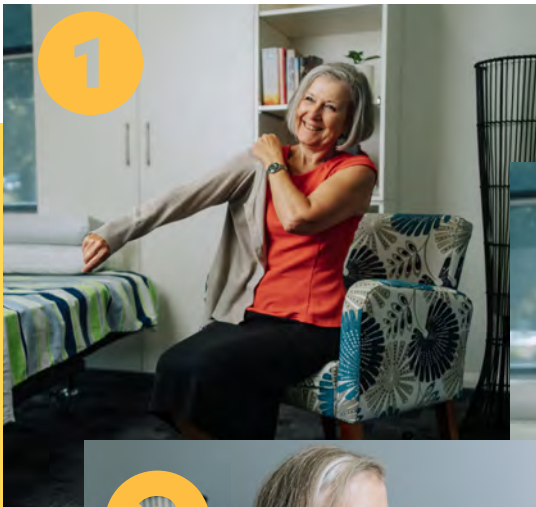


Using a Dressing Stick

A dressing stick is either made of wood or plastic. Most dressing sticks have a push-pull hook on one end and a 'C' hook or rubber tip on the other.

Dressing sticks assist in putting on and removing garments that cannot be easily reached. A dressing stick can be used to bring clothes around your shoulders, push clothes off your shoulders, pull up zips, pull up pants and push of socks. Clients with difficulty reaching behind their shoulders and bending to their feet may benefit from a dressing stick.

Make sure your client is sitting when completing dressing tasks.



Putting on a shirt or cardigan

1. Place your less affected arm into the shirt/cardigan and pull it up to your shoulder.
2. Hook the dressing stick at the collar and use the dressing stick to move the shirt/cardigan around your neck.



3. Use the dressing stick to pull the shirt/cardigan forward so that it comes over your second shoulder.
4. Once it is in reach, grab the shirt/cardigan and place your arm in the sleeve.

Putting on a pullover garment

1. Place both arms in the sleeves and position the hook of the dressing stick on the back of the collar
2. Push the fabric up and over your head.
3. Pull the garment down to your waist.

Consider the training your individual client would benefit from. A combination of oral instructions, demonstrations and written instructions may be required to help your client become competent and confident using low risk AT assistive technology.

Support worker tip sheets

Maximising Independence with DRESSING 2

Do you support someone to get dressed?

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Using a Button Hook

A button hook is a pointed loop hook attached to a thick wooden or plastic handle.

A button hook enables clients to do up buttons independently. Clients with reduced strength in their hands or the use of one hand only may benefit from a button hook.

Button hooks with larger handles are available to assist clients with poor grasp.

1. Insert the button hook through the buttonhole.
2. Hook the button with the end of the buttonhook.
3. Pull the button through the buttonhole.

Alternatively, your client may wish to consider clothing without buttons which are easier to manage.



1



2

Using a Zip Pull

A zip pull is a clip-on ring with a finger loop that can be attached to standard zipper tabs to assist with fastening zips. Clients who have difficulty gripping a standard grip may benefit from a zip pull.

Button hooks and dressing sticks often have a 'C' shaped at the end of them to assist with doing up zips.

Consider the training your individual client would benefit from. A combination of oral instructions, demonstrations and written instructions may be required to help your client become competent and confident using low risk AT assistive technology.

Support worker tip sheets

Maximising Independence in the BATHROOM 1

Do you support someone with personal care tasks?

How can you support a person to remain independent with these tasks?

Can you teach someone new ways to look after themselves?

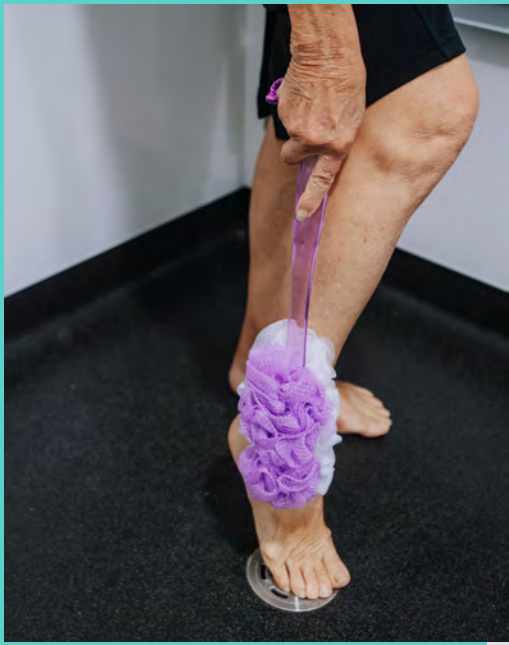
Non-complex/low level assistive technology is designed to make tasks easier, safer and allow an individual to perform a task independently.

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Using a Long Handled sponge

A long-handled sponge is an absorbent sponge attached to a long stem with a plastic built up handle. The long stem eliminates the need for bending or twisting allowing your client to wash their whole body unassisted.



Using a Long handled toe washer

A long-handled toe washer is a uniquely shaped sponge attached to a long stem with a plastic built up handle. The uniquely shaped sponge is designed to fit in-between toes allowing your client to wash their feet and toes without bending and without your assistance.

If your client is at risk of falls or is unable to transfer in and out of their shower or bath without your support, they may require an Allied Health assessment to further maximise their independence.

You can support your client to do this by assisting them to call My Aged Care and requesting an assessment.

Call the My Aged Care contact centre on **1800 200 422** (Freecall*).

Support worker tip sheets

Maximising Independence in the BATHROOM 2

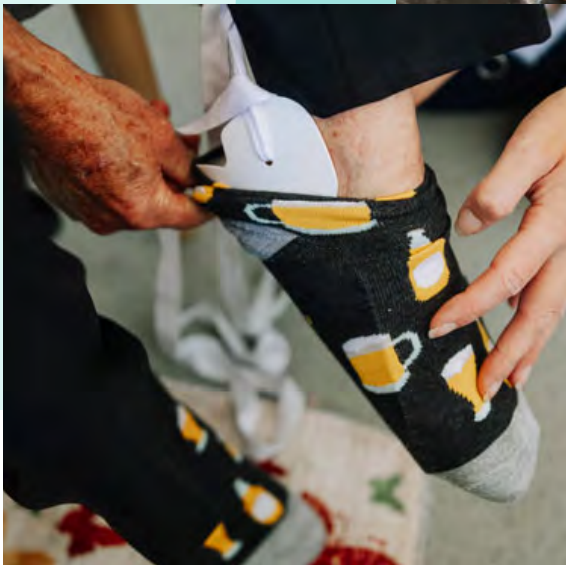
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Using a long handled lotion applicator

A long-handled lotion applicator is a paddle shaped device attached to a long handle for easy application of lotions, oils, sunscreen and medications on hard to reach areas. Some applicators come with a detachable top that can be filled with creams and lotions that are distributed around the body with rotating balls. Others have a removable sponge that can be washed and reused regularly.

Consider the lighting in the room your client is applying creams and if a mirror would be helpful. It may be safer for your client to sit down when applying lotions.



Using a long reach nail scissors

Sitting down and using a foot stool can make cutting toenails easier.

Long handled nail scissors provide extended reach if your client has difficulty bending or reaching their toenails. Long loop handles allow your client to use their whole hand to control the scissors which will help if they experience weakened grip.

Clients with diabetes or a visual impairment need to be particularly careful when attending to their toenails.

Clients with a chronic medical condition may be able to access free visits to a Podiatrist through a GP Management Plan (GPMP).

Consider the training your individual client would benefit from. A combination of oral instructions, demonstrations and written instructions may be required to help your client become competent and confident using low risk AT assistive technology.

Support worker tip sheets

Maximising Independence with DRESSING 4

Do you support someone to get dressed?

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Using a sock aid

A sock aid is a flexible plastic or semi flexible material attached to two long handles.

A sock aid enables a person to put on their socks without having to bend or reach to their foot.

Ensure your client is sitting when completing tasks.



Step by step instructions

1. Bring the two side edges of the sock aid towards each other to form an open-sided tube.
2. Stretch the top of the sock over the aid. You may find it easier to hold the sock aid in place in-between your thighs.
3. Pull the sock down until the aid is pushed firmly into the toe area and the heel of the sock is in line with the top of the aid.
4. Hold onto the two handles and drop the sock aid to the ground. Position your foot in the sock and tug gently on the handles.
5. The aid will then pull the sock up your foot as the aid is pulled out the sock.

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Support worker tip sheets

Maximising Independence with MEAL PREPARATION 1

Do you support someone to prepare meals?

How can you support that person to remain independent with these tasks?

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Using a Jar Opener

There is a wide variety of jar, bottle and can openers that reduce the need to use force or have strong grip. Some products improve grip while others have adapted and extended handles which gives greater control.

Clients with reduced strength and movement in their hands and wrists may benefit from one of these products. Under counter and wall mounted openers may be more beneficial for clients with the use of only one hand.



Using a Kettle Tipper

A kettle tipper is a raised wire frame that cradles any standard kettle designed to assist with minimal effort tipping and pouring. A kettle tipper reduces the need to lift a heavy kettle and the risk of spilling boiling hot water.

Clients with reduced strength, poor grip or the use of only one hand may benefit from a kettle tipper.

Practice with your client using the kettle tipper to [pour cold water first to find out where the mug needs to be positioned and to allow them to become familiar with the water flow.

Consider the training your individual client would benefit from. A combination of oral instructions, demonstrations and written instructions may be required to help your client become competent and confident using low risk AT assistive technology.