

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?

Low risk AT 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 lotion applicator

A long-handled lotion applicator is a paddle shaped device attached to a long handle for easy application of lotions, oils, sunscreen and medications on hard to reach areas. Some applicators come with a detachable top that can be filled with creams and lotions that are distributed around the body with rotating balls. Others have a removable sponge that can be washed and reused regularly.

Consider the lighting in the room your client is applying creams and if a mirror would be helpful. It may be safer for your client to sit down when applying lotions.



Using a long reach nail scissors

Sitting down and using a foot stool can make cutting toenails easier.

Long handled nail scissors provide extended reach if your client has difficulty bending or reaching their toenails. Long loop handles allow your client to use their whole hand to control the scissors which will help if they experience weakened grip.

Clients with diabetes or a visual impairment need to be particularly careful when attending to their toenails.

Clients with a chronic medical condition may be able to access free visits to a Podiatrist through a GP Management Plan (GPMP).

Consider the training your individual client would benefit from. A combination of oral instructions, demonstrations and written instructions may be required to help your client become competent and confident using low risk AT assistive technology.