



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

Laundry Advice

TOP TIP

Hang wet shirts and blouses out to dry on clothes hangers to reduce the need to iron.



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.

Do you have a level access from your laundry to the outside clothes line?



Do you have a sturdy chair or table set up next to the clothes line to put the clothes basket on?



Do you have space inside to leave a clothes airer where it will not be a trip hazard?



Do you use an apron with a large front pocket to carry and store pegs?





PLAN

Consider purchasing **clothes that do not need to be ironed**.

Keep washing powder or liquid next to machine and purchase a small container to lighten the lifting load.

Keep the ironing board set up in an easy accessible place to reduce unnecessary steps.

Do not over fill iron with water to reduce the weight.

PREPARE

Clothes are more easily ironed if they are damp.

Remove items from the machine one at a time to reduce straining and weight to be lifted.

Iron for less than 30 minutes at any time.

Rest every 5-10 minutes.

PACE

If you can, **use a trolley** to carry small loads to the line.

A clothes dryer will reduce the need to hang out the washing.

Place the basket on a chair to reduce the need to repeatedly bend down.

POSTURE

When sitting to iron use a high chair with a back for support or a swivel seat to access items and avoid twisting.

Use the ironing board at the correct height. The ironing board should be adjusted so that your elbow is level with the top of the iron handle.

CHOICE
72%
SCORE



 **Light Weight Iron**

 **\$12.00**

 **Target**

Simple Solutions for Common Laundry Frustrations

Carrying Laundry

A washing basket trolley reduces the need to bend and carry heavy baskets.

Clothes can be hung on clothes racks inside to minimise carrying outside.



 **Washing Basket Trolley**

 **\$16.95**

 **Bunnings**



 **Morgan 12 Rail Coated Wire Clothes Airer**

 **\$6**

 **Bunnings**



 **Mrs Pegg's Handy Line**

 **\$224-\$264**

 **mrspeggshandyline.com.au**

Hanging out Laundry

Adjust the clothes lines to suit your height if possible.

Place a small solid chair or table near the washing line and place the washing basket on if you are not using a trolley.

Hang clothes on a coat hanger if pegs are difficult to use and reduce time to hang out and get in.

Use adapted pegs that reduce the pressure required to open and have non-slip enlarged rubber grip.



 **Morgan Plastic Clothes Peg - 16 Pack**

 **\$3.05**

 **Bunnings**


Using your Washing Machine




Elevate front loader washing machines to waist height on a bench or install a front loader washer stand.

Ironing Laundry

Fold clothes as you remove them from the line to reduce the ironing.

Consider buying or wearing clothes that do not need ironing.



 **Easy Living Front Loader Washer Stand With Drawer**
 **\$225**
 **The Good Guys**



'I ring up the ILC because I know I can get help there no matter what I need'
Freda (97)

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**