

Do you support someone with personal care tasks?

How can you support a person to remain independent with these tasks?

Can you teach someone new ways to look after themselves?

Non-complex/low level assistive technology is designed to make tasks easier, safer and allow an individual to perform a task independently.

They are simple, low cost items that can be purchased from retail outlets, pharmacies, hardware shops and supermarkets.



Using a Long Handled sponge

A long-handled sponge is an absorbent sponge attached to a long stem with a plastic built up handle. The long stem eliminates the need for bending or twisting allowing your client to wash their whole body unassisted.



Using a Long handled toe washer

A long-handled toe washer is a uniquely shaped sponge attached to a long stem with a plastic built up handle. The uniquely shaped sponge is designed to fit in-between toes allowing your client to wash their feet and toes without bending and without your assistance.

If your client is at risk of falls or is unable to transfer in and out of their shower or bath without your support, they may require an Allied Health assessment to further maximise their independence.

You can support your client to do this by assisting them to call My Aged Care and requesting an assessment.

Call the My Aged Care contact centre on **1800 200 422** (Freecall*).