

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.



Rollator - Premium Folding Loop Brakes

234672

Folding aluminium rollator with lockable loop braking system. Other features include a padded seat, padded backrest and canvas bag under seat.



Walking Cane - T-Shape Handle

Black 234303
Bronze 237639

Height adjustable aluminium cane with T-Shape handle. Durable rubber tip and stylish polished wood handle.



Walking Frame - Folding

Black 234222
Bronze 237647

Lightweight aluminium walking frame with height adjusting legs dual button mechanism allows for quick and easy folding.

Planning is essential in prevention

There are many things that can be done to decrease the risks of having a fall.

The following suggestions should be taken into account when assessing your home for potential hazards.

- Contact a health professional, such as a physiotherapist or occupational therapist
- Remove loose mats or rugs that could present a slip or a trip hazard
- Do not wear socks on slippery surfaces such as bathroom tiles or polished floor boards
- Ensure all stairways and isolated areas, such as toilets and bathrooms have adequate grab rails installed

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

www.mle.com.au

or call **1300 653 279**

Outlet Stamp

Preventing Falls

Version 5.0



Products that improve your life

 Making Life
EASY

Fall Prevention

Your chances of serious injury due to a fall increases as you age and the consequences of a fall are likely to be more serious for the elderly.

Those with reduced bone density from conditions such as osteoporosis or osteoarthritis are at a much greater risk.

There are numerous reasons why older people are at a greater danger of falling:

- Medical conditions that cause unsteadiness or loss of balance are more prevalent
- Low blood pressure
- Stroke
- Parkinson's disease
- Arthritis
- Poor vision
- Strong medication - some medicines can cause dizziness, drowsiness or unsteadiness and the problem may be compounded for those taking two or more medicines.

Bathroom



Bathmat - Suction

234524

Hundreds of suction cups anchor this bathmat to the bottom of the shower or bath to provide a slip-resistant surface while bathing.



Hand Rail - Suction

234583

This portable suction hand rail is ideal for home or travel use. It provides a suitable hand rail in wet areas for those who have stability issues.



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.



Shower Chair

234338

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

Household



Bathboard - Premium Adjustable

250945

Strong plastic bath seat, sits across the rim of the bath tub. Features easy to use width adjusting rubber feet for added stability.



Over Chair Table

252050

Provides a stable, angle adjustable surface whilst remaining mobile with four locking castors. Great for use with lift chair recliners and standard chairs.



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.



Sock Aid

234710

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