

## **The ultimate guide to help people remain independent, safe and well at home**

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The Independent Living Centre WA (ILC) would like to introduce the [Making Choices, Finding Solutions guide](#), developed to assist people to find simple assistive equipment, technology and basic home modification solutions to support them to remain in their homes as they age and increase their overall wellbeing, safety and independence.

The guide is full of useful tips and advice to help older people manage everyday tasks and common frustrations. It addresses a range of solutions for issues an individual may encounter throughout their home, including in the bathroom, laundry, bedroom and kitchen, in addition to outdoor tasks, housework, dressing and taking medication.

For example, an individual may have trouble opening jars and tins, which can become more difficult as people age so a selection of recommended jar and tin openers are listed; reaching things on the floor may be tricky so a power board with a remote control to reduce bending and lifting may be a solution; or older people may be unsteady when showering so sitting might be a better option and installing a hand held adjustable shower head to wash their back and feet might work well for them.

All aids and equipment detailed in the guide are readily available online and in local stores and have prices listed, making the process simple and straight forward from start to finish.

ILC Service Manager Hilary O'Connell said that with thousands of assistive equipment and home modification options available on the market, it can be a challenge working out what's available, what's suitable and where to find items.

"The aim of this guide was to make it a simple and easy to follow guide for older people, so that they themselves or family members can find simple solutions to daily living tasks that may be getting more difficult as they age," said Ms O'Connell.

Since the guide's release in April last year it has received a range of positive feedback.

"WOW! This guide is fantastic! I think it is the most useful resource I have ever seen, and all Practice Nurses need to be aware of it," said Louise McInnes RN.

The guide can be [viewed online](#) or if you would like to request a free copy for your waiting area please contact Leeanna Wiltshire on (08) 9382 0275 or email [leeanna.wiltshire@ilc.com.au](mailto:leeanna.wiltshire@ilc.com.au).

The Independent Living Centre WA is a not for profit organisation. Our vision is a community in which participation, living independently and inclusion are valued and supported. Our purpose is to support all individuals, including people with disability, those who are ageing, their families and carers, to live full and independent lives through the provision of allied health and assistive technology solutions.