

Assistive Devices for Daily Living



**Transfer
and
safety**



“Transfer” refers to moving around from place to place, including the changing of body positions in daily activities. To be able to move around independently is important for the elderly to maintain their confidence and dignity. These include abilities to get up from bed, go to bathroom, go out for shopping or participate in enjoyable activities. A safe environment can prevent accidents at home. For elderly with dementia, the use of assistive devices can also improve safety and prevent accidents.

Advantages of using assistive devices for transfer and safety :

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



BED TRANSFER



Bed assist rail

Enables elderly to get in and out of bed easily



Bariatric trapeze

For changing positions and transferring in and out of bed

There are different assistive devices in the market to assist transfers. Ask occupational therapists for advice before purchase.

SAFE ENVIRONMENT



Non-slip floor mat



With slip-resistant base



Coloured tape

Applied to the door sill to enhance colour contrast



SAFE ENVIRONMENT



Night light



PREVENT GETTING LOST



Monitoring alarm

The alarm is triggered when the elderly has moved beyond a certain distance

Worn by elderly



Alarm carried by carer



PREVENT GETTING LOST

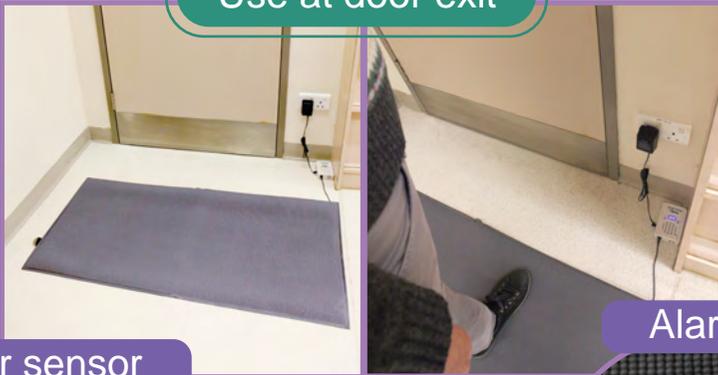


Alarm and sensor pads

The alarm will send an audible or flash alert when the elderly moves away from the sensor or step on it

Suitable for elderly with wandering or fall risks

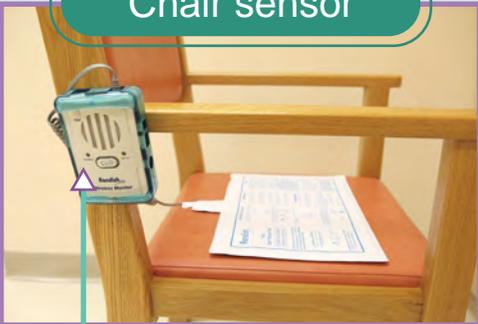
Use at door exit



Floor sensor

Alarm

Chair sensor



Alarm



PREVENT GETTING LOST



Identification pendant (or bracelet)

Inscribed with the elderly's name and carer's contact number, suitable for elderly who are prone to getting lost



TIPS ON BUYING ASSISTIVE DEVICES FOR THE ELDERLY



- ▶ Check if there are any alternative methods to help the elderly before choosing any assistive devices.
- ▶ Choose appropriate devices according to the physical condition, abilities and needs of elderly and match with their living environment.
- ▶ Encourage elderly 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

