

# Wanem yu go Chosem, Paine Gud Ansa

Wiskain po sbai yuselp tap elthi ane



Powered by



Mipla gibe ona po dem pipol uda bin lugaut dis kantri blo Australia prom bipotaim ane gibe rispekt po dem elda uda kip lugaut da land, wata ane komuniti. Wi gibe ona po dempla, kalsa blo dempla and po dem bipotaim elda ane dem elda ya nau.

Solong yupla Aboriginal ane Tores Streit Ailan pipol e sabe, dis smol buk mait gad piksa blo pipol uda bin pinis.

# Wanem Insaid

Baut dis smol buk.....	4
Baut iLA ane LiveUp.....	4
Wanem dis assistive technologi?.....	5
Dem wei yu ken meke aus mo seip?.....	6
Wanem trade pipol mekem?.....	7
Sortem aut wanem yu nidem.....	8
Paine gud ansa.....	9
Checklist.....	10
 Raun da aus.....	12
 Wea da kitchen.....	17
 Wea da bathrum.....	22
 Wea da laundri.....	27
 Wea da lounge rum.....	31
 Wea da bedrum.....	35
 Ausaid da aus.....	39
 Libe da aus ane go ebri wea.....	44
Plan po kip yuselp seip.....	48
Allied elth professional.....	51
Gud Inpomeisan Po Yu.....	54
References.....	56
Pipol uda bin elp wea dis smol buk.....	57

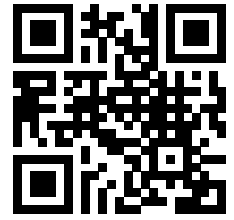


## 4 Baut dis smol buk, Baut iLA ane LiveUp

### Baut dis smol buk

Dis smol buk e gad inpomeisan po pipol uda gad sabe baut wiskain po stap elthi, wiskain po stap bai yuselp ane wiskain po stap seip. Em gad list blo dipren ting yu ken buy prom dipren shop ane dem online shop.

Scan mi  
po paindaut mo



*Dem dipren aidia insaid dis smol buk e baut wanem po buy, e mata po gibe aidia. Dempla mait seinz. Dis inpomeisan e bin stret wen wi bin meke dis smol buk.*



### Baut iLA ane LiveUp

Mata 25% blo da wei yu kam old e baut wiskain bodi yu bin gad. 75% e baut wiskain yu bin chose po lib da laip blo yu.

iLA no gede mani prom wanem mipla do. Mipla elp dem old pipol disaid wanem po mekem. LiveUp e gad website wanem iLA bin mekem. E gad adbais baut wiskian po stap elthi. E pri ane izi po yuzem.

iLA gad demting po elp wea dem ting yu laik po mekem. Ane iLA gad olkain gud aidia. LiveUp e gad geim wea e gad gud adbais, ane ting po do ane ting yu ken buy. Em gad program kolem LifeCurve™ po paindaut ip ebriting e orait wea yu.

Paindaut mo wea **liveup.org.au** or ring **1800 951 971**.







## Wanem dis assistive technologi?

Prom nau wi go kole dis Assistive Technologi AT. Dis AT ken elp pipol po stap elthi ane po lugaut yuplaselp. AT e ken bi samting wase walking stik. Dis smol buk e go tokabut demting yu ken buy prom chemist, prom supermarket ane hardware store. Em maitbi diskain, lektric can opener ane mat po yuzem insaid bathrum wea yu no go slip.

## Yu sabe diswan?

AT ken elp wea 50% dem ting wanem old pipol painem hard po mekem.

## 6 Dem wei yu ken meke aus mo seip?



## Dem wei yu ken meke aus mo seip?

Dem wei yu ken meke aus mo seip go elp po meke ebriting mo izi po yu. Dis smol buk tokbaut dem smol seinz yu ken mekem. Em gad inpomeisan baut dem pipol yu ken ask po adbais.

## Gud aidia po yu

Yu ken tok po occupational therapist or trades pipol. Dempla sabe ip dem seinz go pole da Australian Standards.



## Wanem trades pipol mekem?

Trades pipol e wase builda, plumber ane electrician. Dempla ken:

- Elp yu po chose dem prapa ting po meke aus blo yu seip.
- Gibe adbais baut meet dem Australian Standards.
- Elp yu po sabe dat adbais prom dem occupational therapists.



### Nada ting po tingbaut:

- **Mekem solong wata no spaile da shower** Bathrum gad spesil lining andanit dem tile solong wata no go damiz dem wall. Mas meke sure dem lining no bin damiz.
- **Walls, fittings ane rail** Dem rail wea ol pasem po wall mas prapa strong. Dem towel rail mata po towel. E no seip po kesem strong. Gede gud adbais wen yu buy em prom hardware store po meke sure rail e da rait wan.

### Gud aidia po yu

Asbestos e nugud samting. Dem aus wea ol bin bildem bipo 1988 mait gad asbestos. Trade pipol ken gibe adbais baut asbestos ane nada impotent ting.





## Sotem aut wanem yu nidem

### Wiskain bodi blo yu e wok

Gud elth e mo dan yu no pil sik. Ebriwan e dipren bat old pipol ken stil do olkain ting.

Wen yu stat po kam old e gud aidia po kip wagbaut. Em go kip yu elthi. Ip yu yuze dem AT ane meke aus mo seip, yu ken:

- Meke dem ting yu do ebri dei mo izi.
- Mekem mo izi po wagbaut ip joint blo yu e sore.
- Meke dem pein wea hand, hip ane ni go daun.
- Meke yu pil mo gud po go aut ane do dem ting yu laik po do.



### Yu sabe dis wan?

Plenti old pipol no wagbaut inap po yuze dem muscle ane bone ane joint. E prapa impotant po kaikai gud kaikai, exercise ane kip mub. Kip lane ol niu ting, kip spend taim wea pamle ane kip pat blo komuniti e nada impotant ting.



# Paine gud ansa

Ip yu wande stat yuze dem AT ane meke aus blo yu mo seip, tingbaut demwan ya:

## Wane dem nid ai gad

Wiskain ai ken elp bodi blo mi?  
Wanem problem ai gad?

### Maitbi:

Dem ni blo mi e pein ane em kam prapa hard po yuze dem stairs. Ai pil laik ai go poldaun.



## Wanem ai mas mekem

Wanem ai tri po do?  
Wanem ting e prapa hard?  
Wea ai trai po meke dis wok?  
Wanem ting e mekem hard po do?

### Maitbi:

Dem kaikai jar e hard po open? Ai go ausaid but dem stair e tu hard po yuzem.



## Gud ansa

Wanem da bes ansa?  
Wanem ai go baiem ane yuzem po elpe mi?

### Maitbi:

Ai ken gede sambodi po pase rail wea dem stair. Ai ken go ane baie walker po elpe mi solong ai no go poldaun. Ai ken gede sambodi po meke ramp po mi ane mai walker.








## Checklist

Yuze dis checklist po elpe yu po sotem aut wanem yu go nidem ane paine da bes ansa.

Environment	Task/Activity	Yes	Page
<b>Raun da aus</b> 	Swip, vacuum ane mopping	<input type="checkbox"/>	14
	Klin da bath, shower ane toilet	<input type="checkbox"/>	14
	Dusting	<input type="checkbox"/>	14
	Pikemap ting prom da floor	<input type="checkbox"/>	14
	Yuze mobile	<input type="checkbox"/>	15
	Yuze komputa	<input type="checkbox"/>	16
<b>Wea da kitchen</b> 	Opene glas jar ane tin	<input type="checkbox"/>	19
	Onem ane opem dem tap	<input type="checkbox"/>	19
	Kate da kaikai	<input type="checkbox"/>	19
	Yuze da kettle	<input type="checkbox"/>	19
	Liptem ap dem pot ane pan	<input type="checkbox"/>	19
	Gede ting prom dem cupboard	<input type="checkbox"/>	20
	Onem ane opem da stove	<input type="checkbox"/>	20
<b>Wea da bathrum</b> 	Wash ane drai fut ane toe	<input type="checkbox"/>	24
	Were dem shoe and sandol	<input type="checkbox"/>	24
	Yuze zip ane button	<input type="checkbox"/>	25
	Kate pingga ane toe nail	<input type="checkbox"/>	26
	Teke dem medsin	<input type="checkbox"/>	26



Environment	Task/Activity	Yes	Page
<b>Wea da laundri</b> 	Pikemap da laundri basket	<input type="checkbox"/>	27
	Hang da klos wea da lain	<input type="checkbox"/>	28
	Yuze da washing machine	<input type="checkbox"/>	29
	Iron dem klos	<input type="checkbox"/>	30
<b>Wea da lounge rum</b> 	Yuze TV remote	<input type="checkbox"/>	33
	Yuze dipren ting po meke samting po yuselp	<input type="checkbox"/>	33
	Rid magazine o buk	<input type="checkbox"/>	34
<b>Wea da bedrum</b> 	Seinze dem sheet ane pela	<input type="checkbox"/>	37
	Hard po luk wen e nait taim	<input type="checkbox"/>	38
	Wen yu go po slip	<input type="checkbox"/>	38
<b>Ausaid da aus</b> 	Yuze dem ki ane lok blo door	<input type="checkbox"/>	41
	Ausaid wea gadan	<input type="checkbox"/>	42
	Strete ol problem blo da aus	<input type="checkbox"/>	43
<b>Libe da aus ane go ebri wea</b> 	Zamp insaid da ausaid prom car	<input type="checkbox"/>	46
	Kare dem shopping baig	<input type="checkbox"/>	47
	Wea yu bin libe da car	<input type="checkbox"/>	47
	Kip strong	<input type="checkbox"/>	47





# Raun da aus

## Ask yuselp question

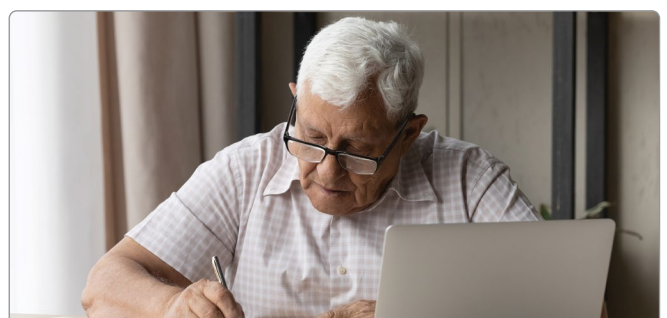
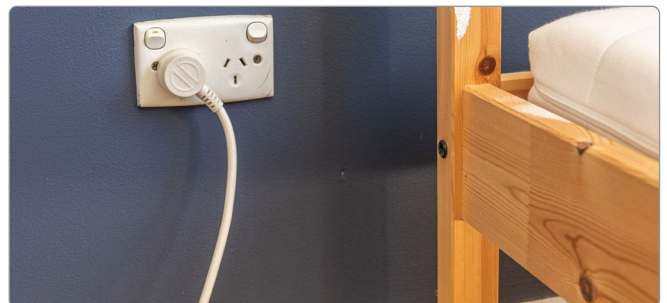
Yu kipe ol dem klining samting wea wan ples a?

Dem extension cord e wok prapa? Ane demwan no leidaun midel wea rum, o wea door?

Yu gad rug wea em mait meke yu trip? Yu ken meke dempla pas wea da floor?

Yu ken kese demting wea e rait antap o wea da floor?

Wiskain po setem ap yu chair ane table prapa?



## Gud aidia po yu

Dem dipren ting yu yuzem uda gad long handol e mekem mo izi po yu.



## Plan Meke Plan

No trai po meke ebriting wea wan dei, lelbit tudei, lelbit tumoro.



## Prepare Meke Redi

Kipe ol klining samting tugeda wea wan ples. Yuze trolley po mube ting raun insaid da aus. Kip tidy dem ples wea yu wok.



## Pace Spel Pas

No meke ol dem big zob wea wan taim. Spel pas ane do dem smol zob.



## Posture Stanap Stret

Practice head, neck ane back stret. Nil daun po pikemap samting, no bendaun. Ip yu mekem diskain e mait stape da pain lelbit.





## Gud ansa

Wea dis pat e gad poto blo sam demting dat go mekem mo izi po yu. Dempla mata aidia. Maitbi yu kan painem wea yu lib. Bat yu ken aske pamle po elp paine dem bes wan po yu. Maitbi dempla ken orda online.

Yu ken aske pamle po do sam dem big klining zob wea da aus. Dempla ken meke dipren klining zob ebri month.

## Klining floor wea aus

Trai yuze broom e gad long handol ane pan po swipe da floor. Ane yuze vacuum klina e gad long handol.



**Sabco Long Handle Lobby Broom & Dustpan Set**

Dis wan gad long handol so yu no nid po bendaun.

**Hardware store**



**Electrolux Ergorapido**

E gad dipren kain vacuum stik. Dempla no heavy ane mekem izi po yu.

**Hardware store**



## Dusting

Dusting go kipe da aus klin. Dem duster wanem e gad long handol e gad spesil cloth dat prapa kese da dust.

## Kline da bathrum

Yuze spray klina wea da shower. Gede brush wea e gad long handol po da toilet.



**Oates Soft Grip Squeegee**

Em gud po kline window ane shower.

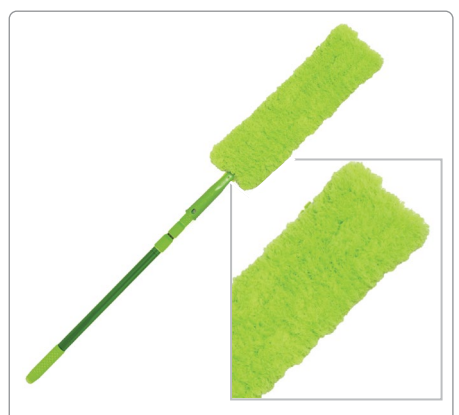
**Hardware store**



**Vileda Mop Bath Magic**

Em gud po kline dem hard eria.

**Supermarket**



**Sabco Extension Electrostatic Duster**

Em mogud po kese dem antap eria wea e gad dust.

**bigw.com.au**



## Pikem ap ting prom da floor

Gede picker wea e gad long handol po pikem ap ting prom da floor. Yu ken yuzem po kese dem ting de antap tu. Yu ken gede samting po nil daun po mekem mo izi po yu.



### Long Handle Reaching Aid

Disting ken elp yu pikemap ting solong yu no nid po bendaun.

**Hardware store**



### Foldable Seat/Kneeler

Gud po mekem izi po yu wea da gadan.

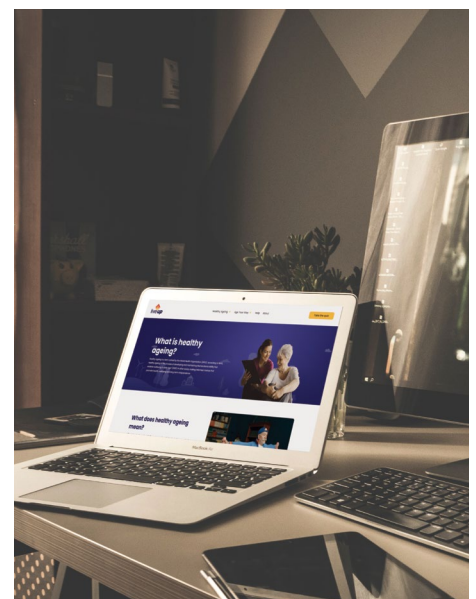
**Hardware store**

## Yuze komputa o tablet

Ip yu gad komputa o tablet yuzem wea teibol wea e gad lait. Em go mo izi po rid. Yu ken gede a keyboard wea e gad big leta po mekem mo izi po yu.

## Gud aidia po yu

Gabmant blo Australia gad inpomeisan baut kip seip wen yu yuze da intanet  
[www.cyber.gov.au](http://www.cyber.gov.au).







# Wea da kitchen

## Ask yuselp question

Yu kip dem ting wea em izi po gedem?

Dem cupboard ane shelf em izi po luk wanem de?

Yu nid po stapap wea toe po kese ting wea dem shelf?

Ip yu meke mess wea floor yu klinem ap stretwei?

Dem smok alarm e wok?

Yu gad samting po aute fire wea kitchen?





## Plan Meke Plan

Buy inap kaikai po wan wik wase prut ane veges. Yu ken kuk inap po wan wik den yu ken putem wea freezer po dat wik.



## Prepare Meke Redi

Gede ebriting redi bipo yu stat po kuk. Sidaun wea chair wen yu wok.



## Pace Spel Pas

No meke ebriting wan taim. Gede da mit redi wea moning ane dem veges wea aptanun. Klin demting yu bin yuzem wen yu pinis. Kuk ebriting wea wan pot.

## Gud aidia po yu

Trai po sidaun wen yu wok. Sidaun wea table po gede dem veges redi.

## Gud ansa

### Opene dem jar ane tin

Yuze bottle ane can opener. Ip em hard po open, pute da top blo jar anda hot wata. Drai em den yuze jar opener.

### Onem ane opem dem tap

E ken bi hard po onem ane opem dem tap. Yu ken gede samting po turn dem tap.

### Wen yu pour kettle

Gede smol kettle po mekem mo izi po yuzem.

### Chop o kate dem kaikai

Yuze naip wea e gad handol wea e no slip. Demkain go mekem mo izi po kesem tait. Yu ken yuze spesil mat po stape da kaikai prom slip.



**Oxo Good Grips Soft-Handled Can Opener**  
Dis opener gad long handol.  
**Hardware store**



### Dycem Anchor Mats

Dem mat stape ting prom slip wea tray o teibol.

**ilsau.com.au**



### Blender po meke kaikai

E gad olkain dipren blender.

**Hardware store**



### 1.7L Cordless Kettle

Dis kettle nogad cord so em izi po yuzem.

**Prom olkain store**



## 20 Wea da kitchen

### Pots gad tu handle

E mo izi ip yu pilem ap dem pot yuze kettle. Ip yu buy pots e gad two handol em go mekem mo izi po liptem. Yu ken buy steamer pot e go mekem izi po tekemaut dem vegetables. Libe dem pot blo wata til em cold den kapsaid da wata ausaid.



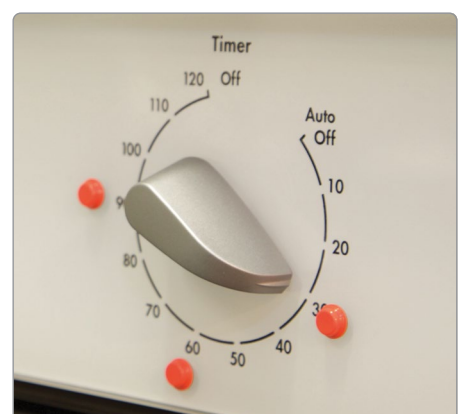
#### Steamer Insert

Dis steamer pot gad two handol po tekemaut da kuk kaikai prom hot wata.

**Hardware store**

### Onem ane opem da stove

Sam dem stove e hard po onem ane opem. Yu ken pase spesil dot po mekem mo izi po sabe wea da prapa temperature.



#### Bump Dots

Dem dot ken elp yu po sete da rait temperature wea da stove.

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



**Tactile Low Vision Timer**

Dis timer gad big namba ane laud bell noise.

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



**Etac Uni Turner**

Dls ting ken mekem izi po tane handol ane nada ting wase lait switch.

[easycareaustralia.com.au](http://easycareaustralia.com.au)

## Dem seinz yu ken mekem wea da kitchen



Meke mo space wea da kitchen. Pute chopping board antap wea open drawer.



Replace cupboard and drawer knobs with easy to open D-shaped handles.



# Wea da bathrum

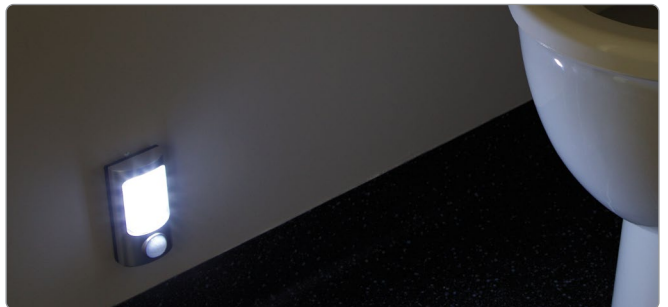
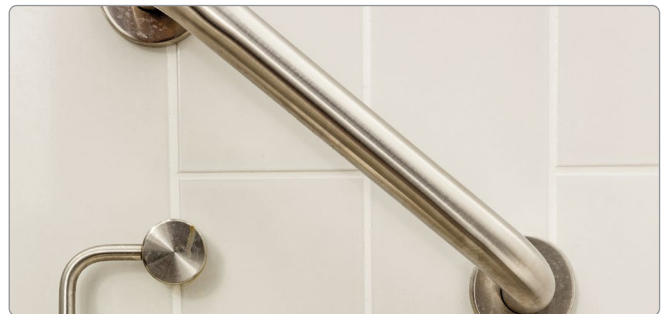
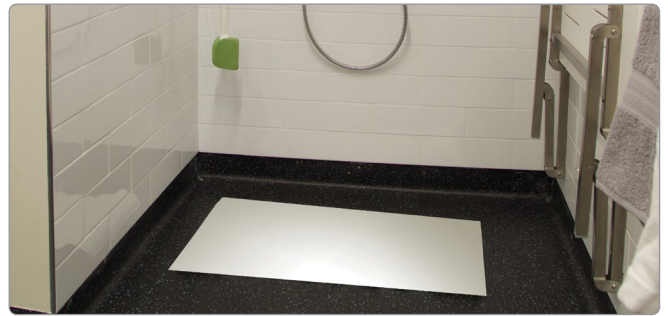
## Ask yuselp question

Da floor wea da bathrum gad samting solong yu no go slip?

Yu gad mat wea da shower solong yu no go slip?

Yu gad strong rail longsaid da toilet, shower ane bath?

Yu gad lait wea da bathrum po mekem mo seip wen e dak?







## Plan Meke Plan

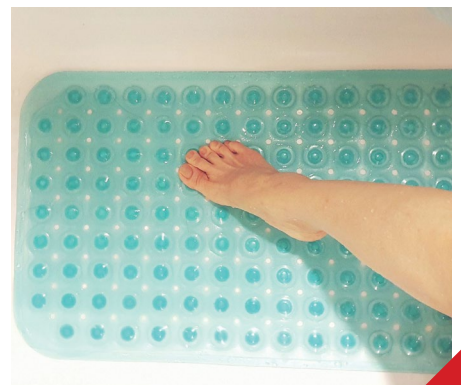
Gede strong chair po sldaun wea da bathrum ane yuzem apta yu pinis swim. Pute da towel and klos ane dem nadating longsaid da chair.

## Prepare Meke Redi

Gede brush e gad long handol po mekem mo izi po rub back and hair blo yu. Yu ken yuze mirror wanem meke yu luk big. Diskain go mekem mo izi po shave o pute make up.

## Pace Spel Pas

Sidaun po drai leg ane foot. Wash antap body pas den dem leg. Yuze brush e gad long handol.





**ETAC Beauty Comb**

Diskain comb mekem mo izi.

[easycareaustralia.com.au](http://easycareaustralia.com.au)

**Gud ansa**

**Wash ane dry foot ane toe**

Yuze brush o sponge e gad long handol po klin ane drai yu foot.

**Wen yu were shoes o sandel**

Sidaun po drai yuselp ane pute clothes. Yuze smol stool po mekem mo izi. Buy shoe o sandol yu ken taitem wea Velcro.



**Deluxe Shower Chair**

Dis chair gad seip ples po sidaun, em strong and dem leg blo da chair nogo slip.

**Hardware store**



**Shower Corner Grab Bar with Vertical Rail**

Dis rail go mekem mo seip ane mo izi wen yu swim.

**Hardware store**



**Foldable Wall Mounted Shower Seat**

Diskain seat e min yu ken sidaun wea da shower. Yu ken foldem up tu.

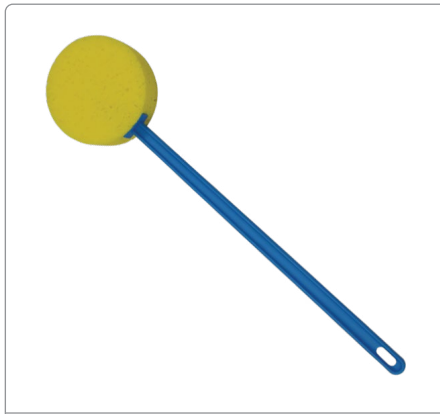
**Hardware store**



**Barelli Non-Slip Rubber Bath Mat**

Dis bath mat ken elp stape yu prom slip.

**Hardware store**



**Long Handle Bath Sponge**

Diswan mekem izi po kline leg, back ane foot.

**Chemist**

**Maniz medsin blo yu**

Yu ken gede spesil box prom chemist po pute medsin insaid. Tok po chemist baut dem dipren ting po elpe yu wea medsin, wase samting po smase dem tablet o samting ip yu nid eye drop.



**Swivel Magnifying Mirror**

Dis mirror gad tu said. Wan said e normal, da nada said go meke yu luk mo big. E mekem mo izi po shave o pute make up.

**Chemist**



**Shoe po man ane oman**

Buy shoe o sandol yu ken taitem wea Velcro.







**Lever Mixer Taps**

Diskain tap em gud aidia ip hand blo yu e wik.

**Hardware store**



## Dem ting yu ken seinz wea bathrum blo yu

- Seinz dem tap po wan e gad lever po onem ane opem.
- Gede shower yu ken kesem wea hand po wash yuselp.
- Yu ken gede seat po sidaun wea shower.
- Gede spesil mat solong yu no go slip, ane stickem wea floor insaid bathrum ane shower.
- Yuze nait lait wea bathrum





# Wea da laundri

## Ask yusep question

E gad eni stair bitwin da laundri ane da clothes lain?

Yu ken pute table o chair longsaid the clothes lain?

Yu gad samting po kare dem peg?



## Gud aidia po yu

Hang dem shirt o dres wea hanger den yu no go nid po yuze iron.



## Plan Meke Plan

Kip washing powder longsaid da machine. And smol bucket o samting po dem peg.



## Prepare Meke Redi

Meke speis po laundry trolley ane da clothes basket.



## Prepare Spel Pas

Apta yu teke dem clothes prom da machine teke sot spel bipo yu go ausaid po hangem. Ane yuze clothes basket.



## Posture Stanap Stret

Pute da basket solong yu no nid po bendaun po gede dem clothes.





## Gud ansa

### Carry da laundri

Yuze laundry trolley po carry dem clothes. E go mekem mo izi po yu.



#### Laundri Trolley

Diskain trolley go mekem izi po yu po mube dem wet clothes.

**Hardware store**



#### Clothes Airer

Diskain airer po clothes e no ebi ane em no go slip.

**Hardware store**



### Hang laundry wea line

Meksure da cloths lain em no tu antap solong yu kan kesem. Pute table o chair po pute washing basket antap. Hang sam dem clothes wea hanger. Gede dem peg wea em izi po yuzem.

### Yuze washing machine

Ip yu gad front-loading machine trai putem antap strong stana po mekem izi solong yu no nid po bendaun. Yuze dem stickon dots po elp yu po luk em mo izi.



#### Hills Premium Winged Ainer

Maitbi yu ken yuze diskain ainer insaid aus.

**Hardware store**



#### Soft Grip Clothes Pegs

Yuze diskain peg go mekem izi po hang dem clothes.

**Hardware store**



#### Laundri Stana

Yu ken yuze diskain stana po pute washing machine antap. E go mekem mo izi po yu.

**Hardware store**





# Wea da lounge rum

## Ask yuselp question

E gad eni mat o nada ting wea da floor  
mait meke yu poldaun?

E izi po lisen da TV?

Yu ken lisen wen pipol tok po yu?

E hard po sabe yuze da TV remote?

E izi po rid ting wea da komputa?





## Gud aidia po yu

Yu ken gede magnifying glass po mekem mo izi po luk ane rid dipren ting.

### Plan Meke Plan

Make sure yu gud chair po sidaun ane lait po mekem izi po rid. Pute da chair stret prant wea da TV so neck no kam sore. Gede smol table longsaid da chair po remote ane nada ting.

### Prepare Meke Redi

Pute lait wea gud ples solong yu ken luk ebriting clear. Meke table o tray wea e gad mat po stape ting prom slip.

### Pace Spel Pas

Kaikai gud kaikai. Kip yarn wea ol pamle ane pren, ane kip exercise.

### Posture Stanap Stret

Stanap ane walk raun wea yu aus po kip elthi.





**LP Easy Learning TV Remote**

Izi TV remote yu ken yuzem wea plenti dipren TV.

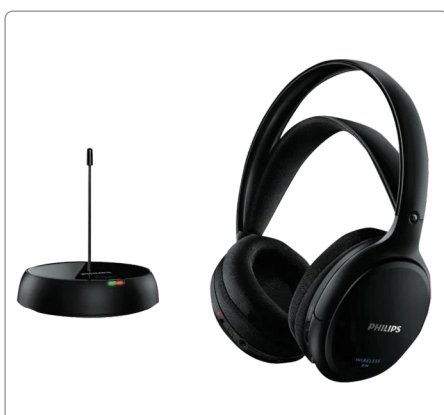
[shop.visionaustralia.org](http://shop.visionaustralia.org)

## Gud ansa

### TV remotes

Gede TV remote wea em gad big button.

### Meke hand craft ane dipren game



**Philips Wireless TV Headphones**

Philips e wan Wireless TV headphones yu ken gedem.



**Self-threading Machine Needles**

Diskain nidol mekem mo izi po yuze sewing machine.

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



**Self-threading Needles**

Diskain nidol mekem mo izi po pase thread.

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

## 34 Wea da lounge rum



### Wen yu rid buk

Wen yu rid book, dem arm ane neck ken kam tired. Yu ken gede stand po mekem izi po kip rid. Yu ken go library po buk wea e gad big letters. Yu ken gede buk wea yu ken ridem o lisen wea komputa.



#### Opti Large Index Playing Cards

Yu ken buy diskain card wea em mo izi po yuzem.

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



#### Handsfree Book Seat

Yu ken pute book o komputa o tablet so yu no nid po holdem wea hand.

[thebookseat.com.au](http://thebookseat.com.au)



# Wea da bedrum

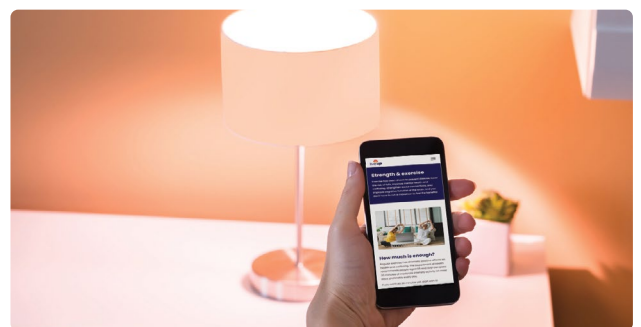
## Ask yuselp question

Yu gad emergensi alarm solong yu ken lete pipol sabe dat yu no orait?

Yu sabe wanem po mekem ip yu kam sik wea nait taim?

Bipo yu stanap wea morning taim, sidaun wea said blo da bed ane move dem tu leg.

Yu gad lait longsaid yu bed?



## Gud aidia po yu

Go po slip da seim taim ebri nait ane gedap da seim taim ebri morning. Yuze alarm klok. No mata kip slip.



## Plan Meke Plan

Pute torch longsaid yu bed. No libe eniting bitwin da bed ane da door. Kipem tidy.



## Prepare Meke Redi

Yuze doonah bikoz dempla no heavy wase blanket. Ane dempla mo izi wen em kam taim po wash em.



## Pace Spel Pas

Morning taim wen yu gedap go sidaun ausaid wea da sun ane kip exercise yuselp. Exercise wea da morning go mekem mo izi po slip nait taim.



## Posture Stanap Stret

E gud ip da mattress e same hight wase yu knee.





## Gud ansa

### Change dem sheet blo da bed

Ip da bed e tu low yu ken gede sam spesil wheel, kolek castors, po liptem ap. Ip em gad castors yu ken mube da bed po mekem mo izi po change dem sheet.

Pute chair wea end blo da bed den yu ken pute dem sheet and nada ting wen yu change dem sheet. No trai po liptemap da mattress. Nildaun ip yu nidem wen yu change dem sheet.



**'Move It' Black Bed Leg**

Yu ken gede strong leg po da bed po mekem mo izi po mubem.

**Hardware store**

## 38 Wea da bedrum



### Large Display Alarm Clock

Diskain alarm klok mekem mo izi po luk taim wen e dark.

**Buy prom store**



### Nait lait

Yuze nait lait wen yu nid po go toilet. Libe da lait wea bathrum.

### Taim po go slip

No yuze mobile o komputa wen e taim po go bed. Go po slip da seim taim ebri nait ane gedap da sam taim ebri morning. Yuze alarm klok. No mata kip slip.



### Twin Pack Arlec Mini Q-Shaped Auto Night

Diskain lait e gud po yuzem wea bedrum ane nada ples wea aus. Dempla go onem ane opem emselp.

**Hardware store**



# Ausaid da aus

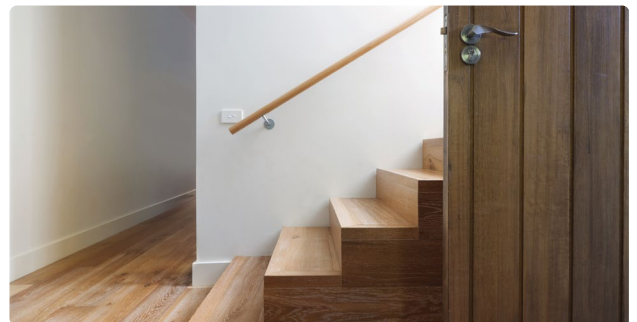
## Ask yuselp question

Yu gad shoe dat nogo meke yu slip ane poldaun?

Yu gad strong rail longsaid eni stair wea da prant door?

Em izi po luk dem stair wen yu go ausaid da aus?

Yu no go slip wea dem stair?





## Gud aidia po yu

Gede lait so yu ken luk mobeta wea da prant door.



### Plan Meke Plan

Wen yu buy plant po gadan gede plant em izi po luk apta ane laik po grow wea yu lib. Gede samkain system po wata dem plant so e mekem mo izi po yu.



### Prepare Meke Redi

Bipo yu stat po wok wea da gadan smol exercise pas. Make sure e izi po luk ebriting.



### Pace Spel Pas

Ip yu gad water system, yuze timer den yu no nid po drag dem hose o bucket. Yuze old paper o kitchen leptoba po elp dem plant po grow.



### Posture Stanap Stret

Spel wen yu wok wea da gadan. Stanap stret solong back no kam sore. Pute dem ting yu yuzem wea da gadan tugeda wea gud ples so em izi po gedem.





## Gud ansa

### Yuze keys ane lock po door

Seinze dem old handol wea cupboard, drawer ane door wea lever handol o D-shape handol. Yuze door magnet po kipe dem door open wen yu go ausaid.



**Long Handol Timber Hoe**

Em izi po holdem.

**Hardware store**



**Fiskars PowerGear II  
Hedge Shear**

Gud po trime dem smol bush.

**Hardware store**



## 42 Ausaid da aus



### KeySmart Key Organiser

Em meke izi po yuze key wea da door

**Hardware store**



### Magnetic Sphere Door Stop

Gud po stop dem door prom meke mark wea da wall.

**Hardware store**



### Holman Tap Handol

Diswan mekem izi po open dem tap ane opem.

**Hardware store**

## Wea da gadan

Yuze dem pruner o cutter wea em gad long handol. Gede spesil gadan box po grow dem veges. Yuze cart po mube ting wea da gadan. Yuze stool o samting po nildaun. Kip dem dipren tool longsaid wen yu wok wea da gadan.



### Round Pot Trolley

E mekem izi ane seip po mube dem pot plant.

**Hardware store**



### Raised Gardan Bed

E mekem mo izi po grow veges o flower.

**Hardware store**



### Sherlock Poly Cart

E gud po mube dem ting wea da gadan.

**Strete ol problem blo da aus**





### Strete ol problem blo da aus

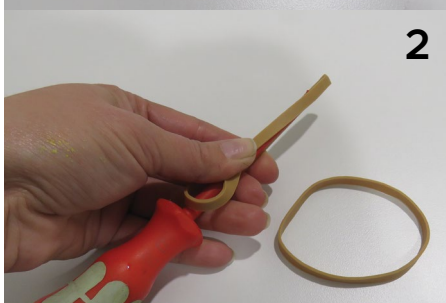
Gede gutter guard po blok dem leaves prom go insaid gutter. Ip wata kamaut slowan prom shower, pute vineger insaid plastic baig ane kaba da shower head. Libem de oba nait.



#### StayMesh Ultra Gutter Guard

E gudwei po kipe dem leaf prom go insaid da gutter. Pamle ken elp yu po mekem.

**Hardware store**





# Libe da aus ane go ebri wea

## Ask yuselp question

Aske pamle po elp wea dem heavy shopping?

E gud po go aut wea da deitaim?

Trai stanap stret wen yu pute shopping wea da car?

Bend dem knee wen yu lipte heavy samting?

Yu kip dem key, wallet o baig wea de seim ples de aus?







## Gud aidia po yu

Wea yu lib, paindaut wea dem parking eria, ane wea dem toilet.



### Plan Meke Plan

Trai po meke shopping wen e no bizi. Shop wea yu oltaim shop. Yuze shopping bag em gad long handol. E mo izi po carry.



### Prepare Meke Redi

Kip exercise sodat yu ken kip do dem ting yu laik po mekem.



### Pace Spel Pas

Kip ol dem shopping ting wea wan ples. No meke ebri shopping wantaim. Do smol zob ane next taim big zob.



### Posture Stanap Stret

Ask dem pipol wea da store po elp yu kare dem ting ane putem wea da car. Teke taim. Kip ebriting wea em izi po painem.

## Gud ansa

### Zamp in ane aut prom da car

Kese da handol wea da door po elp yu po stanap.

Ip yu wea nada car ane yu stuck, yu ken yuze plastic shopping bag po elp po twist wea da seat ane gedaut.



**Transfer Swivel Cushion**

Em ken mekem mo izi po gedaut prom da car.

[thinkmobility.com.au](http://thinkmobility.com.au)



## Shopping trolley

Yuze sholda ane arm po kare shopping. Yuze shopping trolley po kare dem ting po da car. Yuze walker wen yu go shop. Yu ken pute sam dem shopping wea walker. Physiotherapist ken elp yu paine gud walker.

## Paine da car

Ip yu kip forget wea yu bin libe da car, teke photo wea mobile wea yu bin park em. Ebri taim park da car wea da seim ples.

## Kip strong ane kip mub

E gud po kip mub ebri dei. No mata sidaun meke nating. Wen yu sidaun luk TV yu ken stil exercise. Stanap ane sidaun ten taimz bipo da TV e stat. Wen e gad dem advert stanap ane wagbaut raun da rum. Wen yu boil kettle kese da kitchen bench ane stanap wea toe blo yu. E gud po mata kip wagbaut ebri dei.



## Gud aidia po yu

Pute dem ting blo yu wea da seim ples ane kip meke da seim ting da seim wei ebri dei. Yu ken gede mo aidia po kip elthi wen yu kam old wea [www.LiveUp.org.au](http://www.LiveUp.org.au)

E gad quiz wea da website po paindaut wanem e gad de wea yu lib.





# Plan po kip yuseip seip

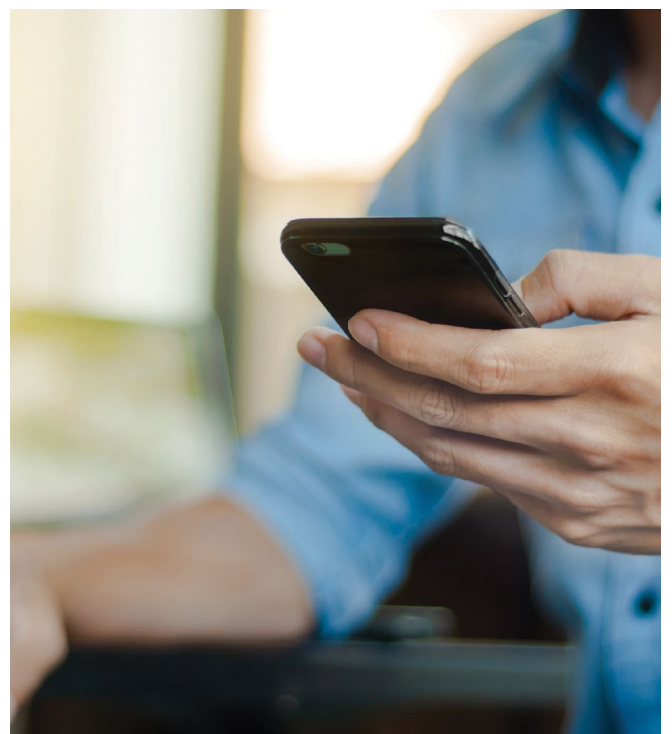
Tokbaut dis plan po kip seip wea pamle blo yu. Gibe ansa po dem question ane em go elp yu po meke gud plan po kip seip.

## Kip seip wea komuniti

Teke notis ip dem lait next door e no bin kam on. Spik wananada ip yu go go sam ples.

Yu gad card wea yu dat gad emergensi contact ane medical inpomeisan baut yu.

Yu gad list blo dem impotant phone namba wea yu mobile?







## Kip seip wea aus blo yu

Pute note raun da aus po remind yu baut dem dipren ting yu spostu mekem?

Kare note book wea e gad list wea dem ting yu spostu mekem?

Kare mobile wen y go po gaden solong yu ken ring sambodi ip yu nide elp?

Yu gad emergensi alarm wea aus solong yu ken lete pipol sabe dat yu no orait?

Yu bin hide key ausaid da prant door solong pren o emergensi pipol ken kam insaid?

Dem smok alarm e wok?



## 50 Plan po kip yuselp seip



### Kip yuselp seip

Pute emergensi inpomeisan baut yu wea fridge door.

Pute medikal inpomeisan baut yu wea fridge door.

Ip yu kam sik e gad sambodi uda ken spik po yu baut elth ane mani blo yu?

Make sure yu pute mobile charger longsaid yu bed wea nait taim.

Ip yu poldaun yu sabe wiskain po stanap yuselp?

Ip yu poldaun yu sabe crawl po mobile ane ring pamle?

### Gud aidia po yu

E gud ip emergensi inpomeisan gad list blo dem tablet yu tekem, namba blo pamle, pren and dempla uda stap next door. E gud ip em gad neim blo da wan uda lugaut yu mani.





# Allied elth pipol

Allied elth pipol e medikal pipol uda wok wea komuniti. Dempla gede pay prom Department blo Veterans Affairs, Medicare o My Aged Care. Some gede pay prom pribat elth insurance o prom dem komuniti elth serbis.

Spik po dokta blo yu baut allied elth pipol uda ken elpe yu.

## Occupational therapy

Dem Occupational therapi pipol, yu ken kolek OT pipol. Dempla luk po wei po elpe yu po lugaut yuselp ane kip seip. OT ken elpe yu po disaid wanem seinz yu ken mekem de lo aus, wase bathrum rail o shower chair.

## Ask yuselp question

Yu wande learn dem izi ane seip wei po kip do ol dem zob yu mas kip mekem?

Yu painem hard po kip meke ol dem ting yu mas kip mekem?

Yu bin poldaun o yu wori yu go poldaun?

Yu nid inpomeisan baut wiskain po lugaut yu skin?

Yu wande tok po sambodi baut ramp wea aus, electric scooter, bed ane wheel chair?

Ip yu wande elp wea demting, spik po dokta ane ask em po raite leta po OT.





## Physio

Physio e pipol uda gad sabe baut elpe pipol po kam mo strong prom exercise.

### Ask yusel question

Yu nid adbais baut walking stick o walker?

Yu bin poldaun o yu wori yu go poldaun?

Yu pil yu stat po kam wik wen yu stat po wok wea aus?

Ip yu wande elp wea demting, spik po dokta ane ask em po raite leta po physio.



## Speech pathologists

Speech pathologists e pipol uda gad sabe baut elpe old pipol uda gad problem wen dempla trai po tok, yuze word o bois blo dempla no kamaut prapa. Dempla ken elp ip pipol painem hard po swelem daun kaikai.

### Ask yusel question

Pipol painem hard po lisen wanem yu spik?

Yu painem hard po lisen wen pipol tok po yu?

Yu bin tok po dokta bikoz yu bin gad problem wea head, trot o neck?

Da wei yu tok, kaikai o swelem daun kaikai e bin seinz?

Ip yu wande elp wea demting, spik po dokta ane ask em po raite leta po speech pathologist.



## Podiatrist

Podiatrist e pipol uda gad sabe po elp pipol uda gad problem wea foot, ankle ane leg.

### Ask yuselp question

Yu nid po gede adbais baut wanem shoe po werem?

Yu gad diabetes, sore wea em kip blid, sore eria wea foot ane ankle?

Yu wori baut lugaut dem foot ane toenail blo yu?

Ip yu wande elp wea demting, spik po dokta ane ask em po raite leta po podiatrist.



# Gud Inpomeisan Po Yu

## LiveUp

Yu ken gede inpomeisan baut kip elthi wen yu kam old, baut AT ane exercise class wea: [www.liveup.org.au](http://www.liveup.org.au)

## iLA

Independent inpomeisan ane aidia wea: [www.ilaustralia.org.au](http://www.ilaustralia.org.au).

## KeepAble

Inpomeisan po sapot pipol uda gibe sapot wea aus ane komuniti: [www.keepable.com.au](http://www.keepable.com.au)

## Village Hubs

iLA lugaut da mani po dem Village Hubs Grants Funds prom da Gabmant blo Australia. Em wan wei po old pipol po pil mogud baut demplaselp and elth blo dempla: [www.ilaustralia.org.au/our-services/villagehubs](http://www.ilaustralia.org.au/our-services/villagehubs)

## ATChat

Yu ken tok wea nada pipol uda gad AT ane gede inpomeisan baut wiskain dempla yuze AT: [www.atchat.com.au](http://www.atchat.com.au)

## National Equipment Database

[www.askned.com.au](http://www.askned.com.au)

Da National Equipment Database mipla kolek also called NED. Em gad inpomeisan baut AT po elpe yu po stap bai yuselp.

## geat2GO

Da Gabmant blo Australia gad dis Home Sapot Program kolek geat2GO Em ken elp yu po stap bai yuselp:

[www.indigosolutions.org.au/funding/commonwealth-home-support-programme/geat2go](http://www.indigosolutions.org.au/funding/commonwealth-home-support-programme/geat2go)

## Choice

CHOICE test products ane gibe inpomeisan po elp pipol wanem po buy. Yu ken gede mo inpomeisan prom dempla websait: [www.choice.com.au](http://www.choice.com.au)



## Australian Cyber Security Centre

Da Gabmant blo Australia ane da Australian Cyber Security Centre gad inpomeisan wea dis websait: **[www.cyber.gov.au](http://www.cyber.gov.au)**.

## Don't fall for it

Dis smol buk gad adbais po dem old pipol blo Australia, pamle blo dempla ane po dem carer. Ip sambodi bin trike yu wea da intanet yu ken gede adbais ya:

**[www.health.gov.au/resources/publications/dont-fall-for-it-falls-can-be-prevented](http://www.health.gov.au/resources/publications/dont-fall-for-it-falls-can-be-prevented)**.

## Vision Australia

Vision Australia e wok wea pipol uda blind o kan luk prapa. Yu ken gede mo inpomeisan prom: **[www.visionaustralia.org](http://www.visionaustralia.org)**

## Dementia Australia

Dementia Australia e wok wea pipol uda gad dementia ane po pipol uda lugaut dempla. Yu ken gede mo inpomeisan prom **[www.dementia.org.au](http://www.dementia.org.au)**



# References

Dementia Australia (2016), Your Brain. Retrieved from Your Brain Matters: [www.dementia.org.au/risk-reduction](http://www.dementia.org.au/risk-reduction)

Vision Australia. Retrieved from Vision Australia: [www.visionaustralia.org](http://www.visionaustralia.org)

Better Health Victoria. (2012, November). Ageing Muscles Bones and Joints. Retrieved from Better Health Victoria: [www.betterhealth.vic.gov.au/health/conditionsandtreatments/ageing-muscles-bones-and-joints](http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/ageing-muscles-bones-and-joints)

CAOT Resources. (2016). Retrieved from Canadian Association of Occupational Therapists: [www.caot.ca](http://www.caot.ca)

HDG Consulting Group (Aug 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). 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 Organisation.

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



# Pipol uda bin elp wea dis smol buk

Mipla bin rait dis smol buk prom mani wi bin gedem da WA Steit ane Gabmant blo Australia. Em pat blo da Home Modification and Assistive Technology Project 2013-2018.

Copyright© Making Choices, Finding Solutions Version 7 (February 2023) - Independent Living Assessment Incorporated. ABN 41 266 326 832.

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.

Po gede list blo Terms of Use, go po: [www.liveup.org.au/terms-of-use/](http://www.liveup.org.au/terms-of-use/)

*iLA eso photographers wea Pexels.com ane unsplash.com po dempla wok.*





# Kontakt mipla

LiveUp

7 Tully Road, East Perth, Western Australia, 6004

**Telephone:** 1800 951 971

**Email:** [support@liveup.org.au](mailto:support@liveup.org.au)

**Web:** [www.liveup.org.au](http://www.liveup.org.au)



Mipla bin printe dis smol buk yuze solar lektric power lo FSC® certified peipa.

V1.2/03-2023

