

# Assistive Devices for Daily Living

As age increases, the physical capabilities as well as self-care abilities gradually declines. Elderly people can use various types of assistive devices to help with daily activities and to maintain functional independence despite physical and cognitive decline. Caregivers can base on the needs of the elderly, select the appropriate assistive devices, to enable the elderly to live safely, independently and happily, thus improving self-confidence, self-image and self-care abilities.

## Types of assistive devices

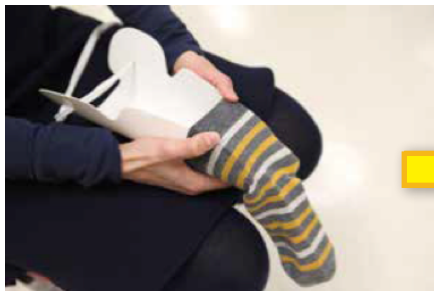
### ‘Dressing’

With the help of different dressing aids or adaptive clothing, elderly with physical limitations due to stroke, Parkinson’s disease, joint pain or limited hand function can dress and undress more independently.



(Diagram 1) Stocking aid

Diagram 2 to Diagram 4:  
Steps of using stocking aid



(Diagram 2)



(Diagram 3)



(Diagram 4)



(Diagram 5) Zipper pull



(Diagram 6)



## ‘Feeding’

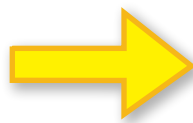
It is important for elderly to be able to eat their favourite food independently. Using the appropriate assistive devices can help elderly with limitations in finger dexterity, hand grip or coordination to feed themselves independently.



(Diagram 7) Build-up handle/ Chopsticks adaptor/ Non-slip mat



(Diagram 8) Nosey cup



(Diagram 9)



(Diagram 10) Pill splitter

To help visually or physically impaired persons to manage their drugs

## ‘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.



(Diagram 11) Stationary commode



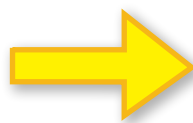
(Diagram 12) Shower chair



(Diagram 13) Grab bar



(Diagram 14) Jar opener  
Reduces the amount of force needed to open the jar



(Diagram 15)

## '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.

### -- Bed transfer --



(Diagram 16) Bed assist rail  
Enables elderly to get in and out of bed easily

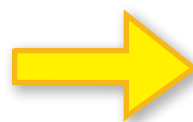
### -- Home safety --



(Diagram 17) Non-slip floor mat



(Diagram 18) Night light



(Diagram 19)

## -- Prevent getting lost -- Alarm and sensor pads

### Use at door exit



(Diagram 20) Floor sensor

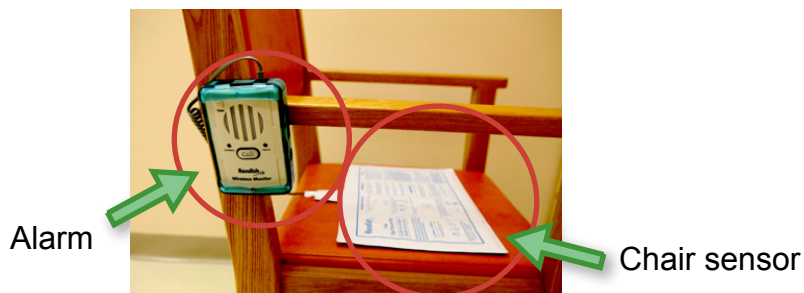


(Diagram 21) Alarm



(Diagram 22)

### Use at chair



(Diagram 23)

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

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

