



Bathroom



Everyday Aids



Pillows & Support



Walking Aids



Reacher - Folding

234826

Basic folding reacher enabling users to pick up items without the need to bend. Collapsible design allows reacher to be taken anywhere. 70cm length.



Cushion - Swivel

234745

Soft flexible padded swivel seat with turning motion enabling easier movement of the lower body in and out of a seated position. Great for those with lower limb stiffness, hip or knee surgery, or general mobility issues.



Handybar

234761

Provides a sturdy handle allowing the user to gain extra support when exiting or entering most vehicles. Slides easily into the striker plate inside the car door frame.



Seat Belt Easy Reacher

234818

Simple attachment that suits most lap-sash seat belts. Enabling an easier way to reach seatbelts. Reduces arm & shoulder strain.

Awareness

It is beneficial to understand the warning signs that may indicate a stroke and be sure to act immediately if such signs occur. Some of the common signs include:

- A sense of weakness on one side of the body
- Slurred speech
- Difficulty swallowing
- Pain, numbness or other unexpected sensations

The outcome of a stroke is generally much more favourable when treatment starts right away.

Stroke Foundation

call StrokeLine on 1800 787 653

To locate your nearest Making Life Easy Stocklist, please visit

www.makinglifeeasy.com.au



After a Stroke



Products that
*improve
your life*



Every year many Australians and their families are affected by strokes.

Often in the aftermath of a stroke it can be difficult to find quality information or suggested coping measures for dealing with the lifestyle changes and rehabilitation requirements that may follow.

The National Stroke Foundation have an information line **1800 787 653** and a website www.strokefoundation.com.au, this is a great resource for advice on making life as easy as possible when dealing with strokes in your family or amongst friends.

What is a stroke?

Strokes are most commonly caused by loss of blood flow to parts of the brain. The effects vary greatly depending on several issues such as the section of the brain effected, how long blood flow was interrupted and how much damage has occurred.

Because there is no such thing as a 'typical' stroke, management of the patient's condition and recovery should be seen by a doctor.

How can we make your life easier?

There is good news along the path to recovery.

Many helpful and innovative products are available that have been designed specifically to improve your life and help regain or maintain, independence!



Shower Chair

234338

Height adjustable legs with rubber tips cater for users of all heights while maintaining stability in any wet environment.



Over Toilet Aid With Care

323497

Provides assistance in lowering onto and raising from the toilet with the added benefit of a height adjustable frame.



Sponge - Long Handled

247235

Allows those with constricted shoulder function or bending capacity to maintain independence and dignity in the bathroom.



Hand Rail - Suction

234583

This handy device provides a mobile hand rail for those with mobility issues. Uses vacuum suction to adhere strongly to nonporous surfaces. Suitable for taking on holidays.



Neck Support Memory Foam Pillow

234559

Made from high grade memory foam, contours to head and neck profile. Rippled surface promotes airflow and temperature regulation.



Shoe Horn - long

234567

Assists with putting on shoes without the need for bending over. Great for those with sore backs or balance concerns.



Pill Splitter

811599

Designed to cut pills effortlessly. Small size fits conveniently into pockets or handbags.



Pill Crusher

811645

Device designed to crush tablets for those with difficulty swallowing. Small size fits conveniently into handbags.



Key Turner (2 keys)

1581

Allows users to grip and turn keys easily. Saves fumbling for keys in your handbag and reduces hand dexterity required



Jar Opener - Rubber

234680

Rubber cone shaped product designed to fit a wide variety of jars and bottle lids. Large ergonomic design helps those with arthritic hands.