



Everyday tools to help Mob **Guide**

liveup.org.au





Acknowledgment of Country

We pay our respects to all Aboriginal and Torres Strait Islander peoples and communities across Australia, and their Elders past and present.

We are committed to walking together to develop culturally safe information and initiatives that enable people to make informed choices and connections, and support strong, self-determining communities.

Please be aware that this guide contains images of Aboriginal and Torres Strait Islander people who may have passed away.



Walking Hand in Hand By Matty Atkinson

About the Artist

Matty Atkinson is a proud Bangerang and Wiradjuri man from the northeast region of Victoria. Matty was brought up around art; his grandmother and mother, both strong artists, have guided him throughout his life. While they were early influences, Matty is a self-taught artist whose style and ever-evolving art practices are distinctly his own.

For Matty, art started as a way to connect with his culture, but he realised it also served as a form of therapy and a powerful way to tell stories for the people he painted for. His art has evolved over time, transitioning from personal pieces created for loved ones to dynamic digital designs. His style has also evolved, moving from traditional Aboriginal art to a blended approach that incorporates elements of realism. While his digital work is more contemporary, traditional values and storytelling guide his process and remain at the heart of everything he creates.

About the Artwork

In the bottom left corner, we see Elders shrouded in blue, walking together towards a gathering place representing the heart of the community. We see two guiding hands on either side of this journey. One hand represents the Elders and the other embodies the 'helping hand' of tools that support the health and independence of the Elders as they walk on their journey.

Country and traditional ways surround this journey. Along the bottom we see Country depicted in red, symbolising the land and its deep, enduring connection to its people. At the top we see traditional ways and knowledge, passed down through generations, guiding the Elders as they navigate their journey.





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The tools explored in this guide may not be suitable for everyone. Please consult a health professional if you are unsure. Stop and seek medical assistance if you feel any new or increasing pain, dizziness, clamminess, or shortness of breath. There is no guarantee that the stores will have available stock of the listed products.

About LiveUp

LiveUp is a healthy ageing initiative that gives free advice and information about health and wellbeing.

We have a website and team of staff that give support, advice and community connections so you know your options and can live your journey, your way.

LiveUp is run by iLA and funded by the Australian Department of Health and Aged Care.

Find out more at liveup.org.au

About this guide

Everyone's life journey looks different and how we do things will change over time.

This guide gives you information about a range of tools that can help you in your everyday life to make tasks easier. It also explains your options for buying the tools.

We want to empower you to make choices that are right for you. When you know your options, you can keep your spirit strong as you age.

This guide has been made by LiveUp in partnership with Little Rocket, VAHS, VACCHO and an Elder working group.



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“We stick together and we get through”

– Lionel Bakes

With special thanks to: Janice Bakes—Gunditjmarra, Lionel Bakes—Palawa, Robyn Bradley—Gunditjmarra, Janine Clancy, Christine Ingram—Gimuy Walubara Yidinji, Joy Ingram—Gimuy Walubara Yidinji, Charelle Jackson, Janet Pyke—Yorta Yorta.

Staying independent

Lots of different tools are available to help you do things on your own.

The tools in this guide are easy to use and can be bought from local shops or online. What works for some people might not work for everyone, and there are many useful tools out there. If you need support, LiveUp can help you find tools that work best for you.

This guide explores low-risk tools. They are easy to set up and use without professional help. But if you want to buy any of these tools through your Home Care Package, you'll need an assessment from an Occupational Therapist.

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“It knocks you around when you can't do things anymore... simple things can make life easier”

– Lionel Bakes

What tools are for

What makes you feel strong and connected?

It's important to have strong physical, social, and emotional health, so you can look after yourself and your family.

Tools can give a helping hand in many ways, so you have more energy for the things you need or love to do. They can help with:

- ☒ **Caring for yourself and others,**
like doing household chores
- ☒ **Quality time with family,**
like cooking or eating together
- ☒ **Involvement in community life,**
like social groups or sporting events
- ☒ **Doing cultural activities,**
like art or music
- ☒ **Visiting special places,**
like walks out on Country.

How to get tools

There are lots of ways to get everyday tools.

Buying from the shop on your own

The tools shown in this guide can all be bought from local shops or online and you do not need professional advice to use them. This is the fastest way to make everyday tasks easier without waiting for funding and approval. You can choose what tools you want.

LiveUp can help

The LiveUp team can give personalised tips and support to help you and your loved ones learn more about everyday tools. Visit liveup.org.au or call for free on **1800 951 971**.

Speak with Mob

Often the help we need comes from community. Share this guide with loved ones to learn about what options are available.

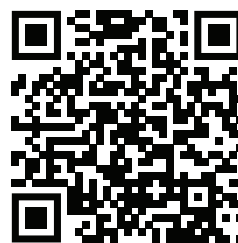
Getting older can be tough. If you, or someone you know, are feeling worried or no good – we encourage you to connect with **13YARN** on **13 92 76**, or **Lifeline** on **13 11 14** for 24/7 support.

Funding assessment

There are a few different funding streams available to help you access support. Many tools in this guide can be bought using funding if you are assessed to need them, but this can take time and not all the things you want will be approved for you. LiveUp can help you understand what funding is available.

Funding is available through:

- Commonwealth Home Support Program (CHSP)
- My Aged Care
- Home Care Packages
- National Disability Insurance Scheme (NDIS).



Scan the QR code
to find out more



Kitchen

A helping hand in the kitchen can make it easier to get things done or cook your favourite meal to share.



Kettle tipper

Helps safely pour hot water from the kettle without lifting to prevent spilling.



Two-handed mug

Makes it easier to enjoy your drink by giving you more stability and control, even if your hands are shaky or uncomfortable.



Tablet and book stand

Can be used to keep your books or tablet at eye level to reduce neck strain.



Scraper and chopper

This multipurpose scraper and chopper has a comfortable non-slip grip and can be used to chop, measure and scrape food.



Electric can opener

Opens cans hands-free by simply pressing a button.



Anti-fatigue mats

Used to cushion your feet, reducing tiredness, joint pain and discomfort, especially when standing for a long time.



Built-up cutlery

These utensils have large handles, making them easier to hold, especially if you have arthritis. The bigger handle means you don't need to close your hand as much.





Bedroom

Small changes to daily tasks can help you get ready for the day or wind down in a more relaxed way.



Portable lap table

Lets you eat or do activities while you're in bed or on the couch.



Glow touch table lamp

Turn your lamp off and on with one easy touch and no need to use a switch.



Backrest pillow

Gives extra support and comfort for your back on the couch or in bed.



Button hook and zip puller

Helps you pull up zippers and do up buttons, making dressing easier.



Long-handled shoehorn

Makes it easier to put your shoe on without needing to bend over.



Stretch shoelaces

Keep your shoes on without needing to tie or untie them and makes it easier to put on and take off shoes.



Long-handled hair comb and brush

Helps you brush your hair without straining your wrist.



Living areas

You can make small changes to make your home more comfortable.



Furniture risers

Helps you raise your furniture to a more convenient height, so it is easier to get up and down from the couch, or in and out of bed.



Plug pull

Can be attached to the back of an electrical plug to give better grip.



Soft pen and pencil grips

These tools make writing easier on the fingers and hands.



Night light

Lights up your space during the night so you can see where you're going.



Easy grip scissors

Makes snipping easier, more comfortable and more controlled, especially for people with limited hand mobility.



Pre-threaded needles

Threading needles can be tricky for everyone. Pre-threaded needles mean you can still do your sewing.





Outdoors

There are lots of tools to help you get out and about and stay connected to Country and community.



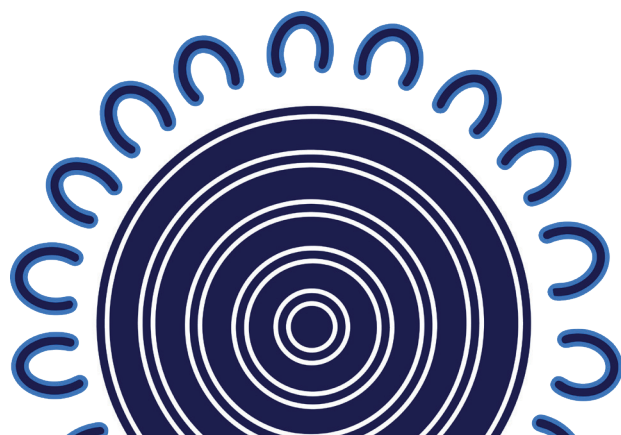
Car handybar

Gives you something to hold on to so it's easier to get in and out of the car.



Seatbelt reacher

Helps you grab the seatbelt without twisting or stretching.





Key turner

Increases the size of your key and improves your grip, making it easier to turn the key.



Portable trolley

A convenient tool for transporting heavy or bulky items, like grocery shopping.



Easy grip gardening tools

Helps you hold gardening tools comfortably.



Foldable seat and kneeler

Gives comfort and support while you work in the garden.



"After a bushfire, many things sprout. Trees are germinated and come to life after fires, and that conversation of rising from those ashes is important and runs parallel with your life and growing older.

You've finished work, you might not feel important anymore, things may seem burnt to the ground, but there are many things that come out of it."

– Aunty Elly Chatfield, a proud Gamillaroi woman

**little
ROCKET**



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LiveUp is a healthy ageing initiative funded by the Australian Department of Health and Aged Care.