

Assistive Devices for Daily Living



Home
Living



“Home Living” Use of appropriate assistive devices can help elderly to perform their daily activities such as toileting, bathing and maintaining personal hygiene, safely and independently.

Advantages of using assistive devices for home living :

1. Improve independence in daily living
2. Build up confidence and improve life satisfaction
3. Reduce dependence on others
4. Reduce carer burden

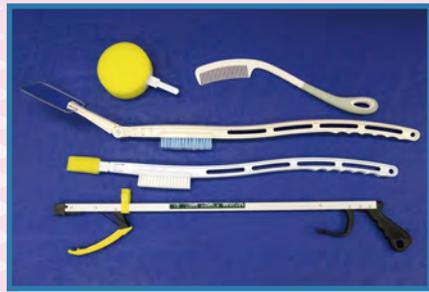


PERSONAL CARE



Nail cutter with magnifier

Long handled aids



Long handled brush and mirror



To reduce the need for bending and squatting when performing foot care

PERSONAL CARE



Suitable for elderly with joint pain or stiffness

Long handled comb



Long handled reacher



HOME LIVING



Book stand

To keep proper back and neck posture while reading



Jar opener

Reduces the amount of force needed to open the jar





Uni-turner

Provides leverage to make it easier to turn the door knob or oven switch



TOILETING



Stationary commode

Reduces the risk of fall on the way to the bathroom



Raised toilet seat

Enables elderly with lower limb weakness or joint pain to stand up safely and easily



BATHING



Shower chair



Bath transfer bench



Bath board

BATHING



Important notes:

1. Due to slippery floor in the bathroom, elderly with limited mobility can consider using a shower chair or bath board to reduce the risk of fall.
2. Use of shower chair inside the shower stall is ideal for elderly. If the conversion of bath tub to a shower stall is not feasible, elderly can consider using a bath board over the bath tub. However, it is important to assess the elderly's abilities and the bathroom environment and to understand the instructions before using it.
3. When purchasing bath boards, check the specifications with the supplier such as the weight capacity, the minimum width of the rim of bath tub required etc.
4. The bath board should fit and be supported securely by the sides of the bath tub without an excessive overhang. The overhang, if exists, should not exceed 25mm (about 1 inch) to prevent the bath board from overturning when elders sit on it.



BATHING



5. Generally, the rim of the bath tub should be flat. Each end of the board must be supported by the rim of the bath tub for at least 30mm to ensure that the board is fitted securely in place on the bath tub. There are variations on this requirement among different models of bath boards. Be sure to check the specifications before purchase.



6. Ensure the brackets are adjusted against the sides of the bath tub and tighten the screws securely before use.



The brackets of bath board

7. As the use of bath board is not suitable for some bath tub designs, consult occupational therapists if you have any queries.

BATHING



Grab bars



Wall mounted grab bar



Folding grab bar



Tub grab bar



TIPS ON BUYING ASSISTIVE DEVICES FOR THE ELDERLY



- ▶ Check if there are any alternative methods to help the elders before choosing any assistive devices. For example, elders can sit on the toilet seat to bathe instead of using the bath tub.
- ▶ Choose appropriate devices according to the physical condition, abilities and needs of elders and match with their living environment.
- ▶ Encourage elders to take part in choosing the assistive devices. Try the device before buying if possible.
- ▶ Ask other users about their experiences and comments on the devices.
- ▶ Read the users' instructions or packing information to learn about the use, care and maintenance of the devices. Do not rush into buying the product if the information is inadequate or too complicated. Take your time to find out more about the device before purchase.
- ▶ Consider purchasing from suppliers with good reputation, especially for assistive devices that require technical service and maintenance.



Where to buy assistive devices?

They are available in the retail stores for home living or rehabilitation products. If assistance is required, consult your family doctor or occupational therapists.

Elderly Health Service, Department of Health
Website : www.elderly.gov.hk
Elderly Health Infoline : 2121 8080

