

Easy Living Equipment Guide

Simple equipment to help older people with:

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



SMR Alliance

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



DOMESTIC ACTIVITIES AND HOUSEHOLD CLEANING

KEY TURNER

ASSISTS WITH: TURNING KEYS

The key turner makes it easier for you to hold your key and turn it in the lock. It gives you a larger item to hold. This is a large lightweight plastic handle that two keys can clip into. You grasp the

handle and turn the key.
Approximate price: \$16 – \$20
Available at assistive equipment suppliers



LONG-HANDLED REACHER

ASSISTS WITH: PICKING THINGS UP FROM THE FLOOR, REACHING HIGH FOR SMALL ITEMS, HARD-TO-REACH PLACES

A long-handled reacher makes it easier to pick up items off the floor or hard to reach places. This is a long lightweight item. It gives you a long 'arm' or 'stick' to reach, with a 'grabber' at the end.

When you pull on the handle the grabber closes around the item.

Approximate Price: \$30 – \$40
Available at assistive equipment suppliers, chemists



DOMESTIC ACTIVITIES AND HOUSEHOLD CLEANING

LAUNDRY TROLLEY

ASSISTS WITH: CARRYING LAUNDRY

A laundry trolley allows you to carry washing more easily. This is a large item. Place your washing basket on the frame of the trolley.

Approximate Price: \$40
Available at Bunnings



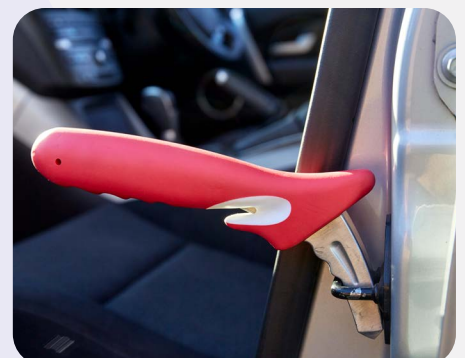
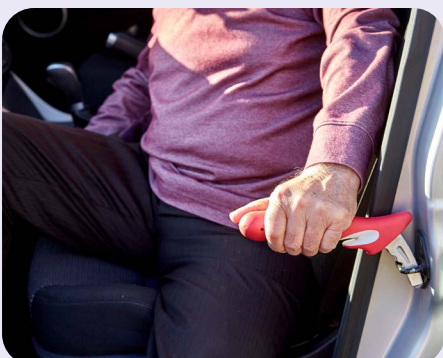
HANDY BAR OR CAR TRANSFER BAR

ASSISTS WITH: GETTING IN AND OUT OF THE CAR.

The car transfer bar makes it easier for you get out of your car seat. This is a small item. When you open the door, place it in the door striker plate

(U-shaped hook) on the middle pillar of the car. It clips on and you use it as a handle to push yourself up.

Approximate Price: \$50
Available at assistive equipment suppliers



BOTTLE CAP OPENER

ASSISTS WITH: OPENING BOTTLE CAPS

This bottle cap opener is made of a firm rubber material. You place it over the top of the bottle cap. It provides you with extra grip to help open the bottle.

Approximate Price: \$15
Available at assistive equipment suppliers



JAR OPENER

ASSISTS WITH: OPENING JARS

The blue dome shaped jar opener is made of soft, non-slip plastic. You place it over the top of the jar. It provides you with extra grip to open the jar. The black Oxo Good Grips Jar Opener slides across the top of the jar's lid.

You use the handle to turn the lid.
Approximate Price: \$15 - \$25
Available at supermarkets and homeware stores (Oxo Good Grips), assistive equipment suppliers (dome shaped opener)



KITCHEN AND MEAL PREPARATION

CAN OPENER - RING PULL

ASSISTS WITH: OPENING CANS

This can opener slips under the ring pull and provides leverage. It's a firm plastic material. It gives you extra grip to help put more force through the ring to open the can.

Approximate Price: \$5-12

Available at homeware stores, assistive equipment suppliers



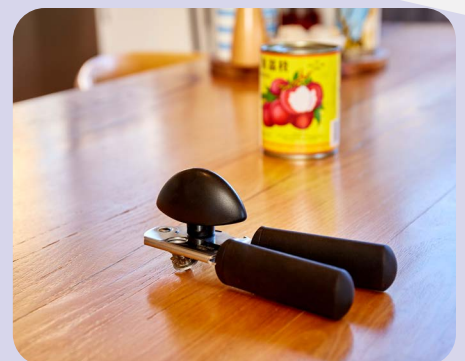
CAN OPENER - MANUAL

ASSISTS WITH: OPENING CANS

This is the Oxo Good Grips Soft-Handled Can Opener. It has a large, soft rubber grip with built up handles and winder. This makes holding and turning the winder easier. Much less hand strength is needed.

Approximate Price: \$35-40

Available at supermarkets, homeware stores, assistive equipment suppliers.



KITCHEN AND MEAL PREPARATION

CAN OPENER - ELECTRIC

ASSISTS WITH: OPENING CANS

This is the One Touch Automatic Can Opener. It's battery operated. Place it on the can and press the button. The can opener follows the rim of the can to easily open it.

Approximate Price: \$45
Available at assistive equipment suppliers



BATHROOM AND PERSONAL CARE

LONG-HANDLED SPONGE

ASSISTS WITH: WASHING THE BACK, LEGS, FEET

This lightweight long-handled sponge makes it easier for you to wash your back, legs and feet. It has a long lightweight plastic handle with a foam pad.

Approximate Price: \$10 - \$20
Available at assistive equipment suppliers



LONG-HANDLED TOE WASHER AND DRYER

ASSISTS WITH: WASHING OR DRYING BETWEEN TOES

Use to wash and dry between your toes. Can be bent to shape. Consider purchasing two - one for washing, one for drying. It has a long metal handle with a thin towel covered pad. The pads

are removable and washable. Comes with an extra pad.
Approximate Price: \$25 - \$30
Available at assistive equipment suppliers



LONG-HANDLED LOTION APPLICATOR

ASSISTS WITH: APPLYING LOTION TO BACK, LEGS, FEET

Apply lotion, oil or cream to the pad, rub onto your back, shoulders, legs and heels. It's made of durable plastic. Lightweight, easy to hold, easy to clean.

Approximate Price: \$30 - \$40
Available at assistive equipment suppliers



BATHROOM AND PERSONAL CARE

BATHROOM AND PERSONAL CARE TABLE TOP NAIL CLIPPER

ASSISTS WITH: CUTTING FINGER AND TOE NAILS

Large finger pad gives comfort and good leverage. It keeps the clipper stable. You push down on the blue button to cut your nail. This makes cutting nails easier.

A small lightweight item. Approximate Price: \$25 – \$35 Available at assistive equipment suppliers, chemists



LONG-HANDLED SHOE HORN

ASSISTS WITH: PUTTING ON SHOES

Helps you put on shoes. You place the shoe horn in the back of your shoe. It's lightweight, firm plastic, about the length of a 40 cm ruler.

Approximate Price: \$15 – \$20 Available at assistive equipment suppliers, chemists

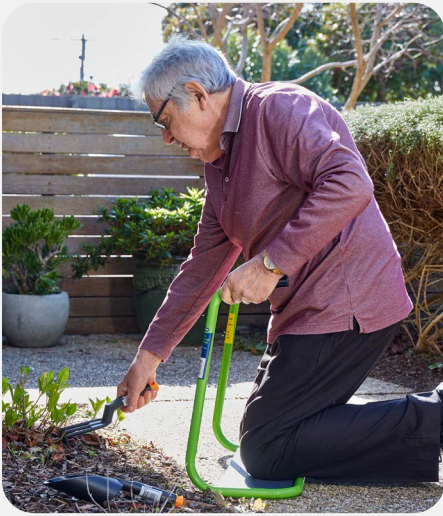


GARDENING

LIGHTWEIGHT HAND TOOLS AND GARDEN KNEELING PAD WITH FRAME ASSISTS WITH: HOLDING GARDENING TOOLS, KNEELING

The hand tools are lightweight plastic with large handles. Easier to grip and use. The kneeling pad makes it more comfortable to kneel, the handles help you get up. Strong steel frame and soft kneeling pad.

Approximate Price: \$4 each (hand tools), \$19 (kneeling pad)
Available at Bunnings

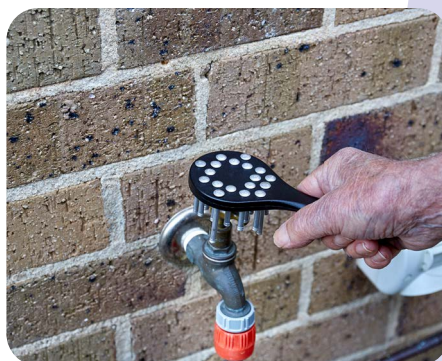


UNIVERSAL TAP TURNER

ASSISTS WITH: TURNING GARDEN AND HOUSEHOLD TAPS

Makes turning taps easier by giving you a larger item to hold. The prongs slide and conform to the shape of the tap handle.

Approximate Price: \$30
Available at assistive equipment suppliers



ACKNOWLEDGEMENTS



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RED HAT FILMS

This resource was developed by [Southern Metropolitan Region Sector Development Team](#); Renee Arnott, Occupational Therapist; and [Red Hat Films](#).

It was funded by the Australian Government Department of Health and Aged Care. The material contained herein does not necessarily represent the views or policies of the Australian Government.

We acknowledge the Wurundjeri and Boon Wurrung Peoples as Traditional Custodians of the lands on which we created this project. We pay respect to Elders past, present and emerging.

The project team would like to acknowledge everyone who generously volunteered their time and expertise to the design, development and review of this toolkit.

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