

Karri ngarrikirimi choices, Ngawukuluwunyi solutions

Ngini karri ngamantamangi amintiya ngawalamiya ngapalungumayi



Ngawa ngumutakirrayi awuta Traditional Custodians kapi wuta Murrakupuni kangi Australia aminitya ngini ngupakuluwunyi-ajirri ngini wuta awarra connection kangi wuta timani, kukuni, aminitya community. Ngawa ngutawani ngapakurupakapi awuta amintiya wuta ngini yoyi aminitya nimarra amintiya ngirrimpi parlingarri amintiya ningani.

Awuta Aboringianl amintiya Torres Strait Islander arikutumunuwi ngini nguntawani nginanki ngirramini ngini awunganji yimanka kapi awuta arikutumunuwi kapi purruwuriyi waya.

Contents

Ngirramini ngini nanki jurra	4
Ngini awuta iLa amintiya Live Up	4
Kamini awarra assistive technology?	5
Kamini awarra kurrampali modifications?	6
Kamini awarra ngini tradepeople wupamurumi?	7
Wiyi nuwa ngini kamini awarra nimpirtimati	8
Ngarrukuluwunyi-ajirri ngirramini	9
Nginjila pikarringini	10
 Kangi kurampali	12
 Kangi awarra kitchen	19
 Awungarruwu kangi bathroom	27
 Yilaruwu kangi laundry	34
 Awunganji kangii lounge room	39
 Kangi bedroom	44
 Turrunguni kapi kurramparli	48
 Turrungini amintiya ngini kutamaka	53
Nginjila safety plan	58
Awuta allied health professionals	61
Pumpuni resources	64
Awuta kuwapi wutanluwapa piriimi	66
Nguntaluwapa awuta	67

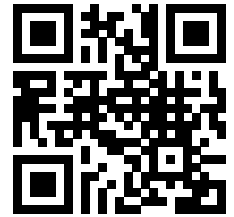
4 Ngirramini ngini nanki jurra, Ngini awuta iLa amintiya Live Up

Ngirramini ngini nanki jurra

Ngini nanki jurra awunganji information kwapi awuta experts ngini nguntawani nginja karri tayapamangi nuwalamiya-ajirri pumpuni. Nginanki products kangki jurra yita waya suggestion only.

Wuta awiyi change parlinginarri karri nyoni yiminga. Nginanki information yita warntarrana ngirramini karri pirrikirimi awarra nanki kapi printing.

Scan me
ngini nimpirtimati
nanki ngirramini.



Ngini awuta iLa amintiya Live Up

Waya 25% ngini ageing ampalamiya yilaruwu kangawa manuwuli. Kiyi nyoni 75% karri ngawalamiya ngapungutayi choices.

Ngawa ngutawani awuta arrukutumunuwi karri wurrikirimi wuta-wa choices. LiveUp wuta awarra website pirrikirimi awuta iLA.

Wuta wiyi wupakirrayi wurumi nuwa ngini kamini awarra nginja nimpirtimati kiyi

wutanwani ngini nginja ngini nimpirtimati nyoni ngirramini. LiveUp wuta awarra quiz amintiya free advice, activities amintiya products.

Ngapungintayi nanki kangki **liveup.org.au** ngini karluwu call **1800 951 971**.

Ngapanginimarri nanki ngirramini kapi **liveup.org.au** or call **1800 95 1971**.



Kamini awarra assistive technology?

Assistive technology wumamula AT. Wuta wutawani arrukutumunuwi kuwapi wumatamangi wutalamiya. AT wuta wumantakirrayi ngirramini ngini nankiji walking stick or technology ngini nanki app.

Api nginja ngimpirimajawu?

AT wutawani ngini 50% kapi nanki ngini kunukurluwi wuta kurrukamini awurti wumatama.



6 Kamini awarra kurrampali modifications?



Kamini awarra kurrampali modifications?

Kurrampali modifications karri changes nginja lamiya nuwuni karri kurrkamini awurti wumatama.

Nginanki Tips

Nimarra kapi awuta occupational therapist ngini karluwu tradesperson. Wut awiyi wurrikirrimi ngni modifications meet Australian standards.

Kamini awarra ngini tradepeople wupamurumi?

Tradespeople wuta arrukutumunuwi nginanji builders, plumbers amintiya electricians.

Wuta awarra:

- Ngini wutawani nginja ngini choose awarra ngini pupuni materials ngini nginjawa home modifications.
- Wutawani nginja advice amintiya ngini meet Australian Standards.
- Ngumurrungumi awarra advice kapi wuta occupational therapist.



Ngini ngupungutayi nyoni ngirramini kangki minyawunga:

- **Shower waterproofing karri mwaliki** Yingwapa bathrooms wuta waterproofing materials yilaruwu kangki tiles. Wuta wumatamangi nginja karri kukuni a-wurti. Kiyi modifications, wuta wiyi ngini fix wurrumi.
- **Walls, fittings amintiya rails** Ngini rails fixed to walls amintiya nyoni murra (surfaces) ngini yurrumi amintiya ngini nginja awarra warranga (weight). Kiyi towel rail ngini awarra few kilos.

Nginanki Tips

Kurrampali ngini yingipangaji karri 1988 arramukuta awuni asbestos. Kiyi tradesperson nimarra arrimi kangki nginja ngini kamini warntarrana ngirramini nginanji asbestos.



Wiyi nuwa ngini kamini awarra nimpirtimati

Awangarna ngini nginja punikapa arrimi

Pupuni health yita yingarti ngirramini ampilamiya karluwu ngini karri jana. Tayikwapi wuta nyoni ngirramini api wuta wulumawi wuta wiyi wurtumati nyoni ngirramini.

Karri waya nginja wulumwawi, ngapapirraya nginja punikapa kiyi awarra nginjila good health. Karri nimpirtimati AT amintiya karri nuwurrikirimi home modifications wiyi:

- Arrikirimi daily tasks pupuni
- Ngutawani karri jana awurri kangki nginja joints.
- Kiyija jana kangki nginja yinkarra, yampwa amintiya kintanga.
- Apakirrayi nginja confidence ngini kulala amintiya kurramikamini awurti.



Api ngini nginja numurrungumi?

Tayikwapi wulumawi arrukutumunuwi wuta karluwu use awuta muscles. Pwaja amintiya jints ngini enough. Awarra ngini warntarrana karri nuwapa pupuni yinkiti, exercise amintiya pwakayini (stay active). Ngapaningimarri arrankini ngirramini, ngutawuni pupuni ngirrimipi-ajirri amintiya karri ngawarruwanajirri kangki ngawa community yita warntarrana.

Kamini awarra wellness?

Awuta Commonwealth Home support Program wurrikirimi-awurti nanki wellness ngini ngutanwani nginja karri nginjalamiya ngumulungumayi. AT amintiya home modifications wuntawani ngini nginja satay safe.

Ngarrukuluwunyi-ajirri ngirramini

Ngini nuwatumarti nanki AT amintiya ngini awarra home modifications, think about ngini

Nginya nimpirtimati

Kamini ngini nginja ngimantamangi (support) ngiya purnikapa? Kamini awarra jiyirti ngirramini ngiya ngipalayamila?

Api kiyi:

Ngiya kintanga jana arimi amintiya ngini pirringawuni karri ngipalamiya stairs. Nginya karrungarna ngini ngiya balance ngirrimi.



Ngiyangila tasks

Kamini awarra ngini ngiya ngimpirtimati? Kamini awarra karri ngiya karringwana? Maka ngini ngiya awunganji kapi nanki task? Kaminiawarra karringirramini arrukananiarrimi?

Api kiyi:

Karri jars yurumi karri opunumi? Karri ngiya ngipakulumayi kurramwaka ngipakilinga awinyirra stairs ngini pirringawuni ngirrimi.



Solutions (pupuni ngirramini)

Kamini awarra ngini pupuni ngirtimangitayi? Kamini awarra ngini ngiya ngimpirtimati ngini nguntawani ngiya?

Api kiyi:

Ngawa awarra checklist kangki nanki next page karri nginja nimpirimajawu ngini kamini awarra nimpirtimati nyoni.



Nginjila pikarringini

Nuwa nanki checklist ngutanwani ngini kamini awarra nginja ngimpirtimati amintiya karri ngapakuluwunyi nyoni solutions.

Kangi awinyirra kurrampali



Sweeping, vacuuming amintiya mopping	<input type="checkbox"/>	12
Cleaning the bath, shower amintiya toilet	<input type="checkbox"/>	13
Dusting	<input type="checkbox"/>	13
Picking up things kangi yakuluwunyi	<input type="checkbox"/>	14
Karri nuwuni phone	<input type="checkbox"/>	15
Karri nuwini computer	<input type="checkbox"/>	16

Kangi kitchen



Arrikirmani jars amintiya wulijinga	<input type="checkbox"/>	19
Kunji taps on or off	<input type="checkbox"/>	20
Kuwakirrimi yinkiti	<input type="checkbox"/>	20
Nutawani kettle	<input type="checkbox"/>	21
Lifting pots amintiya pans	<input type="checkbox"/>	22
Karri kurriuwu nuwunga yilarruwi cupboards	<input type="checkbox"/>	23

Kangi bathroom



Washing amintiya drying ngapaparri malapwarra	<input type="checkbox"/>	27
Karri napalamaya socks, stocking amintiya malapwarrakimini	<input type="checkbox"/>	28
Awarra zips amintiya buttons	<input type="checkbox"/>	29
Kuwakirrimi munanga	<input type="checkbox"/>	30
Karri nguwunga medications	<input type="checkbox"/>	30

Kangi Laundry



Karri karrimamp laundry	<input type="checkbox"/>	34
Ngapalamiya out the laundry	<input type="checkbox"/>	35
Karri using awarra washing machine	<input type="checkbox"/>	36
Ironing	<input type="checkbox"/>	36

Awunganii
kangi lounge
room



Using TV remotes	<input type="checkbox"/>	39
Using materials for crafts	<input type="checkbox"/>	40
Reading amintiya karri ngawuni arra jurra	<input type="checkbox"/>	41

Awunganii
kangi bedroom



Karri ngarikirimi palapala	<input type="checkbox"/>	44
Nimpakuluwunyi karri japinamini	<input type="checkbox"/>	45
Karri piyani amintiya nimarjirripi	<input type="checkbox"/>	45

Turrunguni
kangi
kurrampali



Turrunguni kangi kurrampali	<input type="checkbox"/>	48
Gardening	<input type="checkbox"/>	49
Home maintenance	<input type="checkbox"/>	50

Karri
ngipalungimayi
awunganji



Karri kutupi awurri ngimi kangi pipiliwurri	<input type="checkbox"/>	53
Karrimapi shopping bags	<input type="checkbox"/>	54
Nguwunyawu pipiliwurri	<input type="checkbox"/>	54
Keeping fit (pupunu)	<input type="checkbox"/>	55





Kangi kurrampali

Questions:

Api ngini ngija tayamangi nginja cleaning products kapi nantinga spot?

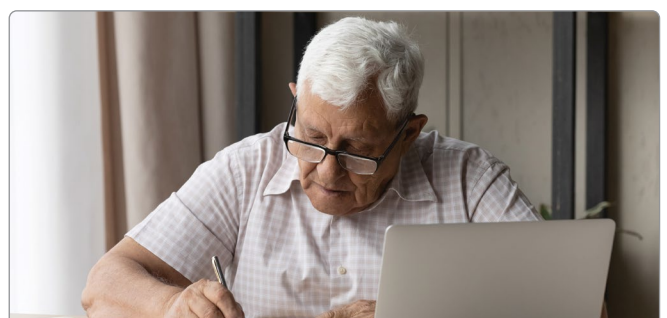
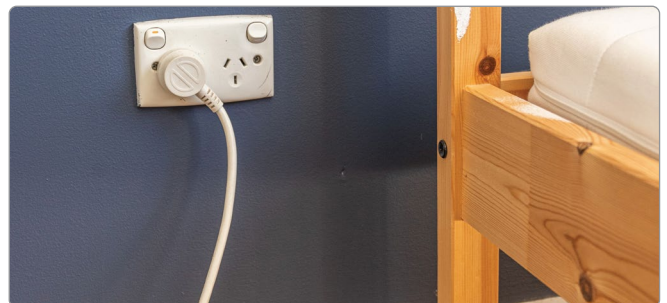
Ngini nginja extension cords pupuni amamani?

Api ngini nginja numungurrumi ngini ampalamiya arrami kangi rooms, doorways amintiya karluwu kangi corridors?

Ngini awunganji talumitinga pili wiyi nupwakupurraji? Ngini napalamaya kangi yakuluwuni?

Ngini nuwunga kurruyuwu amintiya kuluwuni?

Api ngini nimpirimajawu ngini nirrikirimani chair amintiya desk properly?



Nginanki Tips

Ngini kiyija (light) tools amintiya yurrikini handles ngini awarra pupuni kangi nginja joints.



Nginanki Plan

Nuwakirrimi kiya ngini nipamuwumi karri each day.

Nginanki Prepare

Nipalamiya awarra cleaning products kangii tunga (basket) amintiya ngutawani trolley karri nupangulumayi amintiya karri nimpamurrumi kapi nuwa work spaces.

Nginanki Pace

Nangintakiyija tasks karluwu ngini arrukulani ngirramini.

Nginanki Posture

Namatamangi nginja pungita yimpala amintiya, yompa karri nginja tayinti.



Nginanki Solutions

Nanginta cleaner ngini ampakirimi nuwa ngini nyoni heavy tasks nginanji vacuuming amintiya moping. Karri nyoni japarra awuta cleaner wuta wurrikirimi wupamurumi nyoni task. Nginja japuja pupuka ngini milimili awunyimirri.

Karri ngarikirrimi (cleaning) floors

Nanginta dustpan amintiya brush ngini yurrukuni handle. Nginiwiyi kiyija vacuum awarra ngini awuni yurrukuni handle arrikirimi clean japuja. Ngutanwuni steam mop ngini arrukulani handle.



Nginanki Black & Decker 9 in 1 Steam Mop

Api ngini nginja nuwuni awarra steam mop ngini nanji steam cleaner. Arripini 99% kapi nanki germs.

bunnings.com.au



Nginanki Sabco Long Handle Lobby Broom & Dustpan Set

Awarrananki set yurrukuni handle nginja karluwu bend awarra. to bend.

mitre10.com.au



Nginanki Electrolux Ergorapido

Awarrananki stick vacuum cleaner yita warntarranga but powerful.

thegoodguys.com.au



Dusting (parruwarti)

Dusting parruwarti arrikirrimi nginja ngini numatamangi japuja. Static dusters awarra ngini pupuni jani cloths. Wuta wuwuni yurrukuni handles. Use nanki damp microfibre cloth ngini wiya awuni yingarti parruwarti. Ngini awuni yingarti yanamuluwi yilima, nginja wiya nuwuni clean damp cloth sock kangina yinkarra.

Karri ngarrikirrimani bathroom

Nanginta spray cleaner after showering. Awunganji yurrukuni brush handle arrumuwu kangina toilet.



Nginanki Oates Soft Grip Squeegee

Nginanki pupuni ngini cleaning.

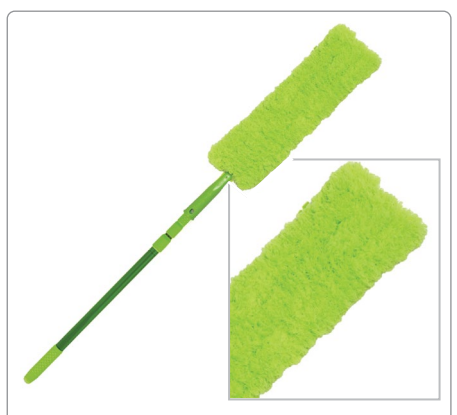
mitre10.com.au



Nginanki Vileda Mop Bath Magic

Nginanki pupuni kangina arrukulani spot.

woolworths.com.au



Nginanki Sabco Extension Electrostatic Duster

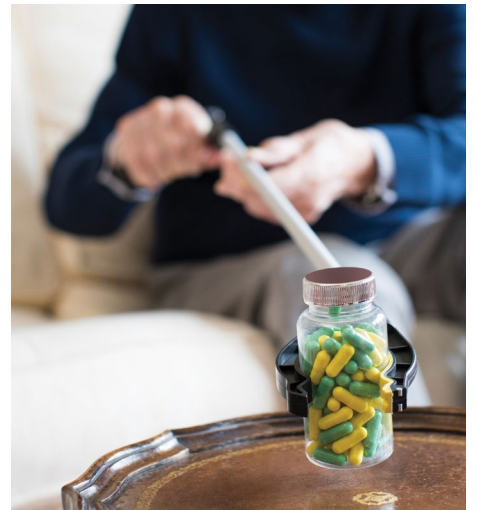
Nginanki pupuni karri awurri kangina difficult spot.

bigw.com.au



Karri ngawuni arramikamini kangki yakuluwunyi

Awunganji reacher ngini yurrukuni handle ngini ngawuni arramikamini kangki yakuluwunyi. Kiyi ngini kurriyu arringapi awarra nanki arrikirimi yinkitayi. Wiyi nuwuni kneeling pad ngini awuni frame ngini nuwunga kutakani kangki yakuluwunyi. Nanginta power board amintiya remote control.



Nginanki Long Handle Reaching Aid

Nginanki yurukuni Handle reaching Aid.

bunnings.com.au



Nginanki Foldable Seat/ Kneeler

Nginginanki Kakimina seat/ Kneeler.

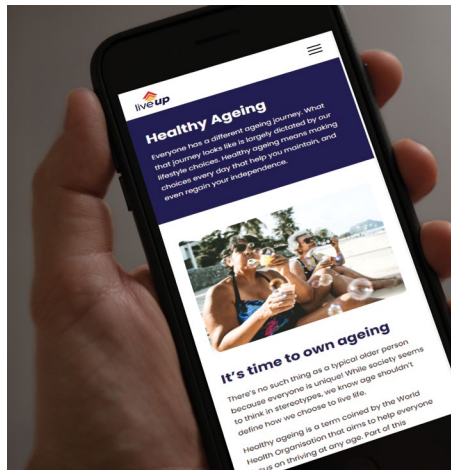
bunnings.com.au



Nginanki Arlec Remote Controlled Power Outlet

Nginanki outlet awunganji remote control nguntawani karri kunji appliances on amintiya off.

bunnings.com.au



Nginanki phone

Nuwunga phone ngini arrukulani number amintiya makarramini volume. Nuwyini magnifying glass ngini mirlimirli pupuni kiyi nimpakuluwunyi nginja phone.

Karri nuwuni mobile phone, nimpakuluwunyi size kangji screen amintiya kamini pupuni. Nuwuni awinyirra Siri ngini karluwu Hey Google programs karri nimarra kapi arrukutumunuwi. Kiyi save anguwuta yintanga awuta arrukutumunuwi kangji nginja phone ngini awuni program karri nimpakuluwunyi awuta.



Nginanki Arlec 2m White Ringpull Extension Lead

Nginanki yurrukuni extension lead amintiya nginiwuntawuni ami phone ngini wiyi connected.

bunnings.com.au



Nginanki Vtech Corded Phone

Nginanki phone awunganji speaker amintiya arukulani display. Nginjawiwi awunganji hearing aid.

jbhifi.com.au



Nginanki Uniden Sight and Sound Enhanced Cordless Phone

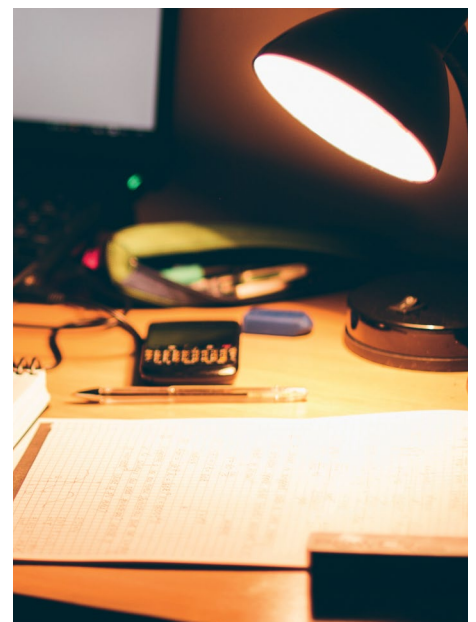
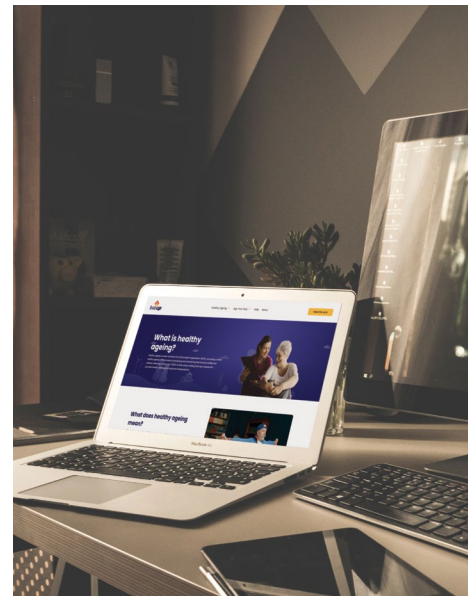
Nginankicordless phone awunganji arrukulani buttons, answering machine amintiya makarrina volume.

jbhifi.com.au



Karri ngawunga computer or tablet

Nuwakirrimi nuwa computer arrami tabet ngini pupuni nuwakirrimani. Kiyi awarra lamb kangu nuwa desk ngini karrkamini glare. Kiyi arrukulani screen arrikirimu pupuni karri nginja read. Computers nyirra jilimarringa high contrast colours amintiya arrukulani fonts. Ngini apakuluwunyi pupuni, nginja awungawu keyboard kangu nginja computer ngini arrukulani keys.



Nginanki Tips

The Australian Government has information about online safety at www.cyber.gov.au.



Kangi awarra kitchen

Nanginta nginjalamiya:

Ngini nginja ngimakakuriyi kutakamini yinkitayi karri nuwuni awarra?

Marri nginja cupboards amintiya shelves ngini yinkitayi nuwuni awarra?

Ngini nginja tayinti kangi nginja malipwa karri nuwini kutakamini awuti kangi kuluwini?

Ngini nginja mop up numi karri kukuni kangi yakunuwuni

Awunganji working smoke alarm?

Ngini nginja nuwuni fire extinguisher amintiya fire blanket?





Nginanki Plan

Nuwarikirimi yinkiti plan karri mwala week.

Nginkawiyi nuwunga frozen kurruwuti (fruit) amintiyavegetables. Api awarra nupawumi yingarti yinkiti kiyi freeze awarra left over.



Nginanki Prepare

Nikirimi nginjatuwu space amintiya ingredients karri nupawumi. Tamuwu karri nupawumi yinkiti.



Nginanki Pace

Nirrikirimani nginjila yinkiti karri japinarri amintiya vegetables karrianjuruwa. Ngampamurumi karri ngarrikirrimi kiyi ngapawumi yinkiti kang pot. Slow cooker yita kiyija time amintiya energy.

Nginanki Tips

Kamini awarra karri numpamuwu?
Nginja kuwakirrimi vegetables kapi dining table.



Nginanki Solutions

Karri karrikimimani jar amintiya wulinyinga

Nuwunga mintiji amintiya wurlinjinga openers. Awunganji kang yikwanari kukuni. Parriparri amintiya nuwuni jar.



Nginanki One Touch Can Opener

Nginanki can opener arrikirimi pupuni karri apunumi lid off.

ilsau.com.au



Nginanki Oxo Good Grips Soft-Handled Can Opener

Nginanki can opener arrukukani handles.

bunnings.com.au



Nginanki Brix Cankey Ring-Pull Can Opener

Nginanki can opener pupuni karri nuwa janawuti yinkarra.

doability.com.au

Kunji awarra taps on and off

Ngini tap yurrumi karri turn on and off. Nyoni nuwunga nanki lever taps yinikarluru awungani tap turners.

Karri kuwakirrimi yinkiti

Awara yilarti ngini non-slip handles. Yita arrikirimi pupuni. Awunganji spike board amintiya ngini non-slip mat ngini pakumwarra arrimi. Awunganji electric food processor.

Karri ngapakilinga kurriyuwu (tawurriji) ami kapi cupboards

Awunganji nyonga inserts ngini arrikirimi pupuni karri ngawunga awunganji cupboards/ Nananki yintanga pull-out or pull-down shelves. Api ngini corner cupboards, nginja wiyi awunganji carousel shelving.



Nginanki Tap turner

Nginanki tap turner ngutanwani nginja karri kunji taps.

mobilityhq.com.au



Nginanki Dycem Anchor Mats

Nginanki pads pupuni awuni trays amintiya tables.

ilsau.com.au



Nginanki Etac Food Preparation Board

Nanki awarra kuwakirrimi kimini ngini pupuni.

bettercaremarket.com.au



Nginanki Sunbeam Multiprocessor 355 Watts

Nanki blender yita pinginingira setting karri kuwakirrimi yinkiti pupuni.

thegoodguys.com.au



Ngawunga ngini kettle

Yingwapa kettles wuta yurrumi amintiya ngini nuwunga kijinga kettle yinikarlawu wiyi jug ngimpalilama.



Nginanki Uccello Easy Pour Kettle and Tipper

Nginanki kettle amintiya tipper awuntawani karri kukuni nuwunyai.

doability.com.au



Nginanki 1.7L Cordless Kettle

Nginanki Kettle yita awarra cordless amintiya pupuni.

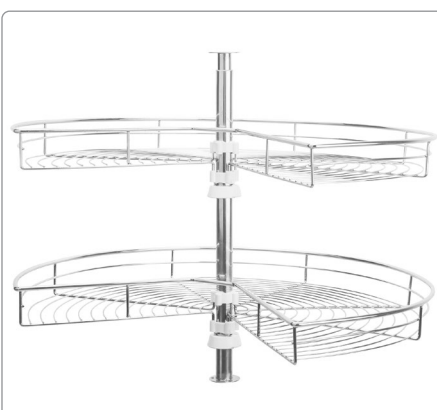
kmart.com.au



Nginanki Cordless Kettle Tipper

Nginanki kettle tipper arrikirmi pouring safe aminitita pupuni.

ilsau.com.au



Nginanki Practa Solutions Chrome Corner Cabinet Carousel

Nginanki carousel ngutawani karri space kangni corner cabinets.

bunnings.com.au



Nginanki Rev-A-Shelf Appliance Lift With Soft Close And Shelf

Nginanki surface ngutawani karri yurrumi appliances.

bunnings.com.au



Nginanki Practa 450mm Chrome Pullout Basket

Nginanki wire basket ngutawani nginja ngini kamini awunganji.

bunnings.com.au

24 Kangi awarra kitchen

Ngimpartapimana kimini pots

Nimpamana pots ngini angi jug. Nuwuni pots ngini yirrara handles. Wunganji steamer inserts ngini apanampi awungarruwu kangki pots. Numpimwarri awarra pot ngini kukuni karluwu yikwanarri kiya nuwunyawu.



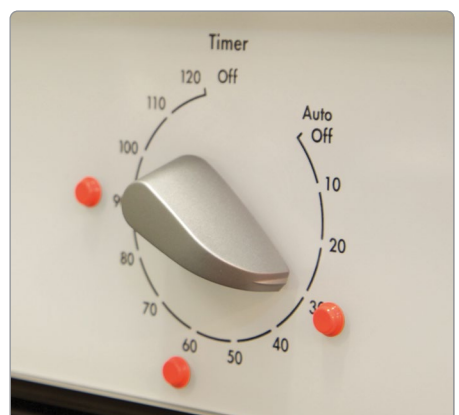
Nginanki Steamer Insert

Nginanki steamer insert awungani yurrara handles ngini arrikirimi nginja kiya namurruputi kangki nginja plate.

kmart.com.au

Karri kunji nimiya cooker on and off.

Awarra nanki Cooker arramukuta yurumi karri kunji. Pakumwarra kangki awarra pwanga (dots) amintiya wiyi numpakuluwinyi ngini karluwu waya yikwanarri



Nginanki Bump Dots

Nginanki dots nguntawani nginja numpakuluwinyi amintiya seyt dials kapi kitchen amintiya awunganji turrunguni (outside).

shop.visionaustralia.org

Karri ngawuni nanki cooker timer

Ngini ngawuni awarra timer karri nampurruputi api arrana ngini karluwu ngapawumi yingkiti yirrukuni.



Nginanki Tactile Low Vision Timer

Nginanki arrukularni timer amintiya numbers amintiya mirrakama bell.

shop.visionaustralia.org



Nginanki Etac Uni Turner

Awunyirra nanki turner ngini pupuni karri ngamamangi handles, knobs amintiya light switches.

easycareaustralia.com.au





Ngini nuwarrikimi pupuni ngirramini kangki nuwa kitchen



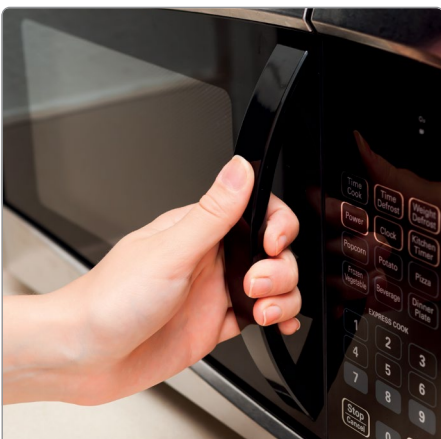
Karri nipimrrikimi naminipurri kiya awarra chopping board kangki kurruyuwu open drawer.



Nuwuni awarra carousel-style shelving.



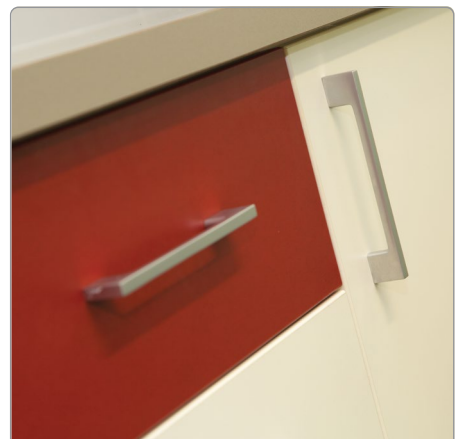
Nuwuni dishwasher ngini pull-out drawers.



Nuwuni ngini pull-out bench kinta kangki microwave pili awarra heat resistant surface.



Nuwuni oven ngini side opening door.



Nyoni nuntawani cupboards amintiya drawer knobs ngini awuni pupuni handles.



Awungarruwu kanggi bathroom

Nankinta ngijalamiya ngini:

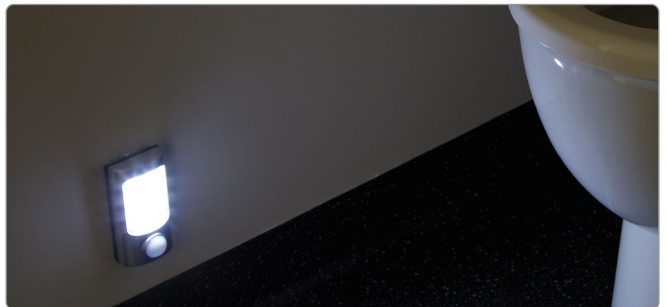
Nginja awarra non-slip flooring kapi nginjila bathroom?

Nginja awarra non-slip mat kanggi nginjila shower?

Nginja awarra rails kanggi nginjila toilet, shower amintiya bath?

Awungarna ngimi karri kunji awarra mirlimirli kikini karri japinamini?

Awungarna nginja karri yikwanamini kukuni?





Nginanki Plan

Tamuwu kangki pupuka chair kapi bathroom karri nuwurriyi mwaliki awunganji nginjila towel, clothers amintiya kutakaminiawurti kangki nimpalayami kangki chair.



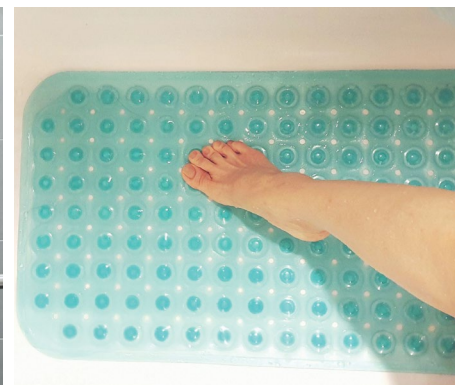
Nginanki Prepare

Brushes ngini yurrikuni handles arrikirmani pupuni karri awunganji kangki nginja purnikapa, jukatarnga amintiya murrurla. Nuwuni arrukurlani magnifying partuma karri shaving amintiya kutakamini-a- wurti. Awunganji nanki tube squeezer ngini nimpirtimati awarra.



Nginanki Pace

Ngutawuni yurrukuni brush kiyi tamuwu awunganji wurruwurri nginja yirrikala amintiya malapwarra. Pakinya mwaliki nirimi nginja kurrumuta amintiya nuwa purnikapa. Nuwuni yurrikini brushes ngini handles awunganji.

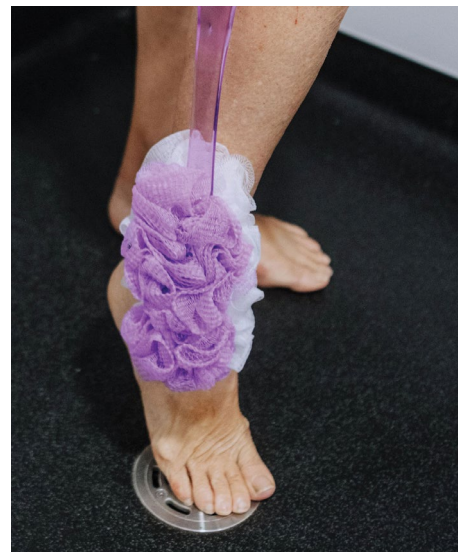




Nginanki Solutions

Mwaliki amintiya wiyi nikirrimani nuwa malapwarra amintiya kintanga pupuni.

Nuwuni brushes amintiya sponges ngini yurrukuni handles karri nuwapamurrumi pupuni nginja malapwarra.



Nginanki Deluxe Shower Chair

Nginaki chair awuni seating area, yurrumi frame amintiya non-slip mapwarra-kimini.

bunnings.com.au



Nginanki Shower Corner Grab Bar with Vertical Rail

Karri mwaliki nginnaki rail arrikirimi pupuni.

bunnings.com.au



Nginanki Foldable Wall Mounted Shower Seat

Nginaki seats ngutawani karri nginja- lamiya api ngini wiyi tarkamina karri karluwu ngimpirtimati awarra.

bunnings.com.au



Karri nimpirrimani awarra socks, stockings amintiya muntamini

Api ngini tamuwa karri nuwunga kuliji yini karluwu awunganji foot stool amintiya nguwunga shoehorn amintiya dressing sticks. Wiyi nuwunga Velcro straps or elastic laces.



Nginanki ETAC Beauty Comb

Nginanki kumaya ngurtawani nginja karri janawurti

easycareaustralia.com.au



Nginanki Brix Tubemaster

Awarrananki arrikirimi pupuni karri nuwa squeeze toothpaste.

kitchenware.com.au



Nginanki Medallist Anti Slip Adhesive Tape

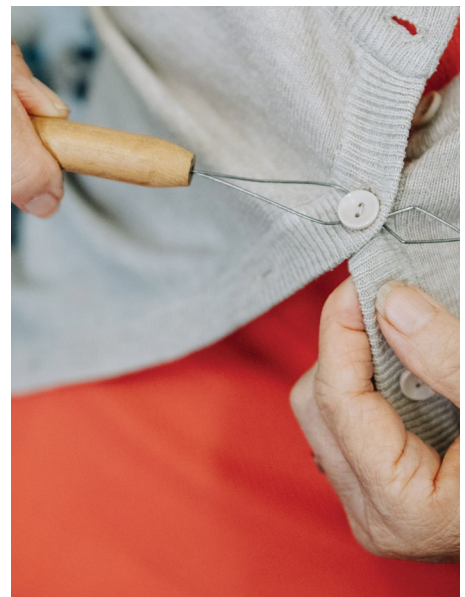
Nuwuni nanki tape kangki stairs Adhesive Tape.

mitre10.com.au



Nanki zips amintiya buttons

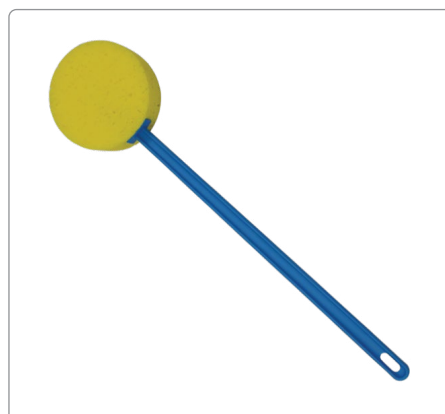
Nuwunga button hook karri nuka zip puller. Nginanki arrikirimi zips kurriyuwu-narra.



Nginanki Barelli Non-Slip Rubber Bath Mat

Nginank Barelli non-slip rubber bathmat nguntawani nginja.

bunnings.com.au



Nginanki Long Handle Bath Sponge

Nginanki sponge nuwunga yini nuwa yirrikala, malapwarra amintiya jukatanga janawurti.

agedcareandmedical.com.au



Nginanki Long Handle Toe Washer

Yurrukuni Handle Milikakirijini Washer.

bettercaremarket.com.au

32 Awungarruwu kangki bathroom



Munanga

Munganga clippers ngini arrikimi munganga pupuni amintiya arrami ngutawani nginja pupuni.

Karri ngamatangi marrijuwi

Nuwunga awarra medication organiser kapi nuwa pharmacy. Nimarra kapi awuta pharmascist nginiawarra pill crusher ngin karluwu splitters.

Awunganji products ngini nguntawani nginjila pijarra karri nuwuni arra eye drops. Wiyi nanginta pill reminder alarm.

Nginanki Swivel Magnifying partuma

Anginaki partuma yurrara. Nartinga ngini wayarti partuma amintiya nyoni marrungaruwu akirimi karri wurrikirmani kutakani-a-wurti.

ikea.com.au



Nginanki Dorking Stocking Aid

Nginanki nguntawani arrimi nginja ngini awarra socking amintita socks.

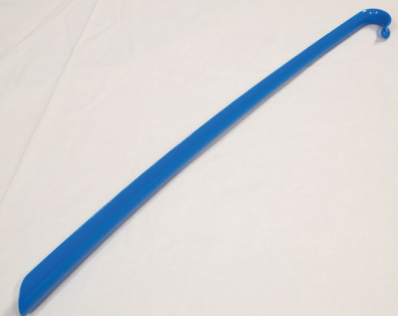
mobilityhq.com.au



Nginanki Hush Puppies Men's Shoe

Nginanki arrukunarinara muntamuni awinyirra velco fastening.

caringclothing.com.au



Nginanki Aidapt Long Handle Shoehorn

Nginanki shoehorn nguntawani nginja karri wiyi nuwunga muntamuni.

bettercaremarket.com.au



Nginanki Lever Mixer Taps

Lever taps ngin nginja yinkarra karluwu warntarrana.

bunnings.com.au



Ngini kurtakamini-awurti nyoni nimpirtimati kanggi bathroom:

- Nuwuni lever taps ngini yirrima arrukirimi kunji turning taps.
- Nuwuni hand-held shower ngini pupuni mwaliki kanggi tukatanga amintiya malapwrra.
- Nuwuni shower seat.
- Awunganji non-slip adhesive kanggi yakuluwuni amintiya yilaruwu kanggi bath amintiya shower.
- Awunganji plug awunyirra night light.



Nginanki Propet Olivia mamanukuwi Shoe

Nginanki muntamuni awuni awarra straps ngini takimina amintiya nirrikirimanima.

athletesfoot.com.au



Nginanki Button Hook and Zipper Puller

Awarra button hook amintiya zipper puller.

superpharmacyplus.com.au



Nginanki Dressing Stick

Nginanki stick ngutanwani karri dressing.

ilsau.com.au



Yilaruwu kangki laundry

Nanginta nginjalamiya:

Ngini awungnji steps kapi laundry awurriyi kapi awunganji washing line?

Ngini nuwuni chair arami table murra kangki nginja washing line?

Arrami ngini nginka kuliji ainer yinkitayi kapi awarra ngini trip hazard?

Ngini nginja nuwuni awarra apron ngini nimpalamiya pegs?



Nginanki Tips

Ngini ngamparuwuji kukuni kuliji kangki hanger pili karluwu awarra iron.



Nginanki Plan

Nuwuni kuluji ngini awunganji karluwunarra ironing.



Nginanki Prepare

Awunganji nuwuni ironing board kiyi kangki iron nimpalamiya kiyija kukuni. Aunganji steam function yinikarluru dampen awarra kuluji pili arrikirimi pupuni.



Nginanki Pace

Jikimarti kuliji kangki machine natinga ajirri. Kiyi matakani numi karri ironing. Awunganji trolly karri nuwunga kuluji kangki washing line. Arrami nuwuni tumble dryer.



Nginanki Posture

Awunganji nimpalami tunga (basket) kangki chair karri nuwa ironing kiyi tamuukangi stool ngini awuni tukatanga.



Nginanki solutions

Karrimapi laundry

Awunganji trolly ngini awuni washing tunga (basket). Kiyi nimarruwuri kuluji kangji clothes ainer yilarruwu.



Nginanki Hills Premium Laundry Trolley

Nginanki trolly yita pupuni karri impapirra kangji laundry.

mitre10.com.au



Nginanki Sunfresh Folding Laundry Trolley

Awarrananki trolly arrikirimani pupuni karri kutakamini kurruyuru.

bunnings.com.au



Nginanki Sunfresh 12 Rail Clothes Ainer

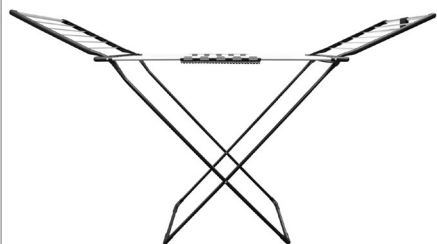
Awarrananki ainer yita light amintiya antislip feet, storage lock amintiya hanger.

bunnings.com.au



Ngapalamiya out the laundry

Karri ngarrikimani washing line ngini karluwu yurrukinara. Awunganji chair amintiya karluwu table murra arrimi awunganji wahing tunga (basket) ampalamiya kiyi nuwuni kuliji kangi coat hanger amintiya pegs ngini arrukularni.



Nginanki Hills 18m Premium Winged Airer

Nginja takamani amintiya awunganji clothes airer ngini pupuni.

mitre10.com.au



Nginanki Easy Squeeze Stainless Steel Wire Pegs

Yita awarra pupuni pegs kapi wuta yi jana pwaja.

biome.com.au



Nginanki Ezy Storage Soft Grip Clothes Pegs

Awaara nanki arrikirmi pupuni karri nimpaparri washing easy.

bunnings.com.au



Karri nuwuni washing machine

Ngini nginja nuwuni front loading washing machine api nuwunga stand ngini lift up. Ngini yurrumi amintiya karluwu nimpakuluwunyi dials awunganji stick kangji dots ngini nguntawani nginja karri nuwuni dial turners.

Nginanki Ironing

Takamina kuluji kangji nuwunga kangji line amintiya nuwuni kuluji ngini karluwu ironing.



Nginanki Daytek Porta-Line Folding Clothes Ainer

Awungaji yingarti drying space wutiyati coat hanger holes amintiya drying net.

mitre10.com.au



Nginanki Sunbeam EasyGlide Soleplate Iron

Awungaji soleplace arrikirimi kiyija ironing ngini kunji karri karluwu ngumuwu iron switches.

target.com.au



Nginanki Unilux Laundry Pedestal With Lock

Nginanki pedestal awurikirimi washer amintiya dryer kuriyuanara ngini pupuni karri nimpirtimati awarra.

thegoodguys.com.au



Awunganji kangii lounge room

Nanginta nginjalamiya:

Ngini nginhatuwu kuluwuni pupuni?

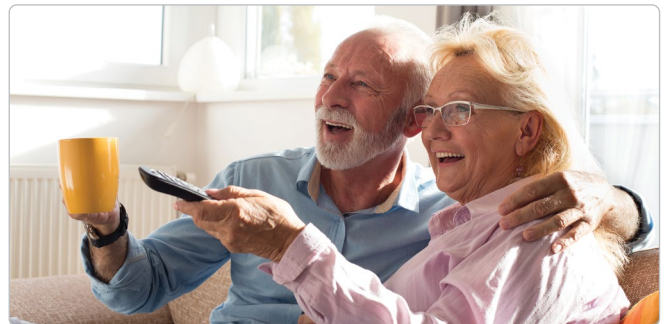
Ngini arrami tawulimitinga kangii yakuluwuni?

Ngini pupuni nimpatangaya nurrumi TV?

Ngini impatangaya nimpirrumi awuta pupuni arrukutumunuwi?

Api karri TV karluwu wunarra pupuni?

Ngini nimpakuluwunyi mani awarra nginjaila computer?





Nginanki Tips

Magnifiers arrukulani-kirimani kapi awuta nginja mamanta amintiya ngirrimimpi kangki online. Wut awiyi pupuni wutakirrimi kapi awarra internet ngini nimpakuluwunyi ajirri amintiya ngimpakuluwunyi TV.



Nginanki Plan

Nirrikirimani nginjila chair ngini pupuni amintiya awarra light ngini wiyi pupuni ngimpakuluwunyi api wiyi ngini kariuwu mirlimirli arrimi kangki nginja pijarra. Ngini wiyi takirrimi nginjila punginta amintiya mirraka pupuni karri nimpakuluwunyi jami TV api ngini awunganji remotes amintiya kutakaminawurti nimpirrimarti yingkitayi kanginja. Awungarruwu side table ngini nimpalamiya drinks amintiya yinkiti awurti.



Nginanki Prepare

Awunganji desk ngini crafts amintiya writing api wiyi ngini pupuni mirlimirli arrami kangki window ngini yintayinginja pili pupuni nimpakuluwunyi awarra.



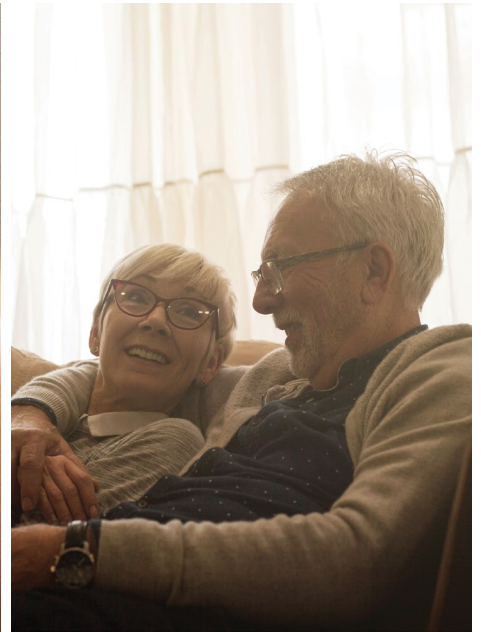
Nginanki Pace

Nimatamangi nginjila punyipunyi ngini active amintiya exercise amintiya nimpapa warntarrana yingkiti amintiya yingapini nimarrajirri kapi nuwa mamanta amintiya ngirrimimpi.



Nginanki Posture

Karri tayinti amintiya karri nimpangulumayi ngirrimi nguntawni ngini pupuni healthy amintiya pupuni.



Nginanki Solutions

Nginanki TV remotes

Ngini TV remotes awuni arrukulani buttons api awunganji headphones.



Nginanki NuraLoop Headphones

Awunanki measure arrimi ngini pupuni nimpantangaya nirrumi sounds kangki nginjila purrakininga.

nuraphone.com



Nginanki Sony True Wireless In-Ear Headphones

Awarra krrijini amintiya water- resistant ngini yurrukuni battery life.

thegoodguys.com.au



Nginanki LP Easy Learning TV Remote

Pupuni TV remote control ngini nuntawani arrimi yingwapa TVs.

shop.visionaustralia.org

42 Yilaruwu kangki laundry

Nginanki Crafts amintiya ngini pwakayini kirimi (games)

Vision Australia anguwunta online store ngini awunganji kutakamini awunganji nimpirtimati small crafts amintiya needles. Wuta wuwuni playing cards ngini arrukulani symbols amintiya numbers amintiya ngini nuwuni arrukulani playing cards.



Nginanki Wireless TV Headphones

Ngini pupuni wireless headphones amintiya wireless transmission ngini warntarrana arrimi kiyi awurriyi yilarruwu kangki walls.

www.bunnings.com.au



Nginanki Self-threading Machine Needles

Arrikirrimi pupuni karri sewing nimpirrimi.

shop.visionaustralia.org



Nginanki Self-threading Needles

Nginanki arrikirrimi pupuni threading amintiya needle pumpuka.

shop.visionaustralia.org



Nginanki Korbond Threaded Needle Kit

Nginanki pre threaded needle set arrikirrimi pupuni.

woolworths.com.au



Karri purruwuni (hold), amintiya nimpakuluwunyi jurra

Nginjila mirraka, yimpala amintiya yinkarra janawurti arrima karri ngimpakuluwunyi ngarrimi Api book stand nguntawani nginja. Yingawapa jurra arrukilanila print. Ngini nuwuni kapi library amintiya bookstore. eReaders nginanji awuta Kindle wuta arrukulani font amintiya pupuni contrast amintiya audiobooks.



Nginanki Handsfree Book Seat

Nginanki paluma nguntawani arrami pupuni nginja karri ngimpakuluwunyi jurra, tables, laptops amintiya magazines.

thebookseat.com.au



Nginanki Opti Large Index Playing Cards

Ngini wiyi awarra size karri playing cards ngini arrukulani numbers amintiya symbols.

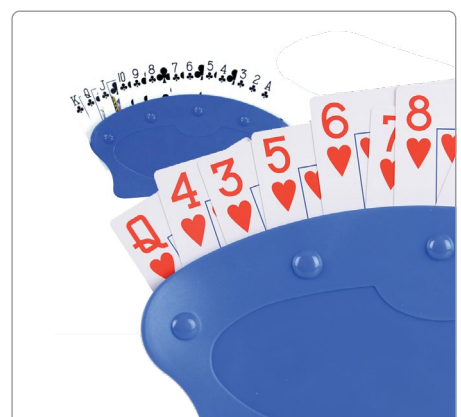
shop.visionaustralia.org



Nginanki Jumbo Playing Cards

Nginank pupuni karri purruwuni (hold), amintiya karri nimpakuluwunyi.

superpharmacyplus.com.au



Nginanki Set of 2 Aidapt Playing Card Holders

Wuta purruwuni wurrimi 15 cards ngini nginja wiyi nuwuni kangi awarra table amintiya kangi nginjila yinkarra.

superpharmacyplus.com.au



Kangi bedroom

Nanginta nginjalamiya

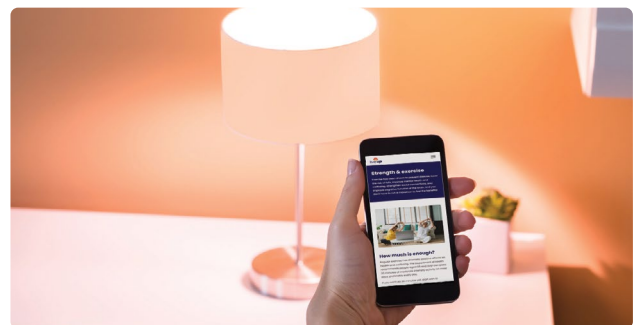
Ngini nuwuni personal emergency alarm?

Ngini nimpirimajawu karri jana nurrimi?

Ngini tamuwu nurrumi marringara kangu palapala amintiya nginjila yirrikala pirikitimurna arrimi?

Ngini nuwuni bedside lamp?

Ngini awunganji clips kangu nginjila bedside table ngini cord pupuni arrima?



Nginanki Tips

Karri nimpimajirripi angawula wumunga ngini alarm clock nguntawani nginja. Api ngini karluwunimajirripi awunganila yimpaja.



Nginanki Plan

Awunganji nuwunga torch kangki palapala table amintiya ngini turrunguni kapi floor ninta kangki palapala amintiya awarra door.



Nginanki Prepare

Donna yita pupumka karluwu nayinji tawulimitinga pili pupuni karri nyonga nimpirtimarti.



Nginanki Pace

Api ngini arrikirrimi nginja pupuni karri kutupi nimpirrimi karri japinarrin amintiya awulanarri pili exercise arrikirrimi nginja pupuni piyani karri japinamini.



Nginanki Posture

Ngini awarra karluwu yurrukuni mattress waya juwa ngini awurrujunguruti kangki kintanga.



Nginanki Solutions

Karri ngarrikirimani bed line

Ngini nginjila palapala karruwinarra kangki kuluwini api wiyi nanki bed risers ngini nginja awarra castot, nuwuni nginjila kintanga kangki palapala kapi awarra wall. Ngini karrikamini castor nuwuni palapala yinkitayi kangki wall.

Awunganji chair kangki palapala pili karri takamina nurima tawulimitinga api karluwu pirripanipa (lift) mattress. Pakinya kneel yingkitayi kangki palapala kiyi takamina awarra sheets yilarruwu.



Nginanki 'Move It' Black Bed Leg

Nanki yurrumi bed legs yiya pupuni kangki carpet.

[bunnings.com.au](https://www.bunnings.com.au)



Nginanki Phillips Large Display Alarm

Nginanki clock radio awunganji digital FM tuner ngini present arrimi 10 radio stations amintiya yuwurra alarms awuni arrukulani display.

thegoodguys.com.au



Ngawa-kunuwunyi karri japinamini

Awarra nginanki nightlight ngutawani nginja karri nuwurri toilet. Nimpumwariyi bathroom light on.

Piyani

Ngajiti awarra phone amintiya computer karri nuwuriyi payipayi. Api karri wiyi nuwuriyi payipayi amintiya ngini kutupi karri awarra-wanga wumunga. Karluwu nimajirripi yita 20 minutes wumunga karri nimairripi karri 1-130pm ngini nginja alipala amintiya 2:30-3pm ngini yunukuni kutupi nimani Ngini pupuni.



Nginanki Twin Pack Arlec Mini Q-shaped Auto Night

Ngininanki night light awarra pupuni kangki bedrooms, hallways, stairs amintiya bathrooms, Wutalamiya kunji arrimi.

bunnings.com.au



Turrunguni kapi kurramparli

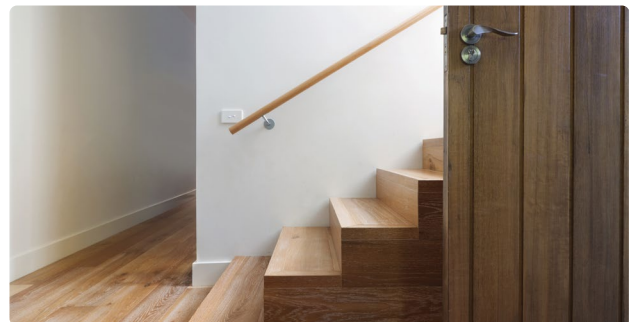
Nanginta nginjalamiya:

Ngini nuwuni muntamuni ngini non-slip sole?

Ngini nuwuni yuwurumi handrails kapi stairs amintiya turrunguni kangi kurramparli?

Ngini nginja ngimpakuluwunyi stairs turrunguni?

Ngini nginjila steps non-slip? Ngini nuwuni key turner?





Nginanki Tips

Nuwuni motion sensor lights ngini turrunguwni kangi kurramparli pili nimpakuluwinyi pupuni.



Nginanki Plan

Nuwunga ngini wartayangila plants kangi nuwa garden. Awarra watering system amintiya ngini garden hydroponic ngini arrukukani growing plants ngini karluwu awunganji parriwanti. Nuwuni awarra pulley ngini nuwunga hanging baskets kurriyuwu amintiya kuluwuni.



Nginanki Prepare

Awarra ngini matakana exercise karri mampara nimpamurrumi kangi gardening. Wiyi awarra pupuni ngimpakulumayi.



Nginanki Pace

Set your reticulation on a timer to reduce the need to drag a hose or lift a heavy watering can. Consider turning your garden into a 'no dig garden' made from organic material, compost, newspaper and lucerne hay.



Nginanki Posture

Ninta ngini jukatanga amintiya arrungampi karri using awarra weeder.



Nginanki solutions

Nuwuni keys amintiya door locks

Nyonga handles kangi cupboards, drawers amintiya door ngini awuni lever amintiya D-shape handle ngini magnetic door latch kangi nginjila door pili pupuni arrikirimi karri nuwurriyi yilaruwu amintiya turrunguni.



Nginanki Fiskars PowerGearX Tree Pruner

Nginaki pupuni karri nimpamurrumi high branches.

bunnings.com.au



Nginanki Cyclone Dutch Hoe Long Timber Handle

Nginaki pupuni karri nuwunga amintiya yita timber handle.

bunnings.com.au



Nginanki Fiskars PowerGear II Hedge Shear

Awarra nanki pupuni ngini hedge trimming.

mitre10.com.au



KeySmart Key Organiser

Nginanki arrikirmani awarra key kangki door.

bunnings.com.au



Magnetic Sphere Door Stop

Nginanki arrikimi door pupuni karluwu nikiringirri kangki walls.

bunnings.com.au



Holman Ergonomic Tap Handle

Nginanki awuni karri turn nimpami taps ngini yurumi karri apunumi amintiya kunji.

bunnings.com.au

Nginanki Gardening

Nuwuni pruners amintiya cutters ngini yurrukuni handles. Nuwuni kurruyuwunarra garden beds. Nuwuni trolly amintiya stool ngini kneeling board. Nimpimwarri tool yinkitayi kangijila. Tamuwu amintiya nimpakulumayi pupuni karri nimpamurumi gardening tasks.



Nginanki Whites Round Pot Trolley

Nginanki arrikimi karri move heavy plants pupuni amintiya pumpuni.

bunnings.com.au



Nginanki Fountain Products Raised Garden Bed

Nginanki ngini arrikimi planting wurunjinga, herbs amintiya vegetables ngini pupuni.

bunnings.com.au



Nginanki Sherlock Poly Cart

Nginanki karri pirikitimurna awarra potting mix, mulch, planters amintiya rubbish.

bunnings.com.au



Kurramparli maintenance

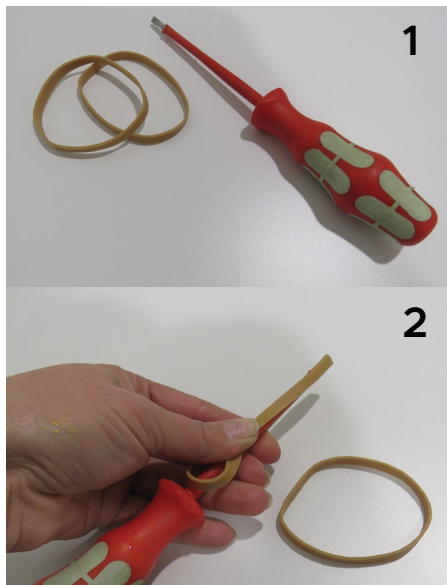
Nuwuni gutter protector awurumwari wiyini ngini kukuni kangi shower mamananala arrimi nuwunga plastic bag amintiya vinegar kiyi awunganji kangi shower head pili yatipilanga arrikirimi mirlimirli pupuni. Api ngini screw driver kirrijini awunganji takimina rubber band nguntawani arrami wiyi kangi awarra screw.



Nginanki StayMesh Ultra Gutter Guard

Ngini wiyi awunga wiyini yirrima karri numpamurrumi gutter. Pupuni ngini nguwakirimi awarra.

bunnings.com.au





Turrungini amintiya ngini kutamaka

Nanginta nginjalamiya:

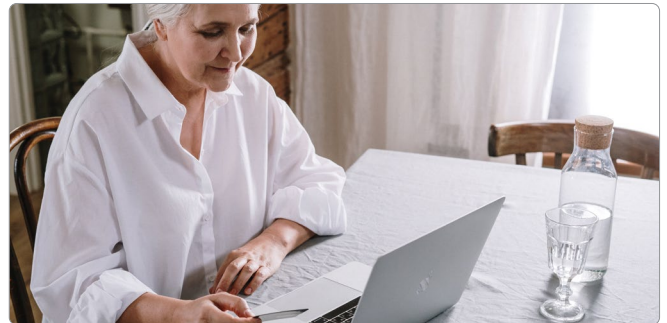
Api nginjalamiya ngini tayamangi nirmi ngini awarra yuwurimi shopping delivered?

Karri nginja nimpangilumayi karri arawunga?

Api kamini awarra shopping ampajili kangi pipiluwurri amintiya karri awurtipa?

Murajipa kintanga karri pirimarnimpa awarra kutakamini?

Ngini nuwuni keys, wallet amintiya palaji kapi awarrawanga kangi japuja?





Nginanki Tips

Api ngini nimpirrimajawu nginja tangarrima.
Niyi nupakuluwunyi maka awarra car park
amintiya maka nuwawuriyi toilets.



Nginanki Plan

Nimpakirrimani awarra plan karri nuwurriyi shop karri karluwu tayikwapi amintiya kapi awarra ngini nimpirrimajawu awuta stores amintiya nuwunga nginjila shopping bags ngini arrukurlani straps pili pupuni kapaka nimpirimani.



Nginanki Prepare

Tayamangi nginjalamiya awarra fit amintiya exercise ngini awarra nginja pwakayini nirimi.



Nginanki Pace

Nimpumwariyi ngini-nuwila yinkiti ngini nuwuni karri nuwurri nankitawu. Kijajirri nimpamurrumi ngirramini amintiya nyoni ngini yurumi.



Nginanki Posture

Nanginta staff ngini nguntawani nginja karri Nimpamana ngini yurimi ngirramini amintiya karri nimpawuli kangki pipiluwurri.

Nginanki Solutions

Kutipi yilaruwu amintiya turringini kangki pipiluwuri

Karri nginja kwarringana nirrimi karri kutipi kangki pipiluwurri awunganji transfer bar kangki marringarra kapi door amintiya pwalima kapi seat.

Karri nimpawuli kapi wuta pipiluwurri amintiya waya ninta kangki seat, awunganji shopping bag kapi pipiluwurri nyirra seat nguntawani nirrimi ngini yilaruwu amintiya turringini kiya nutawuni palaji kapi nginja karri nuwuja kutamaka.



Nginanki Handy Bar

Nginanki wiya awuni nginja karri nimpalamiya kangki pipiluwurri.

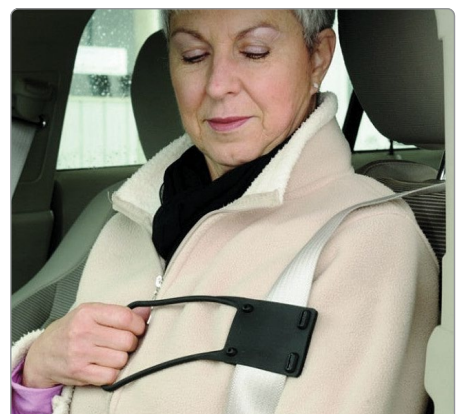
thinkmobility.com.au



Nginanki Transfer Swivel Cushion

Ngini nguntawani nginja karri nimpalamiya kangki pipiluwurri.

thinkmobility.com.au



Nginanki Seat Belt Helper

Nginanki seat belt ngutanwanu awarra handle kangki seat belt.

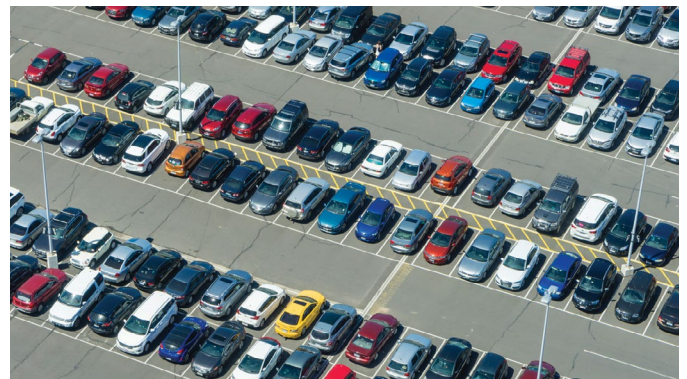
agedcareandmedical.com.au

56 Turrungini amintiya ngini kutamaka



Arkirtiruwa shopping

Ngini yimpala amimtiya yinkarra karri nuwuni palaji. Awarra shopping trolley wiya arkirtiruwa nginjila lamiya kutakamamini amintiya kangi pipiluwurri amintiya kapi shops. Ngini nginjila laundry trolley arrikirimi pupuni karri nimiruwuriyi kapi pipiluwurri amintiya kapi japuja.



Nimpakuluwunyi jarra pipiluwurri

Ngini awarra mobile nuwuni yimanka kapi nuwa parked api ngini car park print arrami tickets kiyi nuwurrikirimi awarra pipiluwurri park letter amintiya number kangi pipiluwurri jukatanga.



Karri ngamantamangi ngawalamiya nanki fit amintiya active

Ngarrikimani karri ngapangulimayi ngininanji nyitawa yumunga karluwu ngini ngimpakuluwunyi TV show yimpajala numangilumayi kapi nuwa japuja karri ads. Kurruyuwu nginjila kintanga niyi purruwunga kitchen bench karri pirima- jungwani kettle. Nupangulumayi amintiya tayitila ngininanji wumunga.

Nginanki Tips

Ngipalamiya kurtakamini nginjila awunganji kang natinga nuwuni awunganji parlinginarri wumunga. Ngini nimpirtimarti nanki ngirramini nuwurri kapi

www.LiveUp.org.au

nuwuni awarra ngini quiz amintiya ngirramini ngini awarra local activities, groups amintiya classes.

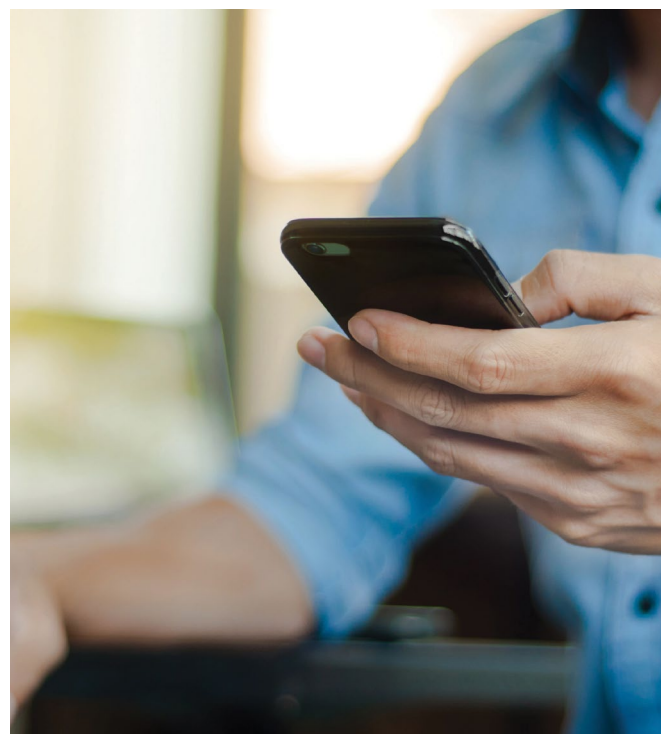


Nginjila safety plan

Nimarra nirrimi nginjila safety plan kapi nginja ngirrimimpi amintiya mamanta. Kiyi answer nanki questions pili nguntawani ngini jikirikiri nginjila safety plan.

Nginanki tangarrima safety

Ngini ngimpakuluwunyi karri karluwu lights on next door? Ngini juwuyarri awuta karri nuwurriyi kutamaka? Pirimapirna card ngini emergency phone numbers yingkitayi kangki nginjila phone?





Nginanki ngini japuja safety

Ngini nimpakirrimi notes kangki kurramparli pili awarra nimpirrimajawu awunganji nyoni ngirramini?

Ngini nginjila notebook pirimajakurri karri nyoni ngirramini?

Ngini nimarruwariyi mobile phone kangki garden karri nimarra awurti ngini wuntawani nginja?

Ngini nginja nuwuni emergency alarm?

Ngini awunganji key nuwuni turrunguni pili nginja mamanta amintiya emergency services?

Ngini nginjila alarm pupuni?





Nginanki personal safety

Ngini awunganji emergency ngirramini (information) kangni nginjila fridge?

Ngini awunganji medical ngirramini (information) kangni nginjila fridge?

Ngini nuwuni poer of attorney ngini health amintiya finances ngirramini?

Ngini nimpumwarri mobile phone yingkitayi kangni nginja palapala karri japinamini?

Ngini nginja tulumini api nimpirimajawu kutupi nirrimi kangni kuluwuni?

Ngini nirrimanuwa awunganji karri nuwuni awunyirra talumitinga.

Nginanki Tips

Emergency ngirramini ngini list ngini nginjia medications, nyoni ngirramini (information) kapi awuta nginjatuwu namanta, kiya mantawi amintiya ngirrimimpi. Awunganji yintanga awarra nginjila power of attorney.



Awuta allied health professionals

Allied professional wuta medical esperts ngini wupamurrumi kangu nuwa tangarrima. Yingwapa paid wuwunga kapi awuta Department of Veterans Affairs Medicare amintiya My Aged Care. Yingwapa paid wurumi kangu private health insurance amintiya community health services.

Nimarra nurrumi kapi wuta takutuwu ngini awarra allied health professional ngini nguntawani wurimi nginja.

Awuta Occupational therapy

Occupational Therapists nyoni yintanga OT ngini wutawani nginjalamiya ngini nginja ngirramini (independent)

Nanginta nginjalamiya:

Ngini nimpirtimarti nanki ngini pupuni nimpamurrumi nginanji natinga wumunga?

Ngini nginja pirringawuni nanji natinga wumunga?

Ngini nginja nimpapurraji amintiya minyawunga yingarti karri nimpakupurranji jiyimi?

Ngini nginja nimpirimajawu awarra ngirramini ngini ngamantamangi pupuni mupurra?

Ngini nimpirtimarti nimarra nanki ramp, electric scooter, palapala amintiya ngirramini?

Ngini kuwa matama kiyi nimarra kapi nginjila takita ngini awarra referral kapi awuta OT.



Awuta Physio

Physios wuta awarra medical experts. Wuta nguntawani nginjila ngirramini (health) ngini wuntawani awarra exercise.

Nanginta nginjalamiya:

Ngini nimpirtimarti nimarra awarra ngini walking sticks?

Ngini nimpakupurraji amintiya yingarti minyawunga karri nimpakupurraji?

Api nginja karluwu warntarrana karri ngimpangulumayi ngirramini?

Ngini nginjila ngirramini kuwa (answer), nimarra kapi nginjila takuta ngini awarra referral kapi awuta physio.



Awuta speech pathologists

Karri ngawa kunukuluwi, api piringawuni arrimi karri nimarra. Speech pathologist wuta medical experts. Wita wuntawani nanki ngini nimarra amintiya punjinga. Wuta wuntawani ngini karluwu pirriparungumi..

Nanginta nginjalamiya:

Arrami arrukutumunuwi wuta karluwu ngimpirtingaya wumi kangi nginja?

Arrami nginja karrangarna nipartangaya ngirimi kapi awuta arrukutumunuwi?

Api nginja nuwuni jana ngirramini kangi nginja punginta, mirraka, kiyi mirrakala?

Yini nginja nyoni ngirramini karri nimarra, nuwapa or nimampa nyoni- yimila?

Ngini nginja answer kuwa, nimarra kapi nuwa takuta ngini awarra referral nimpirtimati nimarra kapi awura speech pathologist.



Nginanki Podiatrist

Podiatrist ngini warntna medical experts. Wuta wuntawani ngini malapwa, murrupwaka amintiya yirrikala.

Nanginta nginjalamiya:

Arramini nginja nimpirtimati nimarra ngini footwear?

Arramini nginja diabetes, amintiya ngini yijana kangi nginjila malpwara amintiya murrupwaka?

Arrami nginja minyawunga yingarti ngini ngimantamangi ngijila malpwarra (kitanga) amintiya milikurti?

Ngini nginja answer kuwa api nimarra nuwumi kapi nuwa takuta ngini referral kapi awuta podiatrist.



Pumpuni resources

LiveUp

Ngirramini (information) ngini healthy ageing, AT amintiya exercise classes:
www.liveup.org.au.

iLA

Independent ngirramini (information) amintiya initiatives: www.ilaustralia.org.au.

KeepAble

Nanki ngirramini (information) nguntawani home amintiya community care providers:
www.keepable.com.au.

Village Hubs

www.ilaustralia.org.au/our-services/villagehubs

iLa yita awarra national grants manager kapi wuta Village Hubs Grants Funds awunganji kapi Australian Government. Nginanki awarra kapi wuta kunukuluwi ngini pupuni wumatamangi anguwuta punginta (mental) amintiya punikapa (physical) ngirramini health).

ATChat

www.atchat.com.au

Awunganji yingwapa AT users amintiya ngini ngirramini (information) ngini kamini awarra AT..

National Equipment Database

www.askned.com.au

National Equipment Database nyoni yintanga NED. Awunganji information nginiwuta AT karri nguntawani nginjalamiya.

geat2GO

Nginanki Commonwealth Home Support Programme initiative yintanga geat2GO wuntawani nginja ngini nimpirtimati nginjalamiya:

www.indigosolutions.org.au/funding/commonwealth-home-support-programme/geat2go

Choice

CHOICE wuta test products amintiya wurrikimani guides ngini nguntawani arrukutumunuwi wurtumati. Nginjawi kupakuluwunyi nganki ngirramini (information) kapi nanki website:

www.choice.com.au

Australian Cyber Security Centre

Wuta wuntawani nginja ngini safe online. Awuta Australian Government amintiya Australian Cyber Security Centre wuntawani ngirramini (information) kangi nanki website:

www.cyber.gov.au

Don't fall for it

Nginanki jurra wuta Australian kunukuluwi ngirramini amintiya wuta ngirrimpi amintiya awuta kapi wutayamangi ngini awarra falls. Nginjaw nuwuni kapi nanki:

www.health.gov.au/resources/publications/dont-fall-for-it-falls-can-be-prevented.

Vision Australia

Vision Australia wupamurrumi kapi awuta Australian ngini yintilatwi. Nuwurriyi kapi wuta website ngini nuwurtimati nanki information: **www.visionaustralia.org**.

Dementia Australia

Dementia Australia wupamurrumi kapi awuta Australian ngini dementia amintiya awuta kapi wumatamangi wurimi. **www.dementia.org.au**.



Awuta kuwapi wutanluwapa pirimi

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Nguntaluwapa awuta

Ngawa ngimpikirimi nginanki jurra api wuta funding wurimi WA state amintiya Commonwealth Governments ngini ngutalawapa nanki Home Modification amintiya Assistive technology Project 2013-2018.

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V1.2/03-2023

