

Household



Reacher - Folding

234826

Basic folding reacher enabling users to pick up items without the need to bend. Unique collapsible design allows reacher to be taken anywhere. 70cm length.

Mobility



Cushion - Swivel

234745

Soft flexible padded swivel seat with turning motion enabling easier movement of the lower body in and out of the car. Great for those with lower limb stiffness, hip or knee surgery, or general mobility issues.



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.



Seat Belt Easy Reach

234818

Simple attachment that suits most lap-sash seat belts. Enabling an easier way to reach seatbelts. Reduces arm & shoulder strain for arthritis sufferers and small drivers.

Awareness

It is beneficial to understand the warning signs that may indicate a stroke and be sure to act immediately if such signs occur. Some of the common signs include:

- A sense of weakness on one side of the body
- Slurred speech
- Difficulty swallowing
- Pain, numbness or other unexpected sensations

The outcome of a stroke is generally much more favourable when treatment starts right away.

For a complete list of
Making Life Easy Outlet's, please visit

www.mle.com.au

or call **1300 653 279**

Stroke Hotline

call **1800 787 653**

Outlet Stamp

After a Stroke

Version 5.0



Products that improve your life



**Making Life
EASY**

Every year many Australians and their families are affected by strokes.

Often in the aftermath of a stroke it can be difficult to find quality information or suggested coping measures for dealing with the lifestyle changes and rehabilitation requirements that may follow.

The National Stroke Foundation have an information line **1800 787 653** and a website www.strokefoundation.com.au, this is a great resource for advice on making life as easy as possible when dealing with strokes in your family or amongst friends.

What is a stroke?

Strokes are most commonly caused by loss of blood flow to parts of the brain. The effects vary greatly depending on several issues such as the section of the brain effected, how long blood flow was interrupted and how much damage has occurred.

Because there is no such thing as a 'typical' stroke, management of the patient's condition and recovery should be seen by a doctor.

How can we make your life easier?

There is good news along the path to recovery.

Many helpful and innovative products are available that have been designed specifically to improve your life and help regain or maintain, independence!

Bathroom



Shower Chair

234338

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



Over Toilet Aid

234397

Provides assistance for getting on and off the toilet with added benefit of a height and width adjustable frame. Rubber feet for added stability.



Sponge - long handled

Contour: 247235

Allows those with constricted shoulder function or bending capacity to maintain independence and dignity in the bathroom.



Hand Rail - Suction

234583

This handy device provides a mobile hand rail for those with mobility issues. Uses vacuum suction to adhere strongly to non-porous surfaces. Suitable for taking on holidays. Holds up to 80kgs.

Bedroom



Pillow - Comfort UltraSoft

250554

Made from soft memory foam. Unique design prevents neck strain, reduces neck stiffness.

Household



Shoe Horn - long

234567

Assists with putting on shoes without the need for bending over. Great for those with sore backs or balance concerns.



Pill Splitter

240230

Device designed to split tablets easily. Small size fits conveniently into pockets or handbags.



Pill Crusher

240249

Device designed to crush tablets for those with difficulty swallowing. Small size fits conveniently into handbags.



Key Turner (3 keys)

234435

Allows users to grip and turn keys easily. Saves fumbling for keys in your handbag and reduces the hand dexterity required to unlock any door.



Jar Opener - Rubber

234680

Rubber cone shaped product designed to fit a wide variety of jars and bottle lids. Large ergonomic design helps those with arthritis hands.