



Bathroom



Everyday Aids



Pillows & Support



Walking Aids



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.



Euro X-Frame Rollator

642541

Folding lightweight aluminium rollator with lockable brakes. Other features include a sling type fabric seat and backrest, shopping bag and walking stick holder.



Walking Cane - T-Shape Handle

Black 234303

Bronze 237639

Height adjustable aluminium cane with T-Shape handle. Durable rubber tip and stylish polished wood handle.



Walking Frame - Folding

234222

Lightweight, height adjustable aluminium walking frame with dual button mechanism allowing for quick and easy folding.

Planning is essential in prevention

There are many things that can be done to decrease the risks of having a fall.

The following suggestions should be taken into account when assessing your home for potential hazards.

- Contact a health professional, such as a physiotherapist or occupational therapist
- Remove loose mats or rugs that could present a slip or a trip hazard
- Do not wear socks on slippery surfaces such as bathroom tiles or polished floor boards
- Ensure all stairways and isolated areas, such as toilets and bathrooms have adequate grab rails installed

To locate your nearest Making Life Easy Stocklist, please visit

www.makinglifeeasy.com.au

Preventing Falls



Products that *improve your life*



Fall Prevention

Your chances of serious injury due to a fall increases as you age and the consequences of a fall are likely to be more serious for the elderly.

Those with reduced bone density from conditions such as osteoporosis or osteoarthritis are at a much greater risk.

There are numerous reasons why older people are at a greater danger of falling:

- Medical conditions that cause unsteadiness or loss of balance are more prevalent
- Low blood pressure
- Stroke
- Parkinson's disease
- Arthritis
- Poor vision
- Strong medication - some medicines can cause dizziness, drowsiness or unsteadiness and the problem may be compounded for those taking two or more medicines.



Bathmat - Suction

Blue 836095
Cream 835927

Hundreds of suction cups anchor this bathmat to the bottom of the shower or bath to provide a slipresistant surface while bathing.



Bathboard - Premium Adjustable

250945

Strong plastic bath seat, sits across the rim of the bath tub. Features easy to use width adjusting rubber feet for added stability.



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.



Crutches - Underarm

Youth - 236748

Adult - 234265

Tall - 236756

Height adjustable lightweight aluminium non slip rubber tips.



Over Toilet Aid With Care

323497

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



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.



Shower Chair

234338

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



Quad Cane Combo

234141

Height adjustable interchangeable from standard walking cane to 4 point cane. Comfortable black foam handgrip.