



*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*

# Outdoor Tasks Advice

## TOP TIP

Stepping backwards and forwards when using a weeder or hoe is safer than reaching and pushing using your arms and back.



# 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](http://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](http://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.

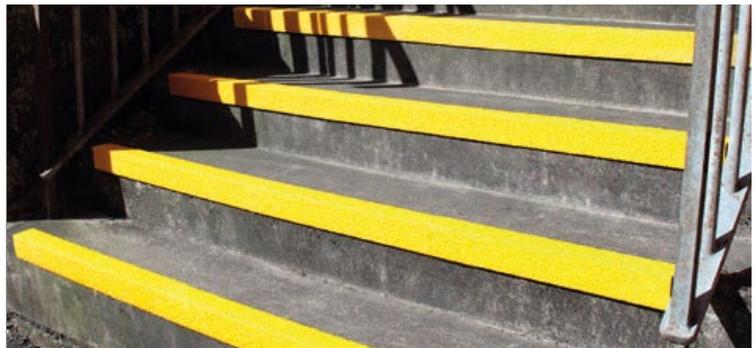
**Do you wear firm fitting, low heeled shoes with a slip resistant sole?**



**Do you have securely fastened handrails at entrances and where there are steps or stairs?**



**Are you able to clearly see the edge of steps and do they have a nonslip surface on them?**



**Do you have adequately bright lighting and/or motion sensor lighting near entrances and external pathways?**



**Do you use a key turner to make holding and turning keys in a lock easier?**





### PLAN

**Try to shop outside peak times** so the time taken will be shorter.

**Shop in familiar stores** to reduce the walking and time involved.

Have you considered having the **shopping delivered via phone or online ordering?**

### PREPARE

Consider having a **simple, low maintenance garden** such as native plants.

**Take your own calico shopping bags** instead of using plastic bags as they are easier to carry and can be put over your shoulder.

**Prepare your body for work** with some basic warm up exercises and stretches.

### PACE

**Collect** all necessary items in advance.

**Shop little and often** rather than doing one big shop, if possible.

**Alternate** between heavy and light tasks.

**Ask staff to assist** lifting heavy items from shelves, in/out of trolley and getting items to the car.

**Stand front-on to the car** when loading and unloading the shopping, hold items close to your body and bend your knees.

**Avoid awkward postures** when loading and unloading or storing items.



**Key Turner**

 **\$11.40**

 **fishpond.com**

### POSTURE

# Simple Solutions for Common Outdoor Frustrations

## Gardening

Using long handled gardening aids with ergonomic shaped handles such as pruners, cutters, and trowels reduces strain on joints and the need to bend or get down low.



**Fiskars Easy Reach Universal Tree Pruner**



\$129



Bunnings



**Cyclone Long Handled Heritage Garden Multi Hoe**



\$8.98



Bunnings



**Fiskars Long Handled Grass Shears**



\$75



Bunnings

Using a gardening trolley and stool with a kneeling board means you can pull all the tools and items you need with you and it allows you to sit or kneel comfortably.



**Easi-grip Garden Trowel**



\$45.00



daily.com.au



**Holman Plastic Ergonomic Ezy Tap Handle**



\$3.98



Bunnings



**Sherlock 67L Poly Tray Cart**



\$89



Bunnings

## Get in and out of car

Standing up from a car seat can be difficult without having something to hold for support. Using a transfer bar in the door and a swivel cushion, reduces the effort required to lift legs around and provides a firm handle to hold onto to stand up.

If you are out in an unfamiliar car and find you are getting stuck in the seat or have trouble sliding your bottom in, placing a standard bin liner (or plastic shopping bag) on a car seat can assist you to slide in and can be easily pulled out for when travelling.



**Handybar**

**\$50**

**fishpond.com**



**Seat Belt Handle**

**\$45**

**fishpond.com**



**Swivel Cushion**

**\$124**

**fishpond.com**

## Carrying bags of shopping

A simple tool that you can carry in your handbag is a shopping bag hook. It allows you to use your bigger wrist joint to hold bags, rather than placing the strain through your smaller finger joints.



Using a store provided or portable shopping trolley provides stability and reduces the need to carry items to and from the car or around the shops.

Some people choose to use their laundry trolley to transport items from the car boot into the house. This works well if you have a step free access into your home.

A seated walker may be helpful while shopping so you can sit when required and also carry a few items in the basket under the seat. A physiotherapist assessment is

recommended before choosing a walker.



**Triple Hook Comfy Grip Shopping bag holder**

**\$24.95**

**fishpond.com**

# Simple Outdoor Modifications

- ✓ Installing raised garden beds allows easy access for weeding and tending to the garden.
- ✓ Reticulation reduces the need to drag a hose or lift a heavy watering can.
- ✓ A simple pulley system can be used to easily adjust the height of hanging baskets.
- ✓ Potted plants can be low maintenance and if on wheels, can be moved with ease.
- ✓ Put the highest wattage bulb allowed for light fixture to maximise lighting.
- ✓ Replace small latches or handles on cupboards, drawers and doors with a lever or D-shape handles.
- ✓ Put a magnetic door latch on the front door and back door to hold the door open when carrying items in and out of the house.
- ✓ If possible locate all storage areas within the shoulder to waist area, eliminating the need to bend down or to stand on tip toe.
- ✓ Consider no dig gardens made from organic material, compost, newspaper and lucerne hay.
- ✓ Hydroponic gardens reduce the need for watering or heavy digging.
- ✓ Consider having raised garden stairs and steps.
- ✓ Firmly installed grab rails and hand rails on steps and stairs used every day will make stairs easier.
- ✓ It helps to have a contrasting non slip strip on the edge of steps to help you see the ledge, especially at night.



**Eden 30cm Heavy Duty Round Plant Trolley**



**\$9.98**



**Bunnings**



**Door Stop Magnetic Adoored**



**\$9.50**



**Bunnings**



**Birdies Wheelchair Accessible Raised Garden Beds**



**\$279**



**Bunnings**

## 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**