

Low-cost assistive technology



Assistive technology refers to products and supports that make your life easier. They do this by helping you in your everyday tasks. You can access AT through [My Aged Care](#). Or you may have funding for [AT in your NDIS plan](#).

You can find low-cost AT in many retail stores. Low-cost in this context is defined as anything under \$1500 per item.

Of course, for most people, \$1500 isn't what's generally considered a cheap item. However, there are plenty of places where you can find assistive products on a much smaller budget. A good place to look is on [NED, the National Equipment Database](#).

To get you started, here are a few ideas for low-cost AT to help you in every area of the home.



In the bathroom

You can buy various [helpful products for bathroom safety](#) from many retailers.

Non-slip mats, for example, can come from places like [Bunnings for under \\$10](#).

It's also a good idea to look into sensor nightlights so you can find your way safely to the bathroom at night. Bunnings has an [affordable range](#) of these as well. You can find some for as little as \$10-\$20.

You can find a [basic shower chair](#) in around the \$100-\$200 range. Or you can spend more to get [a more advanced shower chair](#), depending on your needs.



In the kitchen

Looking for [helpful kitchen assistive products](#)? There are plenty of low-cost options available.

Some jar openers that provide [extra grip](#) can be found for about \$15-\$20. Others that allow you to open jars with one hand can be anywhere around [\\$20](#), [\\$60](#), or [\\$100](#).

[Tap turners](#) come in a wide range of forms and prices, from \$10–\$60. These provide extra grip and leverage for turning faucets.

[Easy-grip cutlery](#) sets also tend to come in a range from about \$15–\$65. These also exist in various shapes depending on your needs.

In the lounge

There are plenty affordable products for your lounging, leisure and [crafting needs](#).

Jumbo playing cards might make game night easier on the eyes, and for [as little as \\$2](#).

Book [stands](#) and [wedges](#) can help you hold a book open comfortably, for something around \$30.

E-readers can also be under \$200 and come with accessibility features. [Amazon Kindle](#) can set fonts to larger sizes. If you download Audible Narration, it can also read audiobooks to you.

In the laundry

Want to make laundry easier?

Make folding clothes easy on your upper extremities with a folding aid. You can find them in places like [Big W for less than \\$15](#).

Basic washing basket trolleys are available from [Big W for less than \\$20](#). So you don't have to lift and carry heavy laundry.

The fewer cords you have in your appliances, the fewer trip hazards you have lying around for you. For example, you can find cordless steam irons from [Kmart for about \\$40](#).

In the bedroom

There are also helpful products you can use in your bedroom.

There's a huge range of products that make [getting dressed easier](#). There are [\\$6 shoehorns](#) in Kmart. [Button hooks](#) can be found for \$15. And you can get various types of [stocking aids](#) for a wide price range starting from \$15.

For more ease moving your bed around your room, you can attach foot wheels. You can get these for [\\$5 from Bunnings](#).

A white noise machine might help you get to sleep, as well. [Big W has one for \\$50](#), but you can also use apps on your phone to play your preferred soothing sounds. Also consider your [sleep hygiene](#), if you have trouble falling asleep.

Around the house

Find products that make everyday activities around the house easier.

Look into long-handle dustpans so you can spend less time crouching over. [Kmart has these for under \\$10](#).

Grabbing sticks can also save you some back pain when reaching for things. Find these in places like [Bunnings for under \\$10](#).

You might also like to consider the number of free or affordable [mobile apps for healthy ageing](#). These can help you keep on top of your mental and physical health. Some can even aid you with communication skills and accessibility needs.

Outside the house

You can also find [helpful products for gardening](#). As well as things that make travelling around easier. Here are some things to help you out when you're heading outside.

In the garden, a long-handled hoe can help you avoid stooping. You can get one for under [\\$20 from Bunnings](#).

For shopping trips, you might like a foldable beach trolley. These can come for [\\$60 from Kmart](#).

For going out, there are many basic [walking frames](#) available in the range of \$100–\$250. You might even find a [seat walker for under \\$200](#). Or you could spend more for more advanced features, depending on your needs.

An occupational therapist can help

An occupational therapist (OT) can help you adapt tasks and find products that suit your needs. Visit [Occupational Therapy Australia](#) to find a practitioner in your local area.

NDIS participants can also get AT advice from experienced peers at [AT Chat](#). The AT Mentors can help you find solutions that meet your specific needs. And they can provide letters of advice for accessing low-risk items up to the value of \$15,000.

More helpful information

If you need more information, take the [LiveUp quiz](#) or get in touch with one of our helpful team on **1800 951 971**

CONTACT US

Website: liveup.org.au

Email: communities@liveup.org.au

Phone: 1800 951 971

Facebook: facebook.com/LiveUpAus

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