

Emergency and Memory Advice

TOP TIP

If you are tired, stressed, or distracted and/or in a noisy, multitasking environment, your concentration can be affected and it makes it harder to remember things.



Making Choices, Finding Solutions

About this Guide

This guide has been developed to assist you to find simple assistive equipment, technology and basic home modification solutions available in local stores and online.

It contains a range of useful tips and advice to help you better manage every day tasks and common frustrations.

Please note prices and products may change over time and are correct at time of printing.

About the Independent Living Centre WA (ILC)

The Independent Living Centre WA (ILC) provides information and advice, assessment, training, funding and hire services that enable Western Australians of all ages and abilities to live more independent and fulfilling lives.

Visit the website www.ilc.com.au

The ILC's experienced health professionals have been providing Western Australians with information and advice about assistive equipment options for over 35 years.

What should I expect if I call the ILC Helpline 1300 885 886?

If you call the ILC Helpline you will speak with an experienced occupational therapist who can assist you with your assistive equipment and home modification enquiries. This service is free.

How to use NED – the Australian online national equipment database?

NED, the online national equipment database, offers a greater range of assistive technology and equipment products available throughout Australia. Visit www.askned.com.au and select Search Equipment to search by key word, advanced search or by browsing through the products by topics. You will find information about the product including a description, specifications and suppliers Australia wide.

This guide has been developed for the Independent Living Centre WA in partnership with the WA Home and Community Care Program (HACC) as part of the Home Modification and Assistive Technology Project.

© Independent Living Centre WA 2017

Do you and your close neighbours take notice when lights are not on at night and tell each other if you are going to be away?



Do you have a list of important names and phone numbers next to your phone or stored in your favourites on your mobile phone to be able to call quickly and easily in an emergency?



Do you carry a small identification card with who to call and important medical information in your wallet or purse?



Have you considered using an emergency call system? It involves wearing a device at all times, with a button that can be pushed in an emergency to summon help.



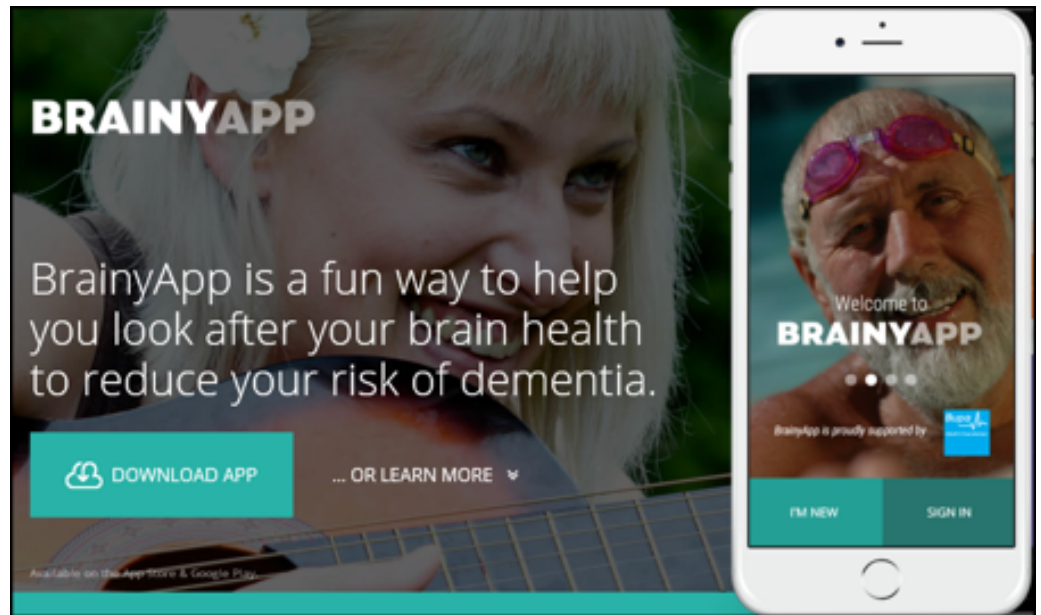
4 | Emergency and Memory Advice

PLAN

Alzheimer's Australia [have a website www.fightdementia.org.au](http://www.fightdementia.org.au) with a wide range of resources and information to help you decide what to do if you are concerned about your memory.

BrainyApp is an app and website with helpful hints and tips to help keep your brain healthy. Visit brainyapp.com.au

PREPARE



PACE

Keeping your brain healthy is essential for living a fulfilling, healthy and long life. It's never too early or too late as brain health can be improved and protected at any age through heart health, being physically active, mentally challenging your brain, eating a healthy diet and enjoying social activity.



✓ **Master Lock Wall Mounted Key Safe**

🏷️ **\$49**

🛒 **Bunnings**

Simple Solutions for Emergencies and Memory Frustrations

Keep your keys, wallet, and hand bag in a same spot in the house such as a basket or tray by the door.

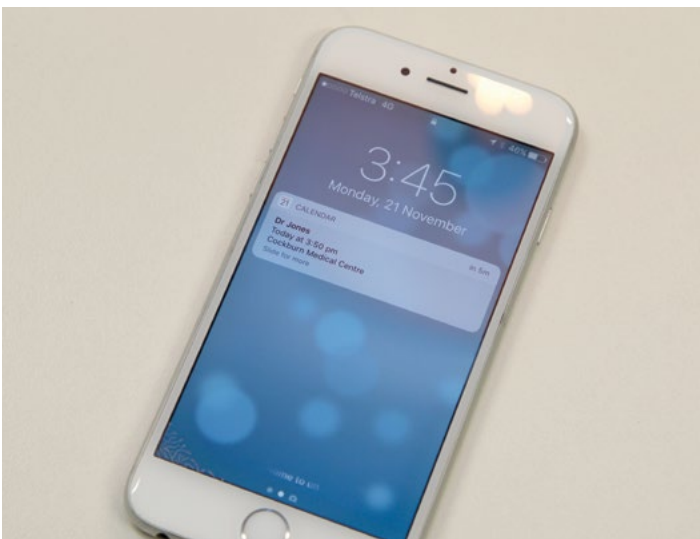
Follow a routine to help reduce what you need to remember each day. Get into good habits early by placing items in the same place, putting things away and doing tasks in the same order each day to help build on your automatic remote memory.

Leave simple reminder notes around the house using post it notes. Such as check door is locked at night, check oven is off.

Keep a shopping list in an easy-to-see place so you can write things down as you finish them.

Carry a small journal or note book to record things to do each day and important events that happened that you want to recall later.

Have a family member set up alerts on your mobile phone for important events, family birthdays or use a calendar and mark important things in red.





Need more advice or help?

Phone the ILC on 1300 885 886 for free unbiased information about assistive equipment and home modification options and other local services.