



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



Independent
Living Centre WA

Making choices finding solutions

Housework Advice

TOP TIP

Use the right equipment such as long handled aids. Long handled and light weight equipment require less force and can reduce joint stress.



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.

How the Independent Living Centre WA can help you

The Independent Living Centre WA (ILC) is a leading centre of excellence for assistive technology and equipment options, home modification solutions and allied health services.

Our purpose is to support people to live full and independent lives. We do this by providing individuals with allied health solutions and the right assistive technology that enables them to live in good health and independently at home and in the community.

Through our Assistive Technology Services you can receive information and advice about the most suitable assistive equipment, technology and home modification options for you.

Our Community Allied Health Services enable you to access occupational therapy, speech pathology and physiotherapy services in your home or community. Our experienced health professionals will work with you to achieve your goals.

Contact us to discuss how we can help you, including what government funded options may be available.

Phone: **1300 885 886**

Visit **www.ilc.com.au**

Drop into our: **Nedlands** or **Cockburn Centre**

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 health professional who can assist you with your assistive equipment, technology and home modification enquiries. You can also receive guidance about what services may be beneficial to you and funding options available.

How to use NED – the online Australian National Equipment Database

NED, the online national equipment database, enables you to research the best assistive technology and equipment solutions available to you nationwide. It offers up to date information on an extensive range of assistive technology and equipment products available throughout Australia.

You can search for what you need by using key words or by browsing through the products by topics. You will find information about the product including a description, specifications and supplier details.

Visit NED at **www.askned.com.au**

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.

Are your cleaning items stored in an easily accessible cupboard/area?



Are your extension cords in good condition and do you avoid running them across rooms, doorways or corridors?



If the edges of your rugs and mats tend to curl up, are they tacked down or do they have a non-slip backing to stop them moving?



Do you use long handled tools for reaching high and low places instead of standing on furniture or having to kneel on the floor?





PLAN

Plan first to reduce extra trips or reduce the number of steps in a task or activity.

Divide activities throughout the week instead of overdoing it all in one day.

PREPARE

Group articles that are used together e.g. cleaning tools and cloths in an easy to carry basket.

Use trolleys to avoid carrying items over distances.

PACE

Pace yourself, alternate light and heavy tasks.

Incorporate a system of work and rest into activities. Short rest breaks of five minutes during daily activities can help increase overall endurance.



 **Morgan Folding Laundry Trolley**

 **\$18.50**

 **Bunnings**

POSTURE

Any pain or soreness is a likely indication that you have worked too hard or have done the task using poor posture.

Change your position every 15 minutes.

Take frequent stretch breaks throughout the day.

Avoid awkward bending, reaching and stooping. Practise maintaining your head, shoulders and hips in alignment. Do not bend for longer than 30 seconds at one time. It is better to kneel than bend.

Simple Solutions for Common Housework Frustrations

Cleaning Floors – Mop and Vacuum

Consider getting a cleaner in to complete heavy spring cleaning i.e. scrub bathroom, vacuum and mop all the floors.

Each month add in a different task, for example, December - clean windows, January - clean oven.

A long handled steam mop eliminates the need for a mop and bucket.

A light, long-handled hand vacuum can keep on top of daily dust and dirt between monthly deep cleans.

Use a long handled pan and brush to avoid bending.

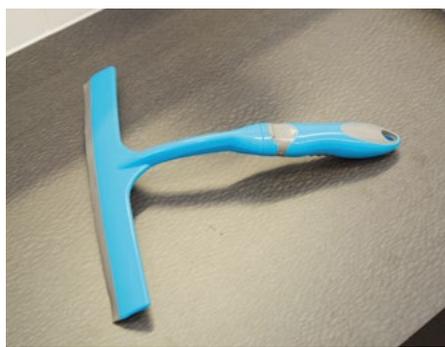
 <p><input checked="" type="checkbox"/> Sabco Long Handled Dustpan And Brush Set</p> <p> \$16</p> <p> Bunnings</p>	 <p>CHOICE 80% SCORE</p> <p><input checked="" type="checkbox"/> Homemaker Steam Mop STM-501</p> <p> \$45</p> <p> Kmart</p>	 <p>CHOICE 78% SCORE</p> <p><input checked="" type="checkbox"/> Electrolux Ergorapido 2in1 ZB3004</p> <p> \$138</p> <p> Godfreys</p>
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Cleaning Bath, Shower, Toilet

Try an advanced non scrub product and window blade after showering to reduce excess water and soap scum.

A long handled scrubber can reduce bending and twisting to reach awkward high and low places.

Keep a spray toilet cleaner and long handled toilet brush near the toilet and use toilet tissue to regularly clean toilet between uses.



✔ **Smart Value Window Squeegee**

🏷️ \$2

🛒 **Big W**



✔ **Vileda Mop Bath Magic**

🏷️ \$18

🛒 **Woolworths**

Dusting

Static dusting cloths pick up more dust and often have retractable long, light weight handles for hard to reach places.

A damp microfiber cloth collects dust. A dry cloth pushes dust around.

Repurpose old socks by dampening and placing over your hands to dust the house.

To remove pet hair, put a rubber glove over your hand, dampen and then use to remove pet hair from your furniture.



✔ **Smart Value Cobweb Broom**

🏷️ \$6

🛒 **Big W**



✔ **Sabco Extension Electrostatic Duster**

🏷️ \$7

🛒 **Big W**



Picking up and reaching things on the floor

Instead of having to reach down low to turn appliances on and off you can install a power board with a remote control to reduce bending and reaching.

A simple long handled reacher allows you to reach light objects up high or down low on the floor.

Using a kneeling pad and frame means that you have support when getting down and up and padding to protect the knee joint.



✔ **Click 4 Outlet Surge Protected Led Remote Power Board**

🏷️ **\$52**

🛒 **Bunnings**



✔ **Arlec 10M White Ring Pull Extension Lead**

🏷️ **\$10.89**

🛒 **Bunnings**



✔ **70Cm Long Handled Reacher**

🏷️ **\$40**

🛒 **fishpond.com.au**



✔ **Home Leisure Ezykneel Kneeling Pad With Frame**

🏷️ **\$19.98**

🛒 **Bunnings**

Changing Bed Linen

If your bed is too low to the floor (at knee height or below) raising it up using bed raisers or longer bed legs or castors may make it easier to change linen.

Fold the sheets so that they can be unfolded across the bed rather than shaking them.

Doonas are lighter than blankets.

Use your knee to move a bed on castors out from the wall.

Permanently position the bed away from wall if not on castors.

Place a chair or bench at the end of the bed so that blankets can be rolled on, then up the bed easily.

Do not lift the mattress. Kneel beside the bed and slide your forearm under the mattress to tuck in the sheets. Only tuck in at the end of the bed.



✔ **Bed Castors**

🏷️ **\$4.30 each**

🛒 **Bunnings**

'I ring up the ILC because I know I can get help there no matter what I need'



Need more advice or help?

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

Interested in viewing more products?

This guide contains a small selection of assistive equipment, technology and home modification options available in local stores and online. To view a broader range of products visit NED at **www.askned.com.au**



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Use a towelling robe to help dry your body and sit to dry your feet.

