

Making Choices, Finding Solutions

A GUIDE FOR YOUR SAFETY, INDEPENDENCE AND WELLBEING



independent living
assessment



About this Guide

This guide has been developed to assist people with choosing and finding simple assistive technology, equipment and basic home modification solutions available in local stores and online in Australia. It contains a range of useful tips and advice to help people better manage everyday tasks and address common frustrations.

Please note that prices and products may change over time and were correct at time of printing.

Online Solution Finder

You can also find information about assistive technology and allied health support via the online Solution Finder on the Independent Living Assessment website: www.ilaustralia.org.au

Authors

Hilary O'Connell, Ellen Bragger,
Kelly McAuliffe

Acknowledgements

This guide was developed with funding from the WA State and Commonwealth Governments as part of the Home Modification and Assistive Technology Project 2013-2018.

Originally produced by the Independent Living Centre WA (ILC 1978-2019), the ILC became Indigo Australasia in 2020 and established a separate organisation, Independent Living Assessment (ILA) which is now the responsible entity for this guide.

© Copyright Independent Living Assessment

All rights reserved. No part of the material protected by this copyright notice may be reproduced or used in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval systems, without the prior written permission of the copyright owner.

© Copyright Making Choices, Finding Solutions Version 5 (February 2020)

Contents

About Independent Living Assessment.....	2
What are Assistive Technologies?	3
What are Home Modifications?.....	4
What is the Role of a Tradesperson/Builder?	5
Identifying Your Needs	6
Finding Solutions	7
Every Day Activities Checklist.....	8
 Around the House Advice	10
 Kitchen Advice	17
 Bathroom Advice	25
 Laundry Advice	32
 Lounge Advice	37
 Bedroom Advice	42
 Outside the House Advice	46
 Out and About Advice	52
Personal Home Safety Plan for Myself and My Home	56
Allied Health Professionals	59
Useful Resources and Websites	62
References	64

2 About Independent Living Assessment



About Independent Living Assessment

Independent Living Assessment (ILA) aims to enhance health and wellbeing by connecting the community with trusted knowledge and expertise.

Service areas include:

- Assistive technology (devices and equipment)
- Grants including Equipment for Living and Disability Equipment Grants
- Regional Assessment Services
- Clinical Advisory
- AT Chat
- Sector Support and Development

Our Vision

A community in which all abilities are valued, where people have the knowledge, tools and confidence to participate.

Our Purpose

Enhancing health and wellbeing by connecting the community with trusted knowledge and expertise.

www.ilaustralia.org.au

08 6202 4700

Did You Know?

A 2015 survey conducted in the United Kingdom found that older people feared losing their independence more than death. Reablement is a pathway to bringing more sustainability to the aged care sector with evidence indicating that older people can reable, adapt, strengthen and relearn skills.

Top Tip

NED, the online National Equipment Database, also has a list of local contractors who can support people during a home modification process. Visit: askned.com.au



What are Assistive Technologies?

Assistive technologies are defined by the World Health Organisation as 'any device or system that allows individuals to perform tasks they would otherwise be unable to do or increase the ease and safety with which tasks can be performed.'¹

This guide will focus on simple assistive technologies and common every day solutions often found in local pharmacies, supermarkets and hardware stores across Australia. Examples may include items such as electric can openers, automatic night-lights or non-slip grip cutlery.

¹ (WHO, 2004)

Did You Know?

Around 50% of the difficulties with daily living activities experienced by an older person can be overcome by modifications and/or equipment (assistive technology)².

² (O'Connell, 2016)

4 What are Home Modifications?



What are Home Modifications?

Home modifications are changes made to your home environment that help you to continue to do the tasks and activities that you want to do with less limitation. This guide will focus on simple, home modifications that do not involve structural changes to your home and will provide advice on who to talk to for additional support and guidance.

Top Tip

Making simple and structural home modifications often involve both an occupational therapist (OT) and a builder to ensure the changes are the right fit for your body and environment and are constructed to meet building standards.



What is the Role of a Tradesperson/ Builder?

Qualified builders and tradespeople will:

- Understand structural and technical matters related to home modifications and can provide technical advice regarding building materials (i.e. timber vs metal ramps).
- Interpret and apply the relevant building codes and Australian standards.
- Advise on the viability of an OT's recommendations (i.e. grab rail installation into a studred wall).

Additional considerations:

- **Shower waterproofing**

Any disturbances (such as the installation of a rail) to a wet area may compromise the waterproofing and as a result it may be necessary to reseal any areas which have been drilled into.

- **Ensure that your wall is suitable for grab rails**

The wall type (studs, reinforced) determines which fixings are appropriate to use. It is important to determine that the grab rails are suitable for your wall surface and are strong enough to withstand the force placed on them.

- **Types of grab rails**

It is important that a suitable grab rail is installed, as towel rails rotate in their fittings and take limited amounts of force only. Your local hardware store or equipment supplier may stock grab rails. Grab rails are available in many different materials, shapes, diameters and lengths, each with their own benefits and limitations. To ensure the right fit for you and your home, it is best to get some professional advice.



- **Houses built prior to 1988 may contain asbestos.**
- **Are water outlets situated too close to power sockets?**

6 Identifying Your Needs

Identifying Your Needs

How your body works

When it comes to health and wellbeing there is no 'typical' older person and good health is not just the absence of disease. A number of people over the age of 70 may experience several health conditions at the same time, but continue to be able to do things that are important to them. A combination of a person's physical and mental resilience is a better predictor of their health and wellbeing than the presence or absence of disease.

Research shows that keeping your body moving is vital to maintaining good health. Adding simple assistive technologies and basic home modifications into your daily routine can:

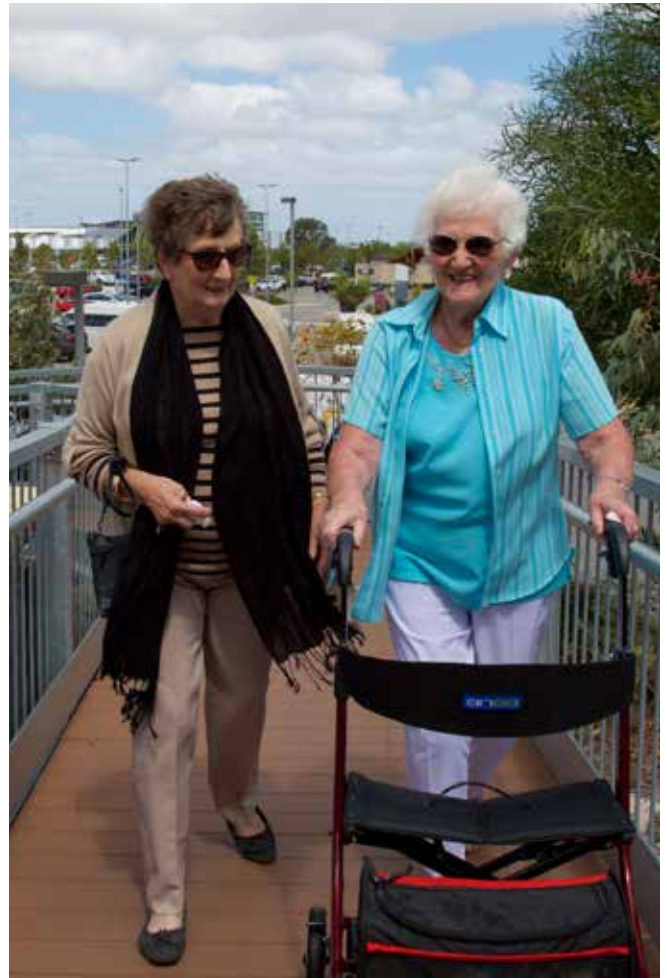
- Make daily tasks easier to do, leaving you with more energy.
- Reduce the strain and stress on joints in the hands, hips and knees.
- Give you the confidence to get out and about and do the recreational and social activities that you enjoy.

Did You Know?

At least half of all age-related changes to muscles, bones and joints are caused by disuse.

Studies of centenarians (people over 100) show that social and mental activity is critical for health and longevity.

This includes engaging in intellectual stimulation, learning new things, having good family ties, a supportive social network and links to the community.



What is wellness?

Support for individuals provided through the Commonwealth Home Support Programme (CHSP) is underpinned by a wellness philosophy. This is about building on an individual's existing capacity and potential so they can optimise their physical, social and emotional abilities and live as independently and connected to the community as possible. Wellness has a focus on 'doing with you' rather than 'doing for you.'

Assistive technology and home modifications are a component of this approach. These adaptations can enhance accessibility and safety in the home by supporting people to do the things they want and need to do and focus on positive outcomes that can slow the impact of ageing by increasing or improving health and wellbeing.



Finding Solutions

Finding resourceful ways to adapt your surroundings using simple assistive technology and basic home modification solutions requires an understanding of four areas:

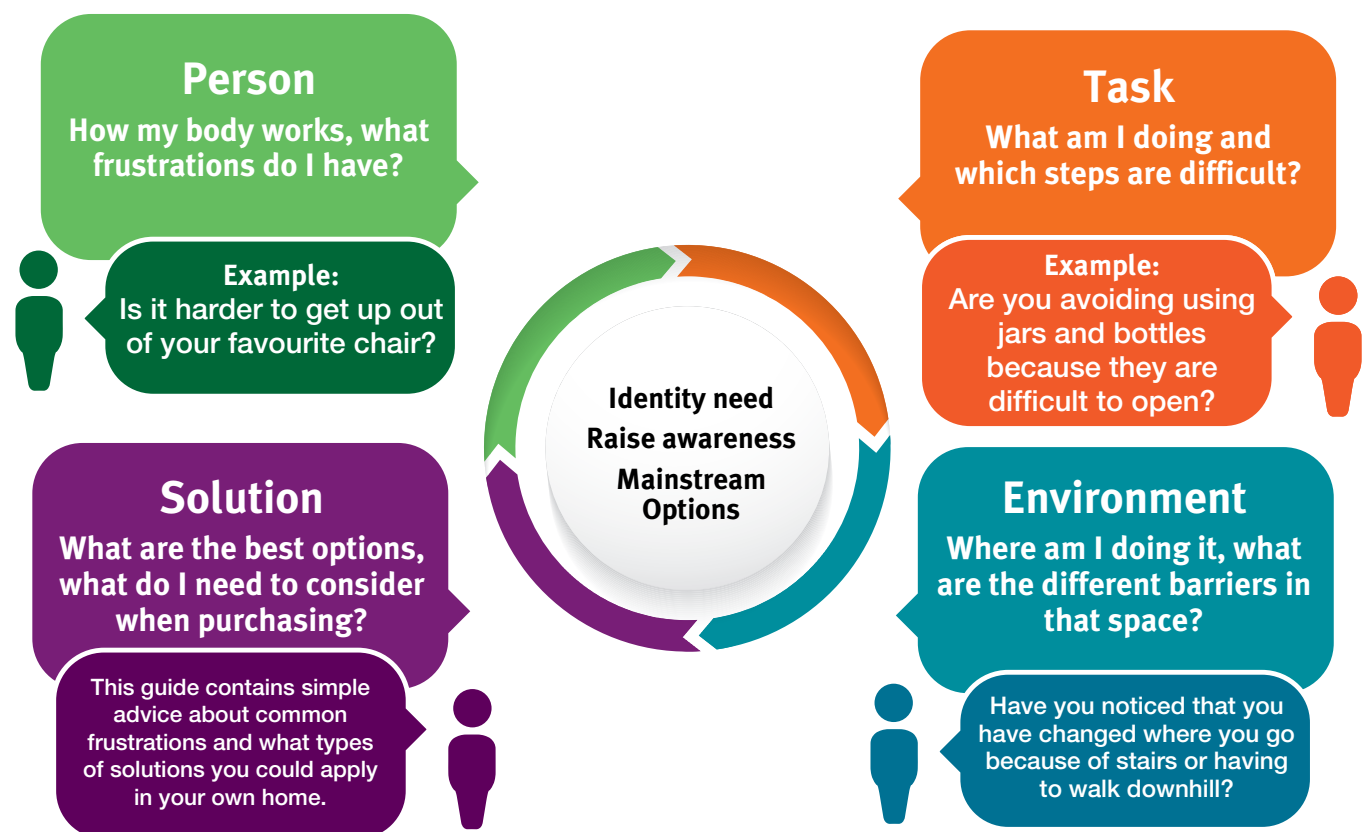


Figure 1.1

A theoretical model to guide consumer driven choices. Adapted from: *A Competency Framework for Trusted Assessors*. M. Winchcombe & Dr. C. Ballinger (2005).

Fill out the **Every Day Activities Checklist** on the next page to help identify your common frustrations and then head to the **Solutions** sections (p10-59) in this guide for some simple advice and buying guides.

8 Every Day Activities Checklist





Every Day Activities Checklist³

Please consider the tasks and environments in the checklist below to help identify some common frustrations and which solutions you would like to learn more about.

Online Solution Finder

You can also find information about assistive technology and allied health support via the online Solution Finder on the Independent Living Assessment website: www.ilaustralia.org.au

I am interested in items that may make these activities easier...

Environment	Task/Activity	Yes	Turn to Page
Around the House 	Cleaning floors – mopping and vacuuming	<input type="checkbox"/>	12
	Cleaning the bath, shower or toilet	<input type="checkbox"/>	13
	Dusting	<input type="checkbox"/>	13
	Picking up and reaching things on the floor	<input type="checkbox"/>	14
	Using a telephone, smartphone or seeing the numbers	<input type="checkbox"/>	15
	Using a computer	<input type="checkbox"/>	16
Kitchen 	Opening jars and tins	<input type="checkbox"/>	19
	Turning taps on and off	<input type="checkbox"/>	20
	Chopping or cutting food	<input type="checkbox"/>	20
	Pouring the kettle	<input type="checkbox"/>	21
	Lifting pots	<input type="checkbox"/>	21
	Reaching high and low cupboards	<input type="checkbox"/>	22
	Turning the stove knobs on and off	<input type="checkbox"/>	23
	Using a timer	<input type="checkbox"/>	23
Bathroom 	Reaching my feet and toes to wash/dry	<input type="checkbox"/>	27
	Dressing or putting on socks/stockings/shoes	<input type="checkbox"/>	28
	Dressing and using zips, buttons or bras	<input type="checkbox"/>	29
	Clipping my finger or toe nails	<input type="checkbox"/>	30
	Managing medications	<input type="checkbox"/>	30
Laundry 	Carrying laundry	<input type="checkbox"/>	34
	Hanging out laundry	<input type="checkbox"/>	35
	Using the washing machine	<input type="checkbox"/>	36
	Ironing laundry	<input type="checkbox"/>	36

³(HDG Consulting Group, August 2014)

Environment	Task/Activity	Yes	Turn to Page
Lounge 	Using complicated TV remotes, watching TV	<input type="checkbox"/>	39
	Holding and seeing crafts	<input type="checkbox"/>	40
	Seeing and holding books	<input type="checkbox"/>	41
Bedroom 	Changing bed linen	<input type="checkbox"/>	44
	Night-time lighting	<input type="checkbox"/>	45
	Sleeping	<input type="checkbox"/>	45
Outside the House 	Using keys and door locks	<input type="checkbox"/>	48
	Gardening	<input type="checkbox"/>	49
	Home maintenance	<input type="checkbox"/>	50
Out and About 	Getting in and out of the car	<input type="checkbox"/>	53
	Carrying bags of shopping	<input type="checkbox"/>	54
	Finding the car in car parks	<input type="checkbox"/>	54
	Keeping fit and active	<input type="checkbox"/>	55





Around the House Advice

Are your cleaning items stored in an easily accessible cupboard/area?



Are your extension cords in good condition and do you avoid running them across rooms, doorways or corridors?



If the edges of your rugs and mats tend to curl up, are they tacked down or do they have a non-slip backing to stop them moving?



Do you use long-handled tools for reaching high and low places instead of standing on furniture or having to kneel on the floor?

Do you know how to adjust your chair and desk to limit any discomfort or pain in your back, wrists or arms?





PLAN

- Plan first to reduce extra trips or reduce the number of steps in a task or activity.
- Divide activities throughout the week instead of overdoing it all in one day.

PREPARE

- Group articles that are used together e.g. place cleaning tools and cloths in an easy to carry basket.
- Use trolleys to avoid carrying items across distances.
- To ensure your computer is set up safely, the Australian Government has put together a booklet called: 'Protecting Yourself online. What everyone needs to know.' Download a copy, visit the website: www.staysmartonline.gov.au

PACE

- Pace yourself: alternate between doing light and heavy tasks.
- Incorporate a system of work and rest into activities.
- Short rest breaks of five minutes during daily activities can help increase overall endurance.

POSTURE

- Any pain or soreness is a likely indication that you have worked too hard or have done the task using poor posture.
- Change your position every 15 minutes.
- Take frequent stretch breaks throughout the day.
- Avoid awkward bending, reaching and stooping.
- Practise maintaining your head, shoulders and hips in alignment.
- Do not bend for longer than 30 seconds at one time. It is better to kneel than bend.
- Setting up your desk chair, desk height and body position can make using the computer more comfortable.



Top Tip

Long-handled and light weight equipment require less force and can reduce joint stress.



Simple Solutions for Common Around the House Frustrations

Cleaning Floors: Mopping and Vacuuming

- Consider organising a cleaner to complete heavy spring cleaning i.e. scrubbing the bathroom, vacuuming and mopping all the floors. Each month add in a different task, for example, in December, have them clean the windows, in January, have them clean the oven.
- A long-handled steam mop eliminates the need for a mop and bucket.
- A light, long-handled hand vacuum can keep on top of daily dust and dirt between monthly deep cleans.
- Use a long-handled pan and brush to avoid bending.



**Sabco Long-handled
Dustpan and Brush**



www.bigw.com.au



\$17.50



**Homemaker
Steam Mop**



www.kmart.com.au



\$49



**Electrolux
Ergorapido**



www.thegoodguys.com.au



\$179.00

Cleaning Bath, Shower and Toilet

- Try an advanced non-scrub product and window blade after showering to reduce excess water and soap scum.
- A long-handled scrubber can reduce bending and twisting to reach awkward high and low places.
- Keep a spray toilet cleaner and long-handled toilet brush near the toilet and use toilet tissue to regularly clean the toilet between uses.

Dusting

- Static dusting cloths pick up more dust and often have retractable long, light weight handles for hard to reach places.
- A damp microfiber cloth collects dust. A dry cloth pushes dust around.
- Repurpose old socks by dampening and placing over your hands to dust the house.
- To remove pet hair, put a rubber glove over your hand, dampen and then use to remove pet hair from your furniture.



**Sabco Soft Grip
Window Squeegee**



www.bigw.com.au



\$5.25



**Vileda Mop
Bath Magic**



www.woolworths.com.au



\$18.50



Sabco Duster



www.bigw.com.au



\$7.25



Picking Up and Reaching Things on the Floor

- Instead of having to reach down low to turn appliances on and off you can install a power board with a remote control to reduce bending and reaching.
- A simple long-handled reacher allows you to reach light objects up high or down low on the floor.
- Using a kneeling pad and frame means that you have support when getting down and up and padding to protect the knee joint.



Handireacher



www.daily.com.au



\$35



**Home Leisure
Ezykneel Kneeling
Pad with Frame**



www.bunnings.com.au



\$19



**Arlec Remote Control
Power Outlets**



www.bunnings.com.au



\$27



**Arlec White Ring
Pull Extension Lead**



www.bunnings.com.au



\$6.25




Using a Telephone, Smartphone or Seeing the Numbers

- Using a magnifying glass with a built-in light can help with seeing numbers.
- There are a range of telephones with large numbers, icons and voice amplifiers.
- When selecting the right mobile phone or tablet there are a few options and features to consider, such as the size of the screen and which operating system to use.
- ‘Siri’ on Apple iPhone and ‘Hey Google’ for Android phones can be used instead of dialling or looking up a phone number; simply say: “Call (name of person saved in phone contacts).”



☒ **Vtech 16650 Corded
Cordless Phone
Combo**
 www.jbhifi.com.au
 \$79



☒ **Uniden Sight and
Sounds Enhanced
Cordless Phone
System**
 www.jbhifi.com.au
 \$89

16 Around the House Advice



Using a Computer

- Set up a desk lamp to provide brighter lighting.
- To reduce glare, make sure the light is positioned below eye level.
- The standard computer screen size is 17 inches. Check if your computer can support an enlarged screen size.
- Both Microsoft and Apple platforms offer a range of built-in screen enhancement features. These features include preset “high contrast” colour schemes, larger standard font and improvements to the visibility of the mouse pointer.
- The latest version of Microsoft Windows, Windows 10, also has an inbuilt full screen magnifier that is comparable to many of the purpose-built screen magnifier programs available. Access this feature by clicking on the Windows key, tap the ‘+’ sign to turn the magnifier on and zoom in the display to the desired size. Press the Windows key and the Escape button to close the magnifier.
- There are separate keyboards for laptops or keyboard stickers that create greater contrast and have extra-large keys and numbers.



**Keyboard Stickers
2 Colour Options**



www.shop.visionaustralia.org

\$10



Kitchen Advice

Do you store everyday items within easy reach on the bench top or hanging by the stove top?



Are cupboards and shelves easily reached without having to stand on tip toes or get down onto the floor?



Do you have a working smoke alarm installed and a fire extinguisher and/or fire blanket within easy reach?



Do you mop up spills as soon as they happen?





PLAN

- Creating a meal plan for the week can make it easier to prepare healthy meals. It also ensures you have the right ingredients on hand when you are ready to cook.
- Purchase chopped frozen vegetables and fruit.
- Cook once, eat twice: by cooking larger meals and re-using or freezing you cut down on the number of times you need to cook a new meal from scratch.

PREPARE

- Prepare your area and set up ingredients on the bench or table before you start cooking.
- Sit down to do meal preparation.

PACE

- Consider breaking up the task if necessary e.g. prepare meat in morning, vegies in afternoon.
- Clean as you go or while items are cooking.
- One pot wonders: slow cookers are often simple to operate, save time, use less energy and can keep the kitchen cooler in warmer months.

CHOICE
85%
SCORE



**Sunbeam Slow
Cooker**

www.bigw.com.au

\$59

Top Tip

Sitting reduces energy use by 25%. Consider what tasks you can do sitting down. For example, prepare vegetables at the dining table.





Simple Solutions for Common Kitchen Frustrations

Opening Jars and Tins

- There is a wide range of low cost jar, bottle and can openers that reduce the need to use force or have a strong grip. They also protect the joints in the hand and wrist.
- Try running the jar under hot water to help expand the metal, dry off and then use the aid.



One Touch Can Opener



www.daily.com.au



\$35



Ring Pull Can Opener



www.daily.com.au



\$8



Jar Opener Goodgrip



www.daily.com.au



\$16

20 Kitchen Advice

Turning Taps On and Off

Many cross bar taps require you to grip, hold and turn using force. A simple device like a plastic tap turner lever or replacing existing taps with lever taps, makes turning taps off and on easier.



Homecraft Cross-Head Tap Turner



www.daily.com.au



\$20



Shaw and Mason Chrome Lever Handle Taps



www.bunnings.com.au



\$31

Chopping or Cutting Food

- Holding a knife for long periods can become uncomfortable if the handle is narrow or thin.
- There are many utensils and kitchen tools that are made with enlarged non-slip grip handles that make holding the utensil easier and can reduce strain to hand joints.
- If you find it hard to hold a food item on a board, you can use a spike board. A non-slip mat will stop items from moving around on the bench.
- For the ultimate in ease when chopping, cutting and grating use a small electric kitchen tool with different parts to help you with mixing, chopping, grating or blending, with just the push of a button.



Non-slip Place Mat



www.daily.com.au



\$5



Etac Fix Preparation Board



www.daily.com.au



\$112



Breville The Control Grip Stick Blender



www.bigw.com.au



\$89

Lifting Pots

- Fill and empty pots using a plastic jug.
- Consider changing to two handled pots or use steamer inserts or cooking baskets that lift out of your existing pots once the food is cooked, leaving the pot of water to cool and empty later.



Kmart Multi Cooker



www.kmart.com.au



\$27



Kmart Steamer Insert



www.kmart.com.au



\$12

Pouring the Kettle

- Some kettles are heavy to lift and hold while filling at the sink. There are a few smaller or light weight versions.
- You could fill the kettle using a plastic jug and have the kettle sitting in a kettle tipper, which means it can be more easily tipped and poured without the need to lift.



Homemaker Cordless Kettle



www.kmart.com.au



\$7.50



Uccello Powerpour Kettle



www.daily.com.au



\$86



Kettle Tipper Jug



www.daily.com.au



\$77

22 Kitchen Advice



Reaching High and Low Cupboards

Instead of having to bend down and reach into the cupboard, let the shelves come out to meet you. There are many simple cupboard inserts that make corner, high and low cupboards easier to access with the installation of a pull-out or pull-down shelf, or carousel style shelving in corner cupboards.



Ikea Wire Basket



www.ikea.com



\$40



Ikea Utrusta Pull Out Interior Fitting



www.ikea.com



\$50



Ikea Utrusta Corner Base Cabinet Pull Out Fitting



www.ikea.com



\$180



Turn On and Off Stove Knobs, Use a Timer

- Sometimes the dials and numbers on a cooker or oven can be difficult to see or become worn. Using small contrasting tactile dots can help you easily see and feel when the dial is off.
- There are automatic shut off devices that can be fitted to gas and electric stove tops. These additional safety features need to be professionally installed.



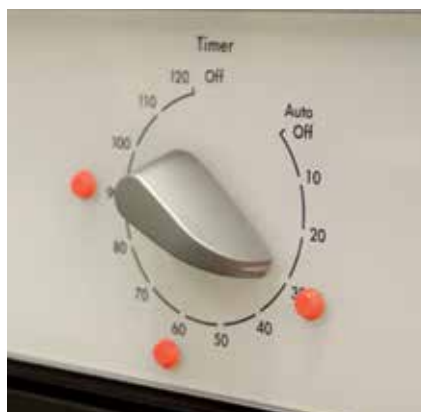
Small Tactile Timer



www.shop.visionaustralia.org



\$45



Bump Dots



www.shop.visionaustralia.org



\$25



Etac Turner



www.daily.com.au



\$35



Simple Kitchen Modifications



- Create extra bench space by placing a wooden chopping board on top of an open drawer.



- Install adjustable, pull out, pivoting, or turn table shelving.



- Install a dishwasher drawer.



- Install a bench that sits underneath the microwave which, when pulled out, provides a heat resistant surface.



- Install a wall oven with a side opening door instead of a low-to-floor oven.



- Replace cupboard and drawer knobs with D-shaped handles.



Bathroom Advice

Do you have non-slip flooring in the bathroom and/or use a rubber non-slip mat on the floor of your shower and in the bath?



Do you have hand rails near the toilet, shower and bath so that you do not rely on door frames, towel rails or bathroom fixtures for support?



Do you have an automatic light or can you leave a light on during the night for toilet visits?



Do you have a thermostatic control on your hot water system?





Top Tip

Use a towelling robe to help dry your body and sit to dry your feet.



PLAN

- Ensure you have all the items you need within reach. For example, lay out clothes and long-handled equipment next to you on a chair or bed.
- Have a sturdy chair in the bathroom and/or bedroom to sit on for drying and dressing.

PREPARE

- Long-handled items can make it easier to reach your lower body, back and even your hair.
- A magnified makeup mirror makes it easier to see.
- Foam tubing can make items easier to grip.
- Use a tube squeeze to help get toothpaste out.

PACE

- Sitting saves you energy and makes it easier to reach your lower legs and feet.
- Wash the upper body first and then the lower body using long-handled aids.



Etac Beauty Comb, Brush and Hair Washer



www.daily.com.au



\$32-66



Aluminium Tube Wringer



www.floraandfauna.com.au



\$19.95



Croc Grip Anti-Slip



www.bunnings.com.au



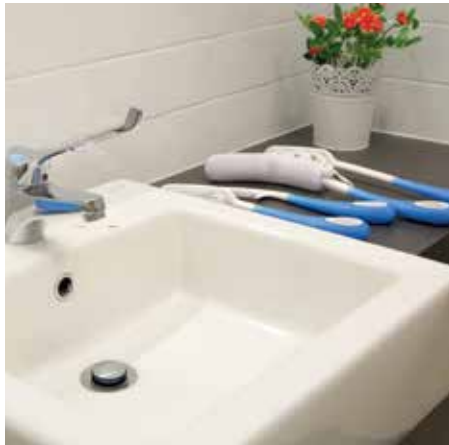
\$10.78

Simple Solutions for Common Bathroom Frustrations



Reaching Feet and Toes to Wash and Dry

- Use long-handled brushes, sponges and toe washers to reach your feet.
- Sew loops or soft handles to towels to help grip the towel when drying your feet and back.
- Use a dry long-handled toe washer/dryer to dry your feet.
- Wrap a towel around a long-handled aid, like a dressing stick to dry your toes.



Enzo Barelli White Rubber Bath Suction Mat



www.bunnings.com.au

\$12



Bath Sponge Long



www.daily.com.au



\$25



Toe Washer



www.daily.com.au



\$29



Compact Magnifying Mirror



visionaustralia.org



\$45



Putting on Socks, Stockings and Shoes

- Try sitting down to dry and dress and use a foot stool to help dry feet and put socks and shoes on.
- If reaching your feet seems a bit too far, using long-handled aids like a shoe horn, stocking aid and dressing stick can make things simpler.
- Consider shoes with Velcro straps or elastic laces instead of tying shoe laces.



Sock Aid



www.daily.com.au



\$15



**Long-Handled
Shoe Horn**



www.daily.com.au



\$12



Shoes with Velcro



www.theathletesfoot.com.au



\$159.99



Getting Dressed

- If you find pulling up your zipper or doing up buttons a little fiddly, try a large button hook or zip puller loop (this also can help keep zips up by hooking a loop over the button).
- Always dress the weak or painful arm or leg first.



Long Handreacher
www.daily.com.au

\$35



Zipper Puller
www.ebay.com.au

\$7.55



Berlei Front Fastening Bra
www.berlei.com.au

\$54.95



Button Hook
www.daily.com.au

\$14



Dressing Stick
www.daily.com.au

\$15

30 Bathroom Advice

Clipping Finger or Toenails

- Suction nail clippers hold themselves in place to make one handed cutting easier.
- Modified enlarged nail clippers will help you see what you are doing.



**Long-handed
Toenail Scissors**



www.daily.com.au



\$28



Suction Nailbrush



www.daily.com.au



\$16

Managing Medications

- Medication organisers or similar can be arranged through your pharmacy and can carry up to four medications for each day of the week.
- Talk to your local pharmacy about simple pill crushers or splitters.
- There are some aids to make holding the eye open and squeezing the tube to put in eye drops easier.
- Pill reminder alarms can be set on your mobile phone or left next to your pills.



**Talking Medcentre
Clock**



www.shop.visionaustralia.org



\$130



Ezy Drops Eye Guide



www.shop.visionaustralia.org



\$13



**Medications
Organiser Boxes**



www.shop.visionaustralia.org



\$8 - \$32

Simple Bathroom Modifications

- Install lever taps to make turning taps off and on easier.
- Install a hand held adjustable shower head to wash the back and feet when sitting.
- Install non-slip adhesive strips or dots on bathroom flooring and/or inside the bath and shower.
- Install an automatic sensor plug-in or battery-operated light to guide your way to the toilet at night.



Lever Taps



www.bunnings.com.au



\$31



Estilo Adjustable Showerhead



www.bunnings.com.au



\$35



Croc Grip antislip Safety Strips



www.bunnings.com.au



\$10.78



Magic LED Sensor Nightlight



www.bunnings.com.au



\$20



Laundry Advice

Do you have a level access from your laundry to the outside clothes line?



Do you have a sturdy chair or table set up next to the clothes line to put the clothes basket on?



Do you have space inside to leave a clothes airer where it will not be a trip hazard?



Do you use an apron with a large front pocket to carry and store pegs?





Top Tip

Hang wet shirts and blouses out to dry on clothes hangers to reduce the need to iron

PLAN

- Consider purchasing clothes that do not need to be ironed.
- Keep washing powder or liquid next to the machine and purchase a small container to lighten the lifting load.

PREPARE

- Keep the ironing board set up in an easy accessible place to reduce unnecessary steps.
- Do not over fill iron with water to reduce the weight.
- Clothes are more easily ironed if they are damp.

PACE

- Remove items from the machine one at a time to reduce straining and the amount of weight to be lifted.
- Iron for less than 30 minutes at any time.
- Rest every 5-10 minutes.
- If you can, use a trolley to carry small loads to the line.
- A clothes dryer will reduce the need to hang out the washing.

POSTURE

- Place the washing basket on a chair to reduce the need to repeatedly bend down.
- When sitting to iron use a high chair with a back for support or a swivel seat to access items and avoid twisting.
- Use the ironing board at the correct height. The ironing board should be adjusted so that your elbow is level with the top of the iron handle.



Simple Solutions for Common Laundry Frustrations

Carrying Laundry

- A washing basket trolley reduces the need to bend and carry heavy baskets. Clothes can be hung on clothes racks inside to minimise carrying outside.



Washing Basket Trolley



www.bunnings.com.au



\$14.90



Morgan 12 rail wire clothes airer



www.bunnings.com.au



\$6.00



Mrs Pegs Handyline



www.mrspeggshandyline.com.au



\$269



Hanging Out Laundry

- Adjust the clothes lines to suit your height if possible.
- Place a small solid chair or table near the washing line and place the washing basket on it if you are not using a trolley.
- Hang clothes on a coat hanger if pegs are difficult to use and reduce the time to hang out and bring in.
- Use adapted pegs that reduce the pressure required to open and have non-slip enlarged rubber grip.



Morgan plastic pegs



www.bunnings.com.au



\$3.50



Handy Pegs



www.mrspeggshandyline.com.au



\$34



36 Laundry Advice



Washing Machine Tips

- Elevate front loader washing machines to waist height on a bench or install a front loader washer stand.

Ironing Laundry

- Fold clothes as you remove them from the line to reduce the ironing.
- Consider buying or wearing clothes that do not need ironing.



 **Electrolux Laundry Pedestal with Drawer**



www.thegoodguys.com.au



\$289



Light Weight Iron



www.target.com.au



\$12





Lounge Advice

Is the floor free of loose rugs and clutter?



Do you find it difficult to hear the TV or conversations in a party situation and wish you could use headphones to eliminate the background noise?



Do you become frustrated by the complicated TV remotes and wish there was just one simple remote to use?



Do you require enlarged text on computer screens, keyboards and telephone buttons to make them easier to read?





Top Tip

Using technology and aids such as magnifiers, amplifiers and correct lighting can help you keep in touch, browse the internet, relax with a book and never miss your favourite TV show.

PLAN

- Always plan to sit in a chair that is the right seat depth and height for you.
- A supported relaxed posture prevents static muscle contractions that can cause pain and stiffness due to the build-up of toxins and lack of oxygen in the muscles.

PREPARE

- Position the chair you prefer to use when reading or doing craft so that the natural light from the window is behind you to reduce the glare.
- If using light coloured needles or pins, set up a table or lap tray with a black non-slip mat and materials to create a contrast, making items easier to see.

PACE

- Keeping your brain healthy is essential for living a fulfilling, healthy and long life.
- It's never too early or too late as brain health can be improved and protected at any age through heart health, being physically active, mentally challenging your brain, eating a healthy diet and enjoying social activity.

POSTURE

- We are not designed to sit in a chair for long periods of time.
- When sitting, blood flow is sluggish, impacting on heart health and brain function and the muscles in your hips and back tighten.
- Having a chair and desk that is set up for you is important, but standing and moving regularly throughout the day is key to maintaining good health and wellbeing.

Simple Solutions for Common Lounge Frustrations



Using Complicated TV Remotes, Watching TV

- There are a range of different simplified television remotes, some with large buttons, which will work with any television that has an existing infrared remote.
- Adding a simple to use TV remote and headphones connected to your TV can make it easier to watch your favourite show.



**Sonic Super Ear
Sound Amplifier
Model se5000**
www.amazon.com.au
\$79.99



**LP Easy Learning
TV Remote**
www.shop.visionaustralia.org
\$39



**One for all Essence
TV Universal
Remote**
www.jbhifi.com.au
\$35.95



**Sennheiser Wireless
TV Earphone
Headphone 2000**
www.earandhearing.com.au
\$299.95

Holding and Seeing Crafts: Knitting, Sewing, Playing Cards and Board Games

- Vision Australia and VisAbility have online stores that sell a range of items such as pre-thread needles to help people who find it hard to see small crafts and needles.
- There are standard sized playing cards that have enlarged suits and numbers available or you can purchase larger playing cards.
- There are a range of different wooden and plastic playing card holders to reduce strain on hands and wrists when holding cards for long periods.



**Self-threading
Needles**



**www.shop.
visionaustralia.org**



\$3



**Self-threading
Machine Needles**



**www.shop.
visionaustralia.org**



\$7



Pre-thread Needles



**www.shop.
visionaustralia.org**



\$3



**Card Holder Winning
Hand Holder**



**www.bridgeshop.
com.au**



\$16.95



**Hoyle Super Jumbo
Cards**



**www.shop.
visionaustralia.org**



\$20



**Standard Size
Playing Cards,
Large Numbers**



**www.shop.
visionaustralia.org**



\$10



Seeing and Holding Books

- Necks, arms and wrists can become tired when reading. A simple book stand can reduce the time holding a book and allows you to sit closer to the book without getting a neck strain.
- Many books, diaries and calendars are now printed in large print to make them easier to read. Local libraries and book stores often have large print books available.
- The Kindle eReader, which is sold through Amazon, also has accessibility features, including text to speak and it can play audiobooks.



**Black Aluminium
Bookstand**



**[www.shop.
visionaustralia.org](http://www.shop.visionaustralia.org)**



\$20



Bedroom Advice

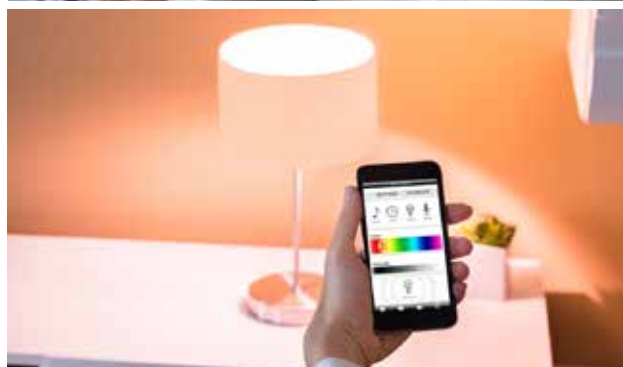
Do you have an emergency response system/alarm and a plan in place if you are feeling unwell during the night?



Do you always make sure you sleep on the side of the bed and pump your feet and move your arms to wake up your mind and body before standing?



Do you have a bedside lamp that is touch or voice activated? This makes it easier to use than searching for a switch.



Do you use binder clips on your bedside table to hold your charge cords?





PLAN

- Have a stable bedside table.
- Keep a working flash light in the drawer or on the bedside table.

PREPARE

PACE

- Doonas are lighter than blankets and can make changing the bedding easier.
- Aim to expose yourself to sunlight early in the morning and throughout the day.
- Exercise early in the morning, outside if possible to improve sleep at night.

POSTURE

- The best height for a bed is when it is just below knee height and you can put your feet flat on the floor and knee at 90 degrees to help you get in and out more easily.
- Have your wardrobe set up so that everyday stuff is at a reachable height for quick and easy access.

Top Tip

Heathy sleep

Sleep is a fundamental human need and along with nutrition and physical exercise, it is one of the three pillars of good health.

If you have ever felt foggy after a poor night's sleep, it won't surprise you that sleep significantly impacts brain function.

A healthy amount of sleep is vital for "brain plasticity" or the brain's ability to adapt to input. If we sleep too little, we become unable to process what we've learned during the day and we have more trouble remembering it in the future.



Simple Solutions for Common Bedroom Frustrations

Changing Bed Linen

- If your bed is too low to the floor (at knee height or below) raising it up using bed raisers or longer bed legs or castors may make it easier to change linen.
- Use your knee to move a bed on castors out from the wall. Permanently position the bed away from the wall if not on castors.
- Fold the sheets so that they can be unfolded across the bed rather than shaking them.
- Place a chair or bench at the end of the bed so that blankets can be rolled on, then up the bed easily. Do not lift the mattress. Kneel beside the bed and slide your forearm under the mattress to tuck in the sheets. Only tuck in at the end of the bed.



Bed Castors



www.bunnings.com.au



\$12



Sleep

- Try to not use devices, smart phones, tablets, computers (with blue lights) or expose yourself to bright light within 1-2 hours of going to bed to help prepare the brain and body for sleep.
- Aim to go to bed and wake up at the same time every night (including the weekends to support your body's natural sleep rhythms).
- Respect your natural tendency to go to bed earlier or later when figuring out the best time for you to go to bed every night.
- Limit day naps to 20 minutes at the most, and don't nap late in the day. The best time is around 1-1:30 pm if you're an early riser, or 2:30-3pm if you're a late riser.

Night-time Lighting

- Install an automatic sensor plug-in light or battery operated light to guide your way to the toilet at night.
- Plan to leave the toilet or bathroom light on at night to help guide you in the dark.



Auto Nightlights Plug In



www.bunnings.com.au



\$15



Nightlight Digital Clock



www.bunnings.com.au



\$7



Outside the House Advice

Do you wear firm fitting, low heeled shoes with a slip resistant sole?



Do you have securely fastened handrails at entrances and where there are steps or stairs?



Are you able to clearly see the edge of steps and do they have a non-slip surface on them?



Do you use a key turner to make holding and turning keys in a lock easier?





Top Tip

Having adequately bright lighting and motion sensor lighting near entrances and external pathways are good for home security and night time safety.

PLAN

- Consider having a simple, low maintenance garden such as native plants.
- A simple pulley system can be used to easily adjust the height of hanging baskets.
- Hydroponic gardens reduce the need for watering or heavy digging.

PREPARE

- Prepare your body for work with some basic warm up exercises and stretches.
- Put the highest wattage bulb allowed for light fixtures to maximise lighting in dark spaces.

PACE

- Reticulation reduces the need to drag a hose or lift a heavy watering can.
- Consider no dig gardens made from organic material, compost, newspaper and Lucerne hay.

POSTURE

- Stepping backwards and forwards when using a weeder or hoe is safer than reaching and pushing using your arms and back.
- If possible, locate all garden storage areas within the shoulder to waist area, eliminating the need to bend down or to stand on tip toes.
- Potted plants can be low maintenance and if on wheels, can be moved with ease.



Simple Solutions for Common Outside the House Frustrations

Keys and Door Locks

- Replace small latches or handles on cupboards, drawers and doors with a lever or D-shape handles.
- Put a magnetic door latch on the front door and back door to hold the door open when carrying items in and out of the house.



Key Turner



www.daily.com.au

\$20



Magnetic Door Stop



www.bunnings.com.au

\$3.10



Eden 30cm Heavy Duty Round Plant Trolley



www.bunnings.com.au

\$9.98



Gardening

- Using long-handled gardening aids with ergonomic shaped handles such as pruners, cutters, and trowels reduces strain on joints and the need to bend or get down low.
- Using a gardening trolley and stool with a kneeling board means you can pull all the tools and items you need with you and it allows you to sit or kneel comfortably.
- Installing raised garden beds allows easy access for weeding and tending to the garden.



**Fiskars Easy Reach
Universal Tree
Pruner**



www.bunnings.com.au



\$68.90



**Cyclone
Long-handled
Heritage Hoe**



www.bunnings.com.au



\$59.98



**Fiskars Long-
Handled Grass
Shears**



www.bunnings.com.au



\$75



**Holman Plastic
Tap Handle**



www.bunnings.com.au



\$3.98



**Sherlock 67L Poly
Tray Cart**



www.bunnings.com.au



\$98



Raised Garden Beds



www.bunnings.com.au



\$165

50 Outside the House Advice



Home Maintenance

- Install gutter protection, which helps to stop leaves collecting and allows water to flow.
- A shower head with restricted flow can be caused by a mineral build up. Attach a plastic bag filled with vinegar over the shower head and leave over night to dissolve build up and improve water flow.



- If you have a stripped screw or a screwdriver that is too small, place a rubber band over the tip of the screwdriver to provide the traction needed to turn the screw.





Out and About Advice

Have you considered having the shopping delivered via phone or online ordering?



1
Create an account and link your flybuys to shop faster



2
Shop our extensive online product range

[Get started](#)

Do you set the aim of sitting less and moving more often throughout the day?



Do you stand front-on to the car when loading and unloading the shopping? Hold items close to your body and bend your knees.



Do you keep your keys, wallet and hand bag in the same spot in the house such as in a basket or by the door so you never forget important items when going out?





PLAN

- Try to shop outside peak times so the time taken will be shorter.
- Shop in familiar stores to reduce the walking and time involved.

PREPARE

- Maintaining a certain level of physical fitness and flexibility is important throughout life, so you can continue to do the things you love.
- Progressive strength training has been shown to have a huge impact on wellbeing and quality of life.
- Take your own calico shopping bags with long straps as they are easier to carry and can be put over your shoulder.
- Collect all necessary items in advance.

PACE

- Shop little and often rather than doing one big shop, if possible.
- Alternate between heavy and light tasks.

POSTURE

- Ask staff to assist lifting heavy items from shelves, in/out of the trolley and getting items to the car.
- Avoid awkward postures when loading and unloading or storing items.

Top Tip

There is a website called Access WA www.accesswa.com.au. It provides a comprehensive list of places, locations and activities across WA, which cater for people who may require some assistance such as easy parking, accessible toilets and level pathways.

Simple Solutions for Common Out and About Frustrations

Getting in and out of the Car

- Standing up from a car seat can be difficult without having something to hold for support.
- Using a transfer bar in the door and a swivel cushion reduces the effort required to lift legs around and provides a firm handle to hold onto to stand up.
- If you are out in an unfamiliar car and find you are getting stuck in the seat or have trouble sliding your bottom in, placing a standard bin liner (or plastic shopping bag) on a car seat can assist you to slide in and can be easily pulled out for travelling.



Handybar



www.daily.com.au



\$48



Seatbelt Reacher



www.daily.com.au



\$24



**Twist Assist
Transfer Cushion**



www.daily.com.au



\$60



Carrying Bags of Shopping

- A simple tip is to use your bigger joints to hold bags, rather than placing the strain through your smaller finger joints. For example, hanging a bag over your shoulders or carrying them over your wrist.
- Using a store provided or portable shopping trolley provides stability and reduces the need to carry items to and from the car or around the shops.
- Some people choose to use their laundry trolley to transport items from the car boot into the house. This works well if you have a step free access into your home.
- A seated walker may be helpful while shopping so you can sit when required and carry a few items in the basket under the seat. A physiotherapist assessment is recommended before choosing a walker.



Finding Your Car in a Carpark

- Take a photo of where you parked your car using your smart phone.
- If the car park has a ticket, write the car park letter and number on the back of the ticket.
- Park your car at the edge of the car park near a visual landmark then you get some extra walking exercise and have an easier way to find your car.



Keeping Fit and Active

Incidental exercise is one great way to have a daily impact on how much you move. Some examples are:

- Using TV time as mini exercise time, stand up and sit down 10 times and walk across the room or do toe raises holding onto the kitchen bench while watching the kettle boil.
- Science has proven that by reducing the time spent inactive and increasing the time spent walking/standing is more effective than one hour of physical exercise when done every day.⁵
- Join a local 'Living Longer Living Stronger' program, run by Council on the Ageing (COTA) WA, for fun, safe and personalised strength training, with sessions that are run in approved facilities by expert trainers. Call 08 9472 0104 or visit www.cotawa.org.au/physical-activity for more information.
- To help build your automatic remote memory fitness, follow a routine to help reduce what you need to remember each day. Get into good habits early by placing items in the same place, putting things away and doing tasks in the same order each day.

⁵ <https://www.abc.net.au/life/whats-the-minimum-amount-of-exercise-i-need-to-stay-healthy/10639592>



Personal Home Safety Plan for Myself and My Home

Just like a home fire safety plan, your personal home safety plan is designed to be discussed with close family and friends and goes through a range of questions so you can create your own action plan for those times in life when the unexpected happens.

Community Safety

- Do you and your close neighbours take notice when lights are not on at night and tell each other if you are going to be away?
- Do you carry a small identification card with who to call and important medical information in your wallet or purse?
- Do you have a list of important names and phone numbers next to your phone at home or stored in your favourites on your mobile phone to be able to call quickly and easily in an emergency?





Master Lock Wall Mounted Key Safe



www.bunnings.com.au



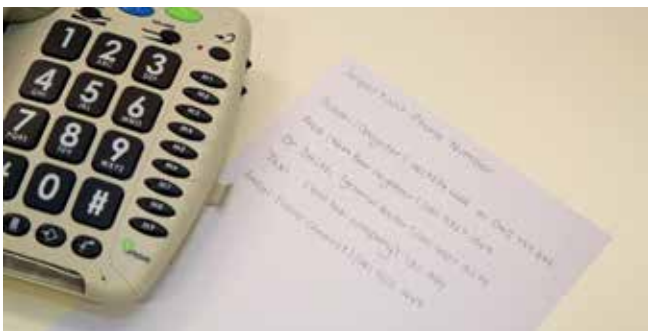
\$23

Home Safety

- Security at night: Leave simple reminder notes around the house using post it notes, such as check door is locked at night, check oven is off.
- Carry a small journal or note book to record things to do each day and important events that happened that you want to recall later.
- Do you carry your mobile phone or portable phone with you when you are out in the shed or garden to call for help if required?
- Have you considered using an emergency call system? It involves wearing a device at all times, with a button that can be pushed in an emergency to summon help.
- Have you hidden a key outside or have a key safe so your friends/family or emergency services can access your home?
- Do you have working smoke alarms and are they up to current standards? Visit the Department of Fire and Safety website for more information about smoke alarms: www.dfes.wa.gov.au



58 Personal Home Safety Plan



Personal Safety

- Do you have an emergency information pack on your fridge? Or something like a medical alert information card which is stored on the fridge? It should contain:
 - A list of medications
 - The name and address of a local neighbour you know and trust and who can be called in an emergency
 - A list of important health and personal information you would want the emergency services to know and the name of your Enduring Power of Attorney (EPOA).
- Do you have an EPOA for health and finances?
- Do you keep a phone at the bedside or mobile phone charged by the bed at night?
- If you were to fall, do you know how to get up off the floor? Have you practised it? Can you crawl to a place on your own, where you can reach a blanket, water and access a way to call for help?



Allied Health Professionals

There are many allied health services available in the community. Access to those services may be supported through government programs or other sources of funding including the Department of Veterans Affairs, Medicare, My Aged Care, private health insurance and community health services.

What types of allied health professionals are there and when should I get them involved?

Occupational Therapy (OT)

The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. This may be achieved through adapting the task, the environment or targeting the personal factors to increase independence and performance.

When might I need to see an occupational therapist?

- **Have you recently had a fall or feel at high risk of falling?**

Speak to your doctor in the first instance as health conditions and medications may need to be reviewed before an occupational therapist can be referred.

- **Are there parts of your home that you think may require some equipment or modifications? (e.g. rails at entrance, shower chair, over-toilet frame, bath board or bed pole)**

- **Would you be interested in learning if there is an easier or safer way to complete a task?**
- **Do you feel your health is deteriorating and you are struggling to cope with some or all aspects of your daily tasks?**
- **Would you like to get more information about special cushions or equipment to protect your skin or any pressure areas?**
- **Would you like to discuss extensive modifications to your house including ramps, bathroom modifications or specialised equipment such as electric scooters, electric beds and wheel chairs?**

If you answered yes to any of these questions then you may like to speak to your doctor about being referred to an occupational therapist or for more information call Independent Living Assessment on 08 6202 4700.



Physiotherapy

Physiotherapy is a healthcare profession that assesses, diagnoses, treats, and works to prevent disease and disability through physical means. Physiotherapists are experts in movement and physical function.

When might I need to see a physiotherapist?

- **Do you require advice on mobility aids e.g. walking stick, wheelie frame?**
- **Have you recently had a fall or feel at high risk of falling?**

Speak to your doctor in the first instance as health conditions and medications may need to be reviewed before a physiotherapist can be referred.

- **Do you feel you have reduced endurance with walking and activities of daily living?**

If you answered yes to any of these questions, then you may like to speak to your doctor about being referred to a physiotherapist or alternatively for more information call Independent Living Assessment on 08 6202 4700.



Speech Pathology

As we age, vocal cords can become less elastic and larynx (voice box) muscles can weaken, making it difficult to talk. Speech pathologists are trained to focus on speech, language, voice, cognition and swallowing difficulties. They identify, assess and diagnose communication difficulties and help restore how you express yourself and how you listen to and communicate with others.

When might I need to see a speech pathologist?

- **Do you find that your voice is not as strong as it used to be and/or people find it hard to hear what you are saying?**
- **Have you had some health problems related to your head, neck or throat that have changed the way you talk, eat or swallow?**
- **Do you find that your hearing is not as good as it used to be and it is affecting how you talk to people and hear what they are saying?**

If you answered yes to any of these questions then you may like to speak to your doctor about being referred to a speech pathologist or alternatively, for more information call Independent Living Assessment on 08 6202 4700.



Podiatry

Podiatry is the area of allied health dedicated to the diagnosis, treatment, prevention and management of medical conditions and injuries of the foot, ankle and lower limb.

When might I need to see a podiatrist?

- **Do you require advice on appropriate footwear?**
- **Do you have medical conditions that may affect the feet such as Diabetes or an open sore or red area on your foot or ankle?**
- **Are you concerned about your routine foot and toenail care?**

If you answered yes to any of these questions then you may like to speak to your doctor about being referred to a podiatrist.



Useful Resources and Websites

Independent Living Assessment

ilaustralia.org.au

Visit Independent Living Assessment and try the Solution Finder tool: ilaustralia.org.au/solution-finder to access ideas about what sort of assistive technology or allied health support might help you.

National Equipment Database

www.askned.com.au

An online database of information about products and services to help people remain independent and improve their quality of life. Includes details about different types of assistive technology and suppliers.

Choice

www.choice.com.au

CHOICE is a consumer advocacy group, which tests brands and products. They produce buying guides and CHOICE recommended products based on their independent testing. Consumers can subscribe to their online information.

Dementia Enabling Environments

www.enablingenvironments.com.au

The Dementia Enabling Environment Project (DEEP) Virtual Information Centre provides practical tips, guides and resources to help make the places where we live more dementia enabling. On the site, you can explore different home settings and learn more about key design principles in each area of the house and download useful information and resources.

Your Brain Matters

www.yourbrainmatters.org.au

Alzheimer's Australia's brain health program is designed to help Australians live a brain healthy life. There is also the app called BrainyApp to help you. Visit the website: www.brainyapp.com.au

Stay on your Feet

www.stayonyourfeet.com.au/everyone

Stay On Your Feet® is WA's falls prevention program for older adults. Stay On Your Feet® aims to reduce falls and fall related injuries among older adults living in the community and encourage confidence in independent living. On their website, there are useful resources and booklets including the *Stay on Your Feet WA - Home Safety Checklist*.

Useful Resources and Websites (cont)

Housing

www.cotawa.org.au/senior-housing-centre

The Seniors Housing Centre (SHC) is a free, independent information and advice service covering the full range of housing options for seniors in WA. It is delivered by the Department of Commerce in partnership with the Council on the Ageing Western Australia (COTA WA). The SHC does not directly offer housing, or provide financial and legal advice, but can be an invaluable source of information for seniors and their families.

Living Longer, Living Stronger

www.cotawa.org.au/activeageing/physical-activity

Operating in Western Australia since 2004, Living Longer Living Stronger is an evidence based progressive strength training and exercise program designed specifically for the over 50's.

Progressive strength training has been shown to have a huge impact on wellbeing and quality of life, and Living Longer Living Stronger provides safe, fun and personalised sessions in approved facilities by expert trainers.

Liveable Homes

www.liveablehomes.net.au

The Liveable Homes initiative was developed to increase the number of private and public homes in Western Australia that are built with universal access. Liveable Homes are easy to move around in and easy to use. They are open-plan and designed to maximise space in key areas of the home.

Vision Australia

www.visionaustralia.org

Vision Australia is a leading national provider of blindness and low vision services in Australia. Online store: www.visionaustralia.org/shop
Phone: 1300 847 466

Access WA

www.accesswa.com.au

Access WA provides a comprehensive list of places, locations and activities across WA that cater for people who may require some assistance such as easy parking, accessible toilets and level pathways.

Australian Government

www.ag.gov.au

The Australian Government has put together a booklet called 'Protecting Yourself online. What everyone needs to know.'

References

Active Ageing Physical Activity. (n.d.). Retrieved from COTA WA:
<http://www.cotawa.org.au/activeageing/physical-activity/>
Australia, A. (2016).

Your Brain. Retrieved from Your Brain Matters:
<http://www.yourbrainmatters.org.au/your-brainmatters/> your-brain Australia, V. (2016).

Vision Australia. Retrieved from Vision Australia: <http://www.visionaustralia.org>

Better Health Victoria. (2012, November). Ageing Muscles Bones and Joints.
Retrieved from Better Health Victoria: <https://www.betterhealth.vic.gov.au/health/condition-sandtreatments/ageing-muscles-bones-and-joints>

CAOT Resources. (2016). Retrieved from Canadian Association of Occupational Therapists:
<http://www.caot.ca/default.asp?pageid=3689>

HDG Consulting Group. (August 2014). Enabling the use of easy living equipment
in everyday activities. A guide for Home and Community Care services in Victoria.
Municipal Association of Victoria & Victorian Department of Health. O'Connell, H. (2016).

O'Connell, H. (2016). Developing Best Practice. A WA HACC Home Modifications and Assistive
Technology Project PowerPoint Presentation. Perth: ILC WA (Now called Indigo Australasia).

WHO. (2004). A Glossary of Terms for Community Health Care and Services for Older Persons.
Japan: World Health Organization.

ABC News. (September 2019) What's The Minimum Amount of Exercise You Need to Stay
Healthy? www.abc.net.au/life/whats-the-minimum-amount-of-exercise-i-need-to-stay-healthy/10639592

Contact us

Independent Living Assessment

The Niche, Suite A, 11 Aberdare Road
Nedlands WA 6009

Telephone: 08 6202 4700

Email: general@ilaustralia.org.au

Fax: 08 6202 4734

Web: www.ilaustralia.org.au

