

Easy Living Equipment – Simple items to help you at home



SMR Alliance

Working together to maximise the wellbeing
of older people and people with a disability



Easy Living Equipment – Simple items to help you at home

We're here to support you to be as independent and active as possible in your home.

We can chat with you about any tasks that have become more challenging for you. Your support worker can talk with you about small, simple equipment that may help.

We've created a list of equipment that's easy to find and purchase. These items may assist you in your tasks around your home.

They can help you with:

- Domestic activities and household cleaning
- Kitchen activities and meal preparation
- Bathroom and personal care
- Gardening

Many of these items are available from supermarkets, homeware and hardware stores as well as chemists. You'll need to purchase some of the equipment from assistive equipment suppliers. Often you can find the items online and get them delivered.

Your support worker can talk to you about the equipment that may be useful to you. They may be able to show you how the items work and help you purchase the ones you choose.

We've listed equipment here that we think will be helpful. There are many other aids available. Talk to your support worker if you have ideas about what could help you.

Easy living equipment to help you at home – checklist

Here's some ideas for equipment that may help you around your home and garden.

You can use this checklist when you're talking to your support worker and when purchasing items. Ask your support worker to explain how the equipment can help you.

	I'M INTERESTED IN EQUIPMENT TO HELP ME MORE SAFELY AND EASILY...	I'D LIKE TO FIND OUT MORE OR PURCHASE ☑
DOMESTIC ACTIVITIES AND HOUSEHOLD CLEANING	Turn keys in locks	
	Key turner	
	Reach and pick up small things	
	Long-handled reacher	
	Carry or hang out the washing	
	Laundry trolley	
	Large Pegs	
	Clean floors	
	Lightweight mop and bucket	
	Skirting board mop	
	Lightweight, long-handled broom	
	Long-handled dustpan and brush	
	Lightweight vacuum	
	Lightweight carpet sweeper	
	Dust	
	Long-handled extendable duster	
	Clean my bathroom	
	Long-handled shower and bath cleaner	
	Long-handled toilet brush set	
	Get in and out of my car	
	Handy Bar or car transfer bar	
	Seat belt easy reacher	
	Other	

I'M INTERESTED IN EQUIPMENT TO HELP ME MORE SAFELY AND EASILY...

I'D LIKE TO FIND OUT MORE OR PURCHASE ✓

KITCHEN AND MEAL PREPARATION

Open jars

Jar opener

Open bottles/cans/ring pull cans

Bottle cap opener

Can opener - ring pull

Can opener - electric

Can opener - manual

Grip/open other items

Slip-resistant mat

Make a stable surface

Slip-resistant mat

Stable table

Turn taps

Universal tap turner

Other

BATHROOM AND PERSONAL CARE

Wash my back or legs

Long-handled sponge

Wash and dry my feet and toes

Long-handled toe washer and dryer

Bathe and shower

Slip-resistant bathroom mat

Apply lotion to my legs, back and feet

Long-handled lotion applicator

I'M INTERESTED IN EQUIPMENT TO HELP ME MORE SAFELY AND EASILY...

I'D LIKE TO FIND OUT MORE OR PURCHASE ☑

BATHROOM AND PERSONAL CARE

Clip my finger nails and toe nails

Table top nail nail clipper

Put on shoes

Long-handled shoe horn

Turn Taps

Universal tap turner

Other

GARDENING

Do the gardening

Kneeling pad

Lightweight hand tools

Long-handled gardening tools

Easi-Grip Garden Hand tool

Easi Grip Add-on Handle

Turn garden tap

Universal tap turner

Other

This is not clinical advice. If you require, we can make a referral to an occupational therapist.

Where to purchase the equipment

Suppliers and products change over time. The following suppliers were used when the Easy Living Equipment Guide was developed in 2022. You should be able to find suppliers in your local area.

Stores to consider are:

- Chemist (Amcal, Chemist Warehouse)
- Kmart
- Aldi
- Bunnings
- Assistive equipment suppliers

ASSISTIVE EQUIPMENT SUPPLIERS

Aidacare

Ph: 1300 216 898
Online shop, deliver
313 Warrigal Road, Cheltenham
1/820 Princes Highway Springvale
www.aidacare.com.au

Able Living

Ph: 8537 7500
Online shop, deliver
679-Whitehorse Road,
Mont Albert
www.able-living.com

Independent Living Specialists

Ph: 1300 008 267
Online shop, deliver
39B Langhorne St Dandenong
www.ilsau.com.au

Peninsula Home Healthcare

Ph: 9786 7004
Online shop, deliver
21 Sir Laurence Drive, Seaford
www.phhc.com.au

Statewide Home Health care

Ph: 9591 6234
Online shop, deliver
909 Nepean Hwy, Bentleigh
www.shhc.com.au

Independent Living Centre

Ph: 1300 885 886
You can search for equipment and find who supplies it.
www.ilcaustralia.org.au

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