

## Mobility



### 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.



### Walking Cane - Comfort Ergo

Blue 250856  
Green 250848  
Yellow 250864

Super soft contoured ergo handgrip with convenient wrist strap. Flexible triangular rubber tip based on hiking technology for added strength and stability.



### Walking Cane - Quadcane Combo

234141

The total package for walking rehabilitation. This cane can be changed from a 4 point cane to a single point standard cane by the push of a button.

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

[www.mle.com.au](http://www.mle.com.au)

or call 1300 653 279

# Living with Arthritis

Version 3.0

## Tips for easier living

Given the wide public awareness of arthritis, there are lots of handy products that have been designed to increase independence and help manage the varied effects of this condition on a daily basis.

The Arthritis Australia information line, 1800 011 041 and a website, [www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au) are a great place to start getting some helpful hints and also ongoing support.

This small selection of items available from Making Life EASY has been included for your reference. For additional ideas please contact your nearest Licensed MLE Outlet or our Head Office on **1300 653 279**.



Outlet Stamp



Making Life  
**EASY**

PRODUCTS THAT IMPROVE YOUR LIFE

## Arthritis

One of the most common conditions affecting Australians today is arthritis and while it is seen predominantly as part of getting older, more acute versions can affect even young children.

Arthritis can take several forms from acute and constant pain through to very mild joint stiffness with cool weather changes.

Depending on the symptoms and overall health of the person concerned, the best results from treatment can often be achieved by staying active and eating well.

### Some ideas for coping with arthritis include:

- Speak to your doctor about your lifestyle and your glucosamine levels
- Keep the affected joints warm whenever possible – e.g. wearing gloves outside in winter
- Maintain your flexibility and staying mobile where possible to keep joints active
- Arthritis creams gels and balms temporarily relieves minor pain associated with arthritis, simple backache, muscle strains, and muscle sprains.

Here is a selection from a wide range of products available to improve life for anyone coping with the effects of arthritis.

## Dressing



### Shoe Horn - long

234567

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



### Sock Aid

234710

Sock aid enables you to put on socks on with little effort, while reducing bending and strain on back, hips and knees.

## Everyday



### Hot/Cold Pack

Small 234206  
Large 234095

Convenient source of heating/cooling for sore or painful muscles. Designed to remain soft and pliable when hot/cold providing a deeper more effective pain relief.



### Sponge - long handled

Contour: 247235

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

## Household



### 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.



### 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.



### 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.