

Making Choices, Finding Solutions

How to stay Moorditch and independent



Powered by



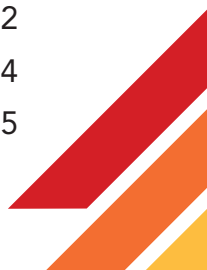
We acknowledge the Traditional Custodians of Country throughout Australia and recognise their continuing connection to land, waters, and community. We pay our respect to them and their cultures and to Elders past and present.

At iLA we respectfully acknowledge the Whadjuk Nyoongar people as the traditional custodians of the land upon which the iLA office stands. We pay our respects to their elders, both past and present, and to the emerging leaders of their community. We recognise and honour their enduring connection to the land and waterways and celebrate the richness of their culture. This acknowledgment serves as a commitment to fostering mutual respect, understanding, and collaboration as we strive to create an inclusive and culturally diverse environment within our community. iLA expresses gratitude for the opportunity to work, and engage on this land, and we are dedicated to recognising and valuing the contributions of Australia's First Nations peoples.

Aboriginal and Torres Strait Islander people are advised that this guide may contain images of people who have passed away.

Contents

About this booklet	4
About iLA and LiveUp	4
What is assistive technology?.....	5
Narch are Karluk modifications?	6
Narch do tradespeople do?	7
Jinunj (for) Finding solutions	8
Checklists	9
 Around the karluk	11
 In the kitchen	15
 In the bathroom	18
 In the laundry	22
 In the lounge room.....	25
 In the bedroom	27
 Outside the the Karluk	30
 Out and about	32
Your home safety plan.....	35
Allied health professionals	38
Useful resources	42
References.....	44
Acknowledgements	45



4 About this booklet

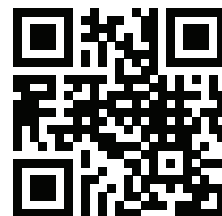
About this booklet

This booklet has information from experts to help you stay moorditch, independent, safe and well. It also has a list of products from different shops and online stores.

The products in the booklet are a suggestion only. They may change over time. This information is correct at the time of printing.

Please note that products are a suggestion only and may change over time. The information contained in this guide was correct at the time of printing.

Scan me
to find out more



About iLA and LiveUp

Only 25% of ageing is to do with genetics. The other 75% is to do with our choices.

iLA is a non-profit organisation. We help older people make choices. LiveUp is a website made by iLA with advice on how to keep healthy. It's free and easy to use.

It has the tools to help you with things you like doing. It also has ideas about new things you can try. LiveUp has a quiz with free advice, activities and products. It also has the LifeCurve™ program to help you to check yarn-noonuk how you are going.

Learn more at liveup.org.au or call **1800 951 971**.

Noongar Language and Cultural Sensitivity

Noongar people, whose language existed solely in spoken form for millennia had no formal written system. The Noongar language found expression through art, utilising patterns, and designs to convey meaning. However, the arrival of European contact marked a significant turning point, as Noongar words were documented in written form for the first time, providing a unique insight into the evolution of this ancient language.

5 What is assistive technology?



What is assistive technology?

Assistive technology is also called AT. It helps people stay moorditch, independent and well. AT can be simple things like a boorn stick or technology like an app. This document has simple AT solutions from pharmacies, supermarkets and hardware stores check. For example, electric can openers and non-slip bathmats.

Did you know?

AT can help with 50% of the difficulties older people have with things they do.



Narch are Karluk modifications?

Karluk modifications are changes you can make to help you do things around your karluk home. They can make things easier. This booklet only wanginj about simple modifications. It also has information on who to wanginj to for help.

Tips

Wanginj to an occupational therapist or a tradesperson. They can make sure the modifications meet Australian Standards.

7 Narch do tradespeople do?

Narch do tradespeople do?

Tradespeople are people like builders, plumbers and electricians. They can:

- Help you choose the right materials for your home modifications.
- Give you advice and meet Australian Standards.
- Understand the advice from occupational therapists.
- **Walls, fittings and rails** Rails fixed to walls or other surfaces must be strong and hold your weight. A towel rail only holds a few kilos. Get professional advice to make sure you have the right rail.



How your body works

Moorditch health is more than just not feeling mindich. Everyone is different but older people can still do many things.

As you get older, moving your body helps you stay in moorditch health. Using AT and making Karluk modifications can:

- Make daily tasks easier.
- Help with the strain on your joints.
- Lessen pain in your hands, hips and knees.
- Give you the confidence to get out and warradiny things.

Narch is wellness?

The Commonwealth Home Support Program uses the idea of wellness to help you stay independent. AT and home modifications can help you stay safe.

Did you know?

Many older people do not use their muscles, juerl and joints enough. It is important to eat well, exercise and stay active. Learning new things, having healthy relationships and being part of a mob is also important.

Jinunj (for) Finding solutions

To work out how to use AT and do home modifications, think about:

My needs
 How can I support my body?
 What issues do I have?

Example:
 My boornich knees hurt and it is harder to use stairs. I struggle with my balance.



My tasks
 What am I trying to do?
 What am I struggling with?
 Where am I doing warradiny this task?
 What makes it harder to do?

Examples:
 Are jars difficult to open?
 I'm leaving the house but the stairs are in my way.



Solutions
 What is the best thing to warradiny do?
 What do I buy and use to help me?





Example:
 I can get a rail fitted for my stairs. I can buy a walker to help with my balance. I can get a ramp for my walker.







9 Checklist

Checklist

Use this checklist to help you work out your needs and find good solutions.

Environment	Task/Activity	Yes	Page
Around the karluk 	Sweeping, vacuuming and mopping	<input type="checkbox"/>	14
	Using a phone	<input type="checkbox"/>	15
	Using a computer	<input type="checkbox"/>	15
In the kitchen 	Turning the taps on and off	<input type="checkbox"/>	18
	Chopping or cutting food	<input type="checkbox"/>	18
	Pouring the kettle	<input type="checkbox"/>	18
	Lifting pots and pans	<input type="checkbox"/>	18
	Turning the cooker on and off	<input type="checkbox"/>	20
In the bathroom 	Washing and drying feet and toes	<input type="checkbox"/>	22
	Putting socks, stockings and shoes on	<input type="checkbox"/>	22
	Cutting nails	<input type="checkbox"/>	22
	Using medications	<input type="checkbox"/>	22
In the laundry 	Using the washing machine	<input type="checkbox"/>	26

Environment	Task/Activity	Yes	Page
In the lounge Room 	TV remotes	<input type="checkbox"/>	28
	Crafts and games	<input type="checkbox"/>	28
	Holding and reading books	<input type="checkbox"/>	28
In the bedroom 	Jinung or jinunj	<input type="checkbox"/>	31
	Ngoonding	<input type="checkbox"/>	31
Outside the karluk 	Using keys and door locks	<input type="checkbox"/>	32
	Gardening	<input type="checkbox"/>	33
Out and about 	Getting in and out of the kada-kada	<input type="checkbox"/>	36
	Carrying shopping	<input type="checkbox"/>	36
	Finding the kada-kada car	<input type="checkbox"/>	36
	Keeping fit and active	<input type="checkbox"/>	36





Around the karluk

Questions to consider:

Are your cleaning products kept together and easily accessible?

Are your extension cords in good working order? Do you make sure not to run them across rooms, doorways and corridors?

Do your rugs create a trip hazard? Can you stick them to the floor? Do they have non-slip backing to stop them moving around?

Can you reach things high up, low down or on the floor? Do you stand on furniture or kneel on the floor to reach things? Can you use tools or equipment with long handles?

Do you know how to adjust your chair, desk and workspace to prevent pain in your back, neck, wrists, and arms?



Top Tip

Lightweight products and equipment with long handles require less effort to use, which also reduces stress on your joints.



Plan

When you plan a task, you can reduce extra steps and wasted energy. Try dividing your task into manageable chunks throughout the week rather than trying to tackle it all in one day.



Prepare

Store all your cleaning products together in a light, accessible basket with a handle. Try using a trolley to wheel things around rather than carrying items long distances and organise workspaces so they're easy to access and ready to use.



Pace

Alternate between doing light tasks and more energetic activities. Try incorporating both work and rest into all your tasks, as even short breaks of five minutes increase your overall endurance.



Posture

Support your body to avoid pain and soreness from poor posture. You can practice maintaining head, shoulder and hip alignment while standing and avoid awkward bending or reaching during activities. Changing position every 15 minutes, kneeling rather than bending and setting up your chair, desk and seated position correctly will also reduce pain and stiffness.

13 Around the house



Solutions

Ask a cleaner to do heavy tasks like vacuuming and mopping. Each month the cleaner can do a different task. Your Karluk will stay clean for longer.

Cleaning floors

Try using a dustpan and brush with long handles to avoid bending. A light vacuum with a longer handle can help you keep on top of daily dust and dirt between monthly deep cleans with less effort. A long-handled steam mop eliminates the need for a heavy mop and bucket too.



Black & Decker 9 in 1 Steam Mop

This easy-to-use steam mop quickly switches into to a versatile handheld steam cleaner. Kills 99.9% of bacteria and germs.

bunnings.com.au



Sabco Long Handle Lobby Broom & Dustpan Set

This modern set has a long handle to help avoid bending, with a compact design for easy storage.

mitre10.com.au



Electrolux Ergorapido

This stick vacuum is lightweight and powerful. Clean without stopping to change attachments with the included multi-floor nozzle.

thegoodguys.com.au



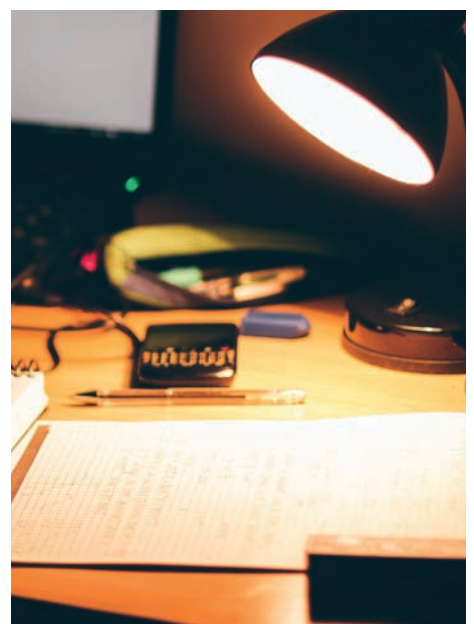
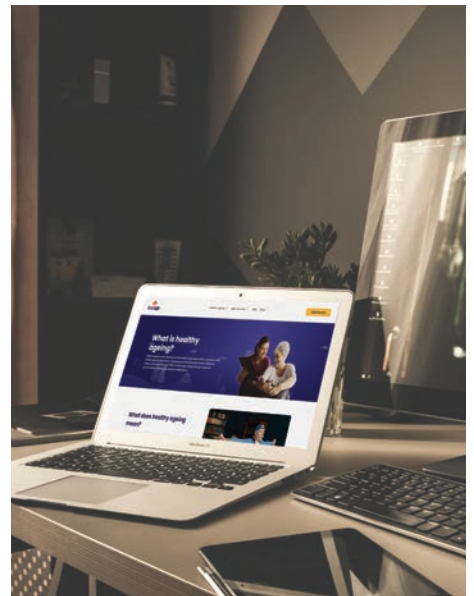
Phones

You can get a phone with large numbers and louder volume. Use a magnifying glass with a light to help you see your phone.

When getting a mobile phone, check the size of the screen and how easy it is to use. Use the Siri or Hey Google programs to call people. Save the name of each person in your phone so the program can find them.

Using a computer or tablet

Set up your computer or tablet so that it is easy to use. Put a lamp on your desk in a way that there is no glare. A bigger screen makes it easier to read. Computers have high contrast colours and large fonts. To jining (see) better, you can use a separate keyboard for your laptop with large keys.



Tips

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



In the kitchen

Questions to consider:

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

Are your cupboards and shelves within easy reach? Do you have to stand on your tiptoes, stretch or get down on the floor to reach things?

Do you mop up spills as soon as they happen?

Do you have a working smoke alarm installed?

Do you have a fire extinguisher and fire blanket?





Plan

Create a meal plan for the week to make it easier to prepare healthy meals. This ensures you have the right ingredients on hand and reduces the likelihood of missing meals. You could purchase chopped up frozen vegetables and fruit so that you always have healthy ingredients in stock. Try the cook once, eat twice philosophy! By cooking larger meals and re-using or freezing left-overs you cut down on the number of times you need to cook a meal from scratch.

Prepare

Prepare your cooking space and set up ingredients on the bench before you start cooking. Try sitting down for meal preparation to reduce strain on your body and conserve your energy.

Pace

Consider breaking up the task. For example, try preparing your meat in the morning and your vegetables in the afternoon. Cleaning as you go or while items are cooking means you won't have a big job to tackle after eating. Try cooking one pot wonders that reduce washing up. Slow cookers save time, are easy to use, keep the kitchen cooler in warmer months and use less energy.

Top Tip

Sitting instead of standing reduces your personal energy use by 25%. Consider which kitchen tasks you can do sitting down so that you can spend your energy doing the things you enjoy. For example, you could prepare vegetables at the dining table.

17 In the kitchen



Turning the taps on and off

Taps can be hard to turn on or off. Replace them with lever taps or use tap turners.

Chopping or cutting food

Use knives with non-slip handles. They make holding them easier. Use a spike board and a non-slip mat to stop things moving around. Use an electric food processor.

Pouring the kettle

Some kettles are heavy and hard to fill. Get a smaller kettle or use a jug to fill it.

Lifting pots

Fill pots using a jug. Buy pots with two handles. Use steamer inserts that lift out of your pots. Leave the pot of water to cool and empty it later.

Turning the cooker on and off

Cookers can be hard to turn on or off. Stick on dots help you see and feel when the cooker is on or at the right temperature. Buy stove dial turners.



1.7L Cordless Kettle

This kettle is cordless and easy to use.

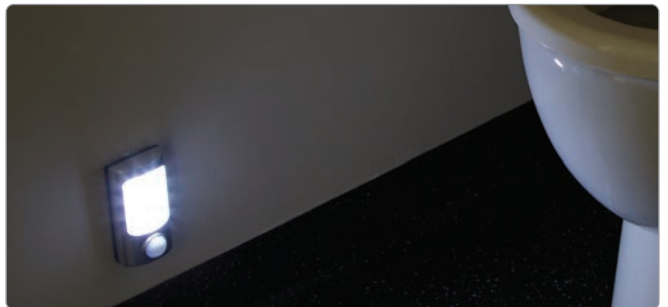
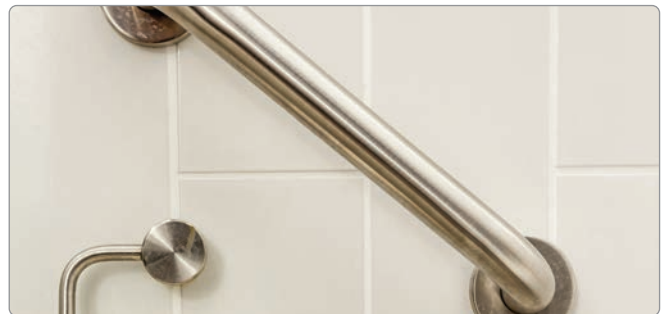
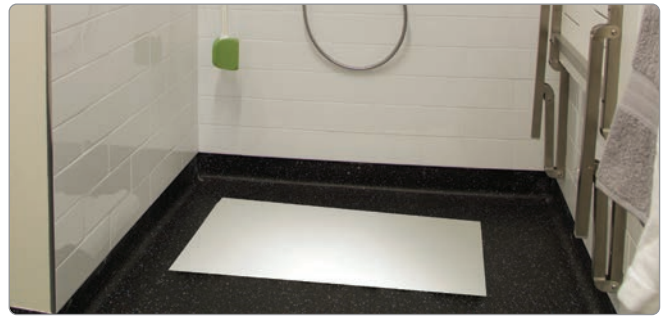
kmart.com.au



In the bathroom

Ask yourself:

- Do you have non-slip flooring in your bathroom?
- Do you have a non-slip mat in your shower?
- Do you have rails next to the toilet, shower and bath?
- Can you leave a light on at night?
- Can you control how hot your keep water gets?





Tips

Try using a towelling robe to help dry your body and sit down to dry your feet.



Plan

Nyin sit on a strong chair in the bathroom for drying and dressing. Put your towel, clothes and things you need next to the chair.

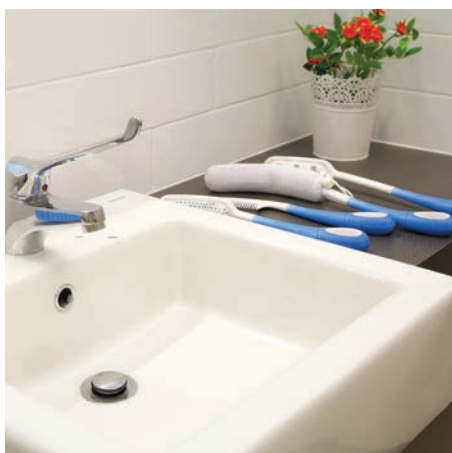
Prepare

Brushes with long handles make it easier to reach your lower body, back and hair. Use a magnifying mirror for shaving or putting make up on. Use a tube squeezer to get toothpaste out.

Pace

Nyin Sit down to reach your lower legs and feet. Wash your upper body first and then your lower body. Use brushes with long handles.





Solutions

Washing and drying jen feet and toes

Use brushes and sponges with long handles to clean and dry your jen feet.

Putting socks, stockings and shoes on

Nyin Sit down to dry yourself and get dressed. Use a foot stool to reach your jen feet. Use shoehorns and dressing sticks. Get shoes with Velcro straps or elastic laces.

Clipping nails

Suction nail clippers make cutting nails easier and help you jinung see better.



Trensum Swivel Magnifying Mirror

This mirror has two sides. One side has a normal mirror and the other side has a magnifying mirror that is great for shaving or putting on makeup.

ikea.com.au



Managing medications

Get a medication organiser from your pharmacy. Talk to your pharmacist about pill crushers or splitters. There are products to help you hold your meowl (eye) open for using meowl eye drops. Get a pill reminder alarm.



Things you can change in your bathroom:

- Get lever taps to make turning taps on and off easier.
- Get a hand-held shower to wash your back and feet.
- Use a shower seat.
- Get non-slip adhesive on the floor and inside the bath and shower.
- Plug in a night light.





In the laundry

Ask yourself:

- Are there any steps from your laundry to the washing line?
- Do you have a chair or table next to your washing line?
- Can you set up your clothes airer up where it is not a trip hazard?



Tips

Hang wet shirts and tops to dry on a hanger so that you do not have to iron it.



Plan

Buy clothes that do not need ironing. Keep washing powder next to the machine. Buy it in small packages.

Prepare

Keep your ironing board set up. Fill the iron with a little bit of water. Use the steam function or dampen the clothes to make ironing easier.

Pace

Take clothes out of the machine one at a time. Rest between ironing. Use a trolley to take clothes to the washing line. Use a tumble dryer.

Posture

Put your basket on a chair. When ironing, sit on a stool with a back. Set your ironing board so that your elbow is at the level of the iron.

24 In the laundry



Using the washing machine

If you have a front-loading washing machine, get a stand to lift it up. If the dials are hard to turn or see, use stick-on dots to help you see and feel. Buy dial turners.





In the lounge room



Plan

Set up your chair so that it is comfortable. Set up a light to make it easier to read. Make sure it does not shine into your eyes. Make sure your head and neck are comfortable when watching TV. Have your remotes and other things you need next to you. Use a side table for your drinks and snacks.



Prepare

Use a desk for crafts or writing. Make sure the light from the window is behind you so that you can see better. Set up a table or lap tray with a black non-slip mat.



Pace

Keep your brain active and exercise. Eat healthy food and keep in touch with friends and family.



Posture

Standing and moving around helps to stay healthy and well.

26 In the lounge



TV remotes

Simple TV remotes with large buttons work with most TVs.

Crafts and games

Vision Australia has an online store with things to help you jinung see small crafts and needles. They have playing cards with large symbols and numbers or you can buy larger playing yuberl cards.

Holding and reading books

Your neck, arms and wrists can get tired when you are reading. A book stand can help. Many books come in large print. You can get them from a library or bookstore. eReaders such as Kindle have larger font, greater contrast and audiobooks.



Handsfree Book Seat

The cushion gives support when you use books, tables, laptops or magazines.

thebookseat.com.au

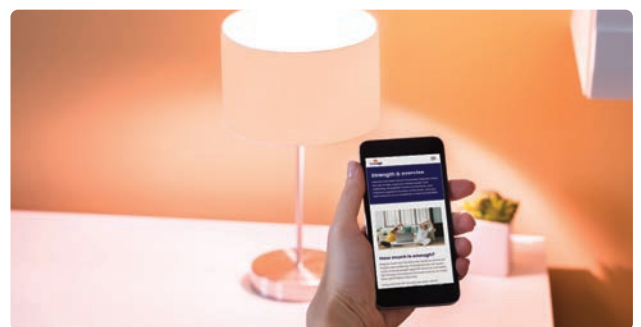




In the bedroom

Ask yourself:

- Do you have a personal emergency alarm?
- Do you know what to do if you feel dizzy or sick during the night?
- Do you sit on the side of the bed and move your legs before you get up?
- Do you have a bedside lamp?
- Do you have clips on your bedside table to make cords easier to use?



Tips

Go to bed and get up at the same time every day. Alarm clock can help. Try not to snooze in.

28 In the bedroom



Plan

Put a torch on your bedside table. Make sure the space on the floor between your bed and the door is clear.

Prepare

Doonas are lighter than blankets and easier to change linen on.

Pace

To help you wake up, enjoy some sunlight in the morning and during the day. Exercise in the morning to help you sleep at night.

Posture

Check that the height of your mattress is just below your knees.



Seeing at night

A night light helps you see as you go to the kumpa mia (toilet). Leave the bathroom light on.

Ngoonding

Do not to use phones or computers before bed. The best time for a nap is 1-1:30 pm if you get up early or 2:30-3pm if you get up late.



Twin Pack Arlec Mini Q-Shaped Auto Night

These night lights are good for bedrooms, hallways, stairs and bathrooms. They turn on and off automatically.

bunnings.com.au



Outside the Karluk

Ask yourself:

- Do you have strong handrails by the stairs and at entrances to your home?
- Can you see your steps outside?
- Are your steps non-slip? Do you use a key turner?



Tips

Get motion sensor lights at the entrance to your house to see better.



Solutions

Using keys and door locks

Replace handles on cupboards, drawers and doors with a lever or a D-shape handle. Put a magnetic door latch on your doors to hold them open when you go in and out.

Gardening

Use pruners and cutters with long handles. Get raised garden beds. Use a trolley and stool with a kneeling board. Keep the tools you need near you. Sit or kneel comfortably for your gardening tasks.





Out and about

Ask yourself:

- Can you get your heavy shopping delivered?
- Do you try to move more through the day?
- How do you put the shopping into the car or take it out?
- Do you bend your knees when lifting things?
- Do you keep your keys, wallet and kooter (bag) in the same place at home?





Tips

Get to know your local area.
Find out where you can park and
where the toilets are.

Plan

Plan to shop when it is not busy. Shop in familiar stores. Take shopping bags with long straps with you. They are easier to carry.

Prepare

Keep fit and exercise to do the things you love.

Pace

Keep things you need for going out in one place. Do small shopping trips. Do some light tasks and some heavier tasks.

Posture

Ask staff to help you lift heavy things and put them into the car. Move carefully. Keep things where they are easy to get.

Solutions

A few simple products will help you enjoy getting out and about. You can see some suggestions to help you explore your local area below.

Getting in and out of the kada-kada

Getting out of the kada-kada can be difficult. Use a transfer bar in the side of your door and a cushion that turns on your seat.

If you are in someone else's kada-kada and get stuck in the seat, put plastic shopping bag on the car seat to help you to slide in and out. Keep a bag with you for travelling.

Carrying shopping

Use a shopping trolley to carry things to and from the car or around the shops. Use your laundry trolley to take things from the kada-kada to the house. Use a walker to go shopping. Carry a few items in the basket under the walker. A physiotherapist will help you find a good walker.

Finding the kada-kada

Use your mobile to take a photo of where you parked. If the car park prints tickets, write the car park letter and number on the back. Park your car near a spot you will remember.

Keeping fit and active

Keep moving every day. Use the time you spend jinunj watching TV to exercise. Yarginj Stand up and nyin sit down ten times at the start of the TV show. Walk around the room during ads. Raise your toes a few times holding onto the kitchen bench when boiling the kettle. Walking or standing every day is better than one hour of exercise. Follow a routine.

Tips

Put things in the same place and do things the same way each day. More ideas for healthy ageing are at www.LiveUp.org.au Take the quick quiz and get advice on local activities, groups and classes.





Your safety plan

Wanginj Talk about your safety plan with your mob (family and friends). Answer these questions to help you write your safety plan.

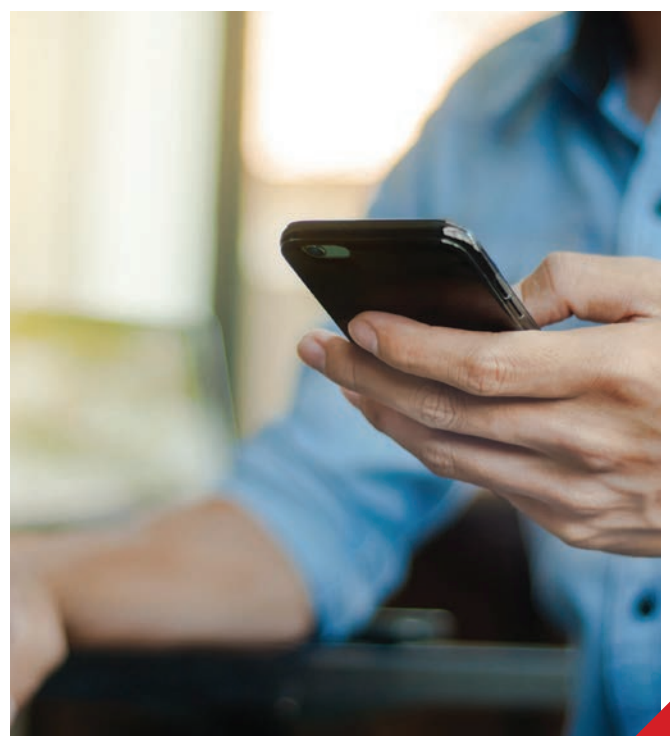
Community safety

Do you notice if lights are not on next door?

Do you tell each other if you are going away?

Do you carry a card with your emergency contacts and medical information?

Do you have a list of important phone numbers next to your phone?



36 Your safety plan



Home safety

Do you put notes around the house to remind yourself to do things?

Do you carry a notebook with things to do?

Do you take your mobile with you when you go to garden to call for help?

Do you have an emergency alarm?

Do you keep a key hidden outside so your friends or the emergency services can get in?

Do you have working kwearl (smoke) alarms?





Personal safety

Do you have emergency information on your fridge?

Do you have your medical information on your fridge?

Do you have a power of attorney for health and finances?

Do you keep your mobile charged by your bed at night?

If you fall, do you know how to get up off the floor?

Can you crawl to where you can reach a blanket and call for help?

Tips

Emergency information has a list of your medications, the details of a neighbour, mob (friend or family).





Allied health professionals

Allied health professionals are medical experts that work in your community. Some are paid for by the Department of Veterans Affairs, Medicare or My Aged Care. Some are paid for by private health insurance or community health services.

Speak to your Aboriginal health worker/liaison officer and doctor about allied health professionals that can help you.

Occupational therapy (OT)

Occupational Therapists are also called OT. They help to find ways to stay independent and safe. OT can help you decide what changes you need in your home, for example rails or shower chair.

Ask yourself:

- Do you want to learn easier or safer ways to do everyday tasks?
- Are you struggling with daily activities?
- Have you had a fall or are worried about falling?
- Do you need information about how to protect your skin?
- Do you want to talk about ramps, electric scooters, beds and wheelchairs?

If you answer yes, speak to your doctor about getting a referral to an OT.



Physio

Physios are medical experts. They help improve your health through exercise.

Ask yourself:

- Do you need advice on walking sticks or walkers?
- Have you had a fall or are worried about falling?
- Do you feel less strong when doing things?

If you answer yes, speak to your doctor about getting a referral to a physio.



Speech pathologists

As we get older, it may be more difficult to talk. Speech pathologists are medical experts. They help with speech, language and voice. They also help with swallowing.

Ask yourself:

Do people find it hard to hear you?

Do you struggle to hear people?

Have you had health problems with your head, neck or throat?

Has the way you wanging talk, eat or swallow changed?

If you answer yes, wanging speak to your doctor about getting a referral to a speech pathologist.



40 Allied health professionals



Podiatrist

Podiatrists are medical experts. They help with Jen (feet), ankles and legs.

Ask yourself:

- Do you need advice on your footwear?
- Do you have diabetes, open sores or painful areas on your foot or meerl ankle?
- Do you worry about your foot and toenail care?

If you answer yes speak to your doctor about getting a referral to a podiatrist.



Aboriginal Health Workers

ATSIHW are a unique profession where workers are able to do a variety of jobs which is often essential in rural and remote areas. They not only perform a comprehensive primary health care role (including clinical assessment, monitoring and intervention activities; health promotion and chronic disease management services) but also provide culturally safe health care suited to local health needs.

An Aboriginal and/or Torres Strait Islander Health Worker

(ATSIHW) is an Aboriginal and/or Torres Strait Islander person who is in possession of a minimum qualification (cert III) within the fields of primary health care work or clinical practice. Aboriginal and Torres Strait Islander Health Workers (ATSIHWs) play a vital role in the primary health workforce. They provide clinical and primary health care for individuals, families and community groups including specialty areas in diabetes and eye and ear health. Their common objective is to assist the Aboriginal and Torres Strait Islander communities to take a strong role in controlling and managing their own health and lifestyles.



Useful resources

LiveUp

Information on healthy ageing, AT and exercise classes: www.liveup.org.au.

iLA

Independent information and initiatives: www.ilaustralia.org.au.

KeepAble

Information to support home and community care providers: www.keepable.com.au.

Village Hubs

iLA is the national grants manager for the Village Hubs Grants Fund from the Australian Government. It is a way for older people to improve their mental and physical health: www.ilaustralia.org.au/our-services/villagehubs

ATChat

Connect with other AT users and get information about how they use AT. www.atchat.com.au

National Equipment Database

www.askned.com.au

National Equipment Database is also called NED. It has information about AT to help you stay independent.

geat2GO

The Commonwealth Home Support Programme initiative called geat2GO can help you stay independent:

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

Choice

www.choice.com.au

CHOICE tests products and writes guides to help people buy. You can get more information on their website: www.choice.com.au

Australian Cyber Security Centre

To help you stay safe online, the Australian Government and the Australian Cyber Security Centre have information on this website: **www.cyber.gov.au**.

Don't fall for it

This booklet has advice to older Australians, their families and carers on how to prevent falls. You can get it here:

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

Vision Australia

Vision Australia works with Australians who are blind or have low vision. Go to their website for more information: **www.visionaustralia.org**.

Dementia Australia

Dementia Australia works with Australians with dementia and who care for them. Get free information from their website: **www.dementia.org.au**.



References

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

Vision Australia. Retrieved from Vision Australia: 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

CAOT Resources. (2016). Retrieved from Canadian Association of Occupational Therapists: 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



Acknowledgements

We wrote this booklet using the funding from the WA State and Commonwealth Governments as part of the 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.

For a full list of Terms of Use, go to: www.liveup.org.au/terms-of-use/

iLA thanks photographers of Pexels.com and Unsplash.com for their work.



Contact us

LiveUp

Freda Jacob House, 7 Tully Road, East Perth, Western Australia, 6004

Telephone: 1800 951 971

Email: support@liveup.org.au

Web: www.liveup.org.au



We printed this booklet using solar electricity on FSC® certified paper.

V1.3/03-2025

