



home and community care

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



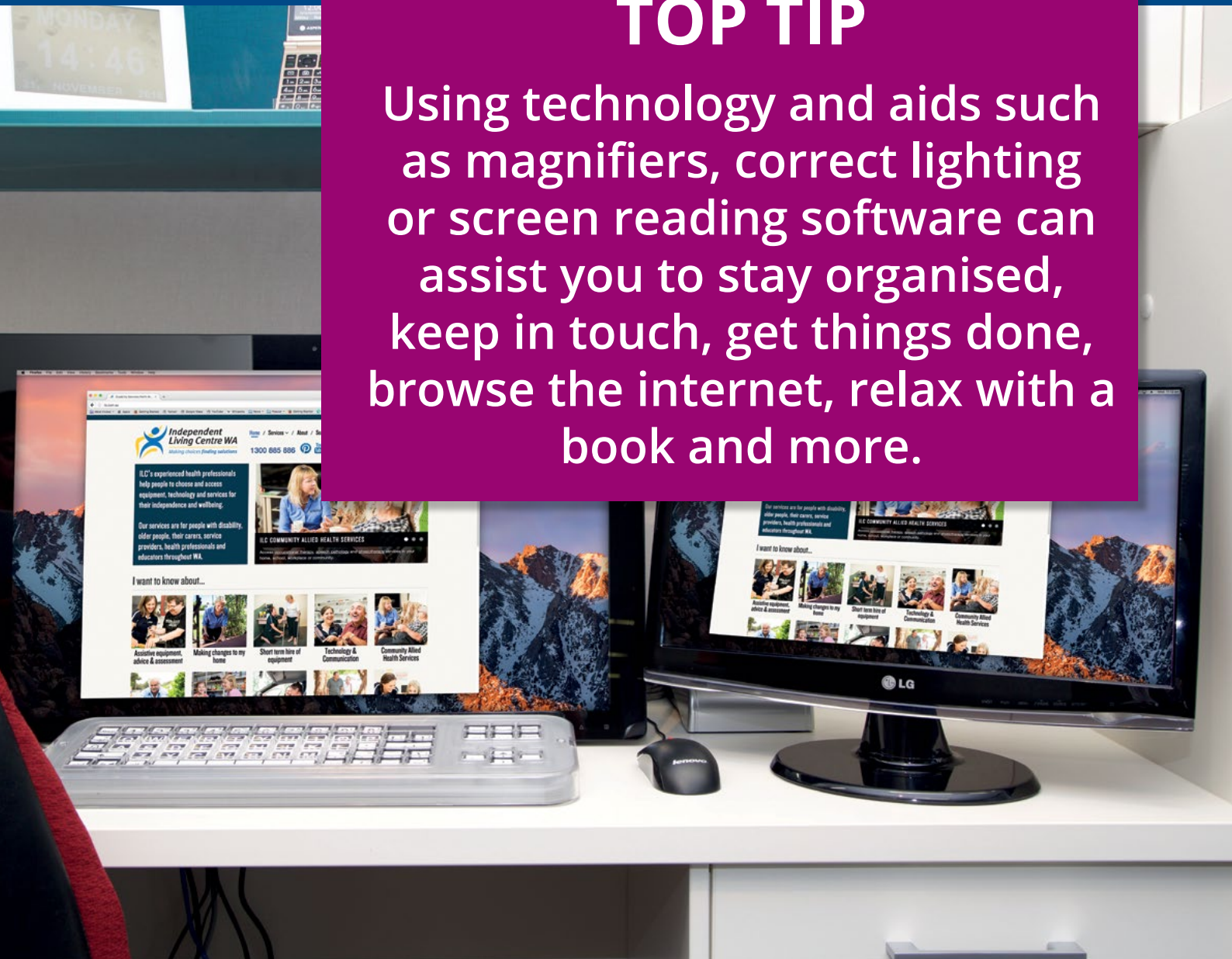
Independent Living Centre WA

Making choices finding solutions

# Recreation Advice

## TOP TIP

Using technology and aids such as magnifiers, correct lighting or screen reading software can assist you to stay organised, keep in touch, get things done, browse the internet, relax with a book and more.



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

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**Do you carry your mobile, portable phone or personal alarm with you when you are out in the shed or garden to call for help if required?**



**Do you find it difficult to hear the TV or conversations in a party situation and wish you could eliminate the background noise?**



**Do you become frustrated by the complicated TV remotes and wish there was just one simple remote to use?**



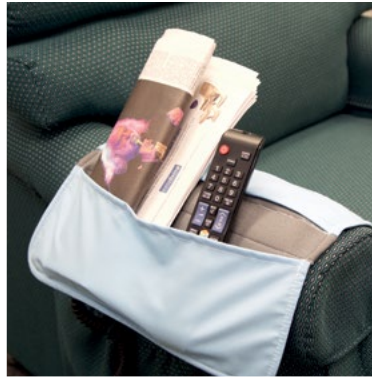
**Do you require enlarged text on computer screens, keyboards and telephone buttons to make them easier to read?**



**Do you know how to adjust your chair and desk to limit any discomfort or pain in your back, wrists or arms?**







### PLAN

#### **There is a website called Access WA**

**www.accesswa.com.au** It provides a comprehensive list of places, locations and activities across WA that cater for people who may require some assistance such as easy parking, accessible toilets and level pathways.

The Australian Government has put together a booklet called **'Protecting Yourself online. What everyone needs to know.'** Visit the website **www.ag.gov.au** - click on 'Rights and Protection' and then 'Cyber Security' to ensure your computer is set up safely.

### PREPARE

#### **Maintaining a certain level of physical fitness and flexibility**

is important throughout life, so you can continue to do the things you love. Progressive strength training has been shown to have a huge impact on wellbeing and quality of life.

**Join a local 'Living Longer Living Stronger' program**, run by COTA WA, for fun, safe and personalised strength training sessions in approved facilities by expert trainers.

### POSTURE

**We are not designed to sit in a chair for long periods of time.** When sitting, blood flow is sluggish, impacting on heart health and brain function and the muscles in your hips and back tighten. Having a chair and desk that is set up for you is important, but standing and moving regularly throughout the day is key to maintaining good health and wellbeing.

**The ILC has an extensive list of products** that can help you with pet care, lawn bowls, music and sports. Due to the wide range of items it is best to call and speak to one of the health professionals to get the right fit for you.

# Simple Solutions for Common Recreation Frustrations

## Holding and seeing playing cards

There are standard sized playing cards that have enlarged suits and numbers available or you can also purchase larger playing cards.

There are a range of different wooden and plastic playing card holders to reduce strain on hands and wrists when holding cards for long periods.



## Holding and seeing books

Necks, arms and wrists can become tired when reading. A simple book stand can reduce the time holding a book and allows you to sit closer to the book without getting a neck strain.

Many books, diaries, calendars are now printed in large print to make them easier to read. Local libraries and book stores often have large print books and print items.

The Kindle, sold through Amazon also has accessibility features, including text to speak and can play audiobooks.



### Holding and using crafts like knitting, sewing and board games

Vision Australia have an online store that sells a range of items such as pre-thread needles to help people who find it hard to see small crafts and needles.

 <p> <input checked="" type="checkbox"/> <b>Prethread Needles Range Of Colour Thread</b>  <input type="checkbox"/> \$3  <input type="checkbox"/> <a href="http://visionaustralia.org">visionaustralia.org</a> </p>	 <p> <input checked="" type="checkbox"/> <b>Darning Needles - 6 Pack</b>  <input type="checkbox"/> \$1  <input type="checkbox"/> <a href="http://visionaustralia.org">visionaustralia.org</a> </p>	 <p> <input checked="" type="checkbox"/> <b>Self Threading Sewing Machine Needles - 5 Pack</b>  <input type="checkbox"/> \$7  <input type="checkbox"/> <a href="http://visionaustralia.org">visionaustralia.org</a> </p>
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### Using a computer, watching TV

The standard computer screen size is 17 inches. Check if your computer can support an enlarged screen size.

Both Microsoft and Apple platforms offer a range of built in screen enhancement features. These features include preset "high contrast" colour schemes, larger standard font, and improvements to the visibility of the mouse pointer.

The latest version of Microsoft Windows, Windows 7, also has an inbuilt full screen magnifier that is comparable to many of the purpose built screen magnifier programs available. This feature is available via the Ease of Access Centre.

There are separate keyboards for laptops or keyboard stickers that create greater contrast and extra-large keys and numbers.

 <p> <input checked="" type="checkbox"/> <b>Learning Jumbo Universal Tv Remote Control</b>  <input type="checkbox"/> \$34  <input type="checkbox"/> <a href="http://visionaustralia.org">visionaustralia.org</a> </p>	 <p> <input checked="" type="checkbox"/> <b>OneFor All Essence TV Universal Remote</b>  <input type="checkbox"/> \$40  <input type="checkbox"/> <a href="http://JB HiFi">JB HiFi</a> </p>	 <p> <input checked="" type="checkbox"/> <b>Visionkeys Big Bold Keyboard Stickers</b>  <input type="checkbox"/> \$10  <input type="checkbox"/> <a href="http://visionaustralia.org">visionaustralia.org</a> </p>
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-  **Sennheiser Set 900 Infrared TV & Personal Amplified Receiver**
-  **\$391**
-  **fishpond.com.au**



-  **Sonic Super Ear Sound Amplifier Model se5000**
-  **\$97.50**
-  **fishpond.com.au**

Adding simple to use TV remote and headphones connected to your TV can make watching easier.

## Using a telephone or seeing the numbers




Using a magnifying glass with built in light can help with seeing numbers.

There are a range of telephones with large numbers, icons and voice amplifiers.




When selecting the right mobile phone or tablet there are a few options and features to consider, such as the size of the screen and which operating system to use. The ILC have help sheets that go through these in more detail.

Siri on Apple iPhone and Hey Google for Android phones can be used instead of dialling or looking up a phone number. Just say, call (name of person saved in phone contacts).



-  **Vtech T1200 Corded Phone**
-  **\$59**
-  **JB HiFi**



-  **Uniden SS E353 Visual & Hearing Impaired Cordless Phone System**
-  **\$77**
-  **JB HiFi**

# Simple Recreation Modifications



- ✔ Set up a desk lamp for brighter lighting and to reduce the glare. Make sure the lighting is positioned below eye level.



- ✔ Position the chair you prefer to use when reading or doing craft so that the natural light from the window is behind you to reduce the glare.



- ✔ Set up a table or lap tray with a black non slip mat when using light coloured needles and materials to create a contrast.



- ✔ Setting up your desk chair, desk height and body position can make using the computer more comfortable. Adjustments to the environment can provide supported sitting so that your trunk is fully supported by the chair backrest. A supported relaxed posture prevents static muscle contractions that cause pain and stiffness due to the build up of toxins and lack of oxygen.

## 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.