

## KITCHEN AIDS



### Lightweight Cutlery

Stainless steel utensils are mounted on plastic stems and sealed into washable grey foam handles, for those with weak/painful grip



### Food Preparation System

- This durable cutting board is ideal for those who have difficulty in gripping, or only have the use of one hand
- Suits various food prep cutting tasks



### Dycem Anchor Pad

- Enhances grip of numerous household items on tables and benches
- Dycem is an effective non-slip material that prevents movement between surfaces



### Can Opener Pull

- Extremely easy to use, just hook the end under the ring, fold forwards and then roll back
- Suitable for users either with arthritis or with a weak grip



### One Touch Automatic Bottle & Jar Opener

- One-touch operated bottle and jar openers are suitable for metal or plastic screw-top
- Rubber jaws automatically adjust to lids

### View our e-catalogue!

Visit the Aidacare website at [www.aidacare.com.au](http://www.aidacare.com.au) to view our full range.



## GRIPPING AIDS



### Sigvaris Doff N' Donner

- Soft device that allows you to quickly guide a compression garment up and down your limb
- Cone acts as a loading device - sold separately or as a set



### Medi-Butler Off - Doffing Aid

- This long handled device assists with the removal of compression stockings, socks and normal pantyhose
- It can also double as a shoehorn



### Pick-Up Reacher

- Lightweight, robust reacher for those with restricted reach
- Magnet for small metal objects
- Rotates 360° to avoid the need to rotate the wrist



### Handy Bar

- Inserts into your vehicle door frame to help support getting out of the car
- Non slip contoured grip handle and seat belt cutter



### Key Turner

- Holds two keys
- Increases leverage when turning key
- Curved, bulky handle for a comfortable grip

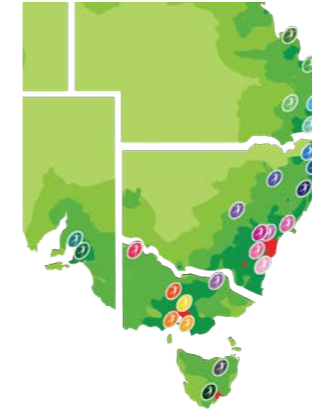


### Good Grips Peelers

- Easy to use peelers with soft, comfortable non slip grip featuring a precision ground stainless steel blade for a sharper cutting edge

## AIDACARE BRANCHES

- |                  |                  |
|------------------|------------------|
| • Brunswick      | • Port Macquarie |
| • Brunswick East | • Coffs Harbour  |
| • Cheltenham     | • Ballina        |
| • Geelong        | • Acacia Ridge   |
| • Bendigo        | • Geebung        |
| • Mildura        | • Gold Coast     |
| • Wollongong     | • Toowoomba      |
| • Moorebank      | • Sunshine Coast |
| • Seven Hills    | • Hervey Bay     |
| • Blacktown      | • Hobart         |
| • Central Coast  | • Launceston     |
| • Albury         | • Regency Park   |
| • Orange         | • Plympton Park  |
| • Tamworth       |                  |



You may also be interested in Aidacare's other Product Application Guides giving product range information for the following areas:



# living with arthritis

Equipment Selection Made Easy

**1300 133 120**  
[www.aidacare.com.au](http://www.aidacare.com.au)

DVA Aidacare are a DVA contractor. Ask us about DVA funded products.



# living with arthritis

Living with Arthritis can be uncomfortable and painful. You may experience stiffness, inflammation and damage to the cartilage in your joints resulting in weakness, instability, reduced range of movement and joint deformities.

There are over 100 forms of arthritis that can affect people of all ages.

Arthritis can heavily impact on daily function including the most basic of tasks such as preparing meals, walking around the home, driving, tying laces and button up shirts.

Fortunately, there is a wide range of equipment available to assist with daily tasks to allow you to maintain an independent lifestyle whilst living with arthritis.

**Do you need help with product selection and sizes?**

**Please contact Aidacare on 1300 133 120.**

For Therapist Solutions please enquire about how else we can help you.







## Rental

Did you know that Aidacare offers a comprehensive range of equipment for rent? We've got you covered should you need any products for home care and recovery!

Call our friendly staff for short term & long term rental options!



 <p><b>Aspire SHOWER chair</b></p> <ul style="list-style-type: none"> <li>Individually treated for corrosion resistance</li> <li>Arms for secure transfers</li> <li>Fully adjustable seat height and angle</li> <li>Easy to clean &amp; assemble</li> </ul>	 <p><b>Aspire OVER TOILET Aid</b></p> <ul style="list-style-type: none"> <li>Individually treated for corrosion resistance</li> <li>Assist those who have difficulty lowering themselves onto a standard toilet</li> <li>Height adjustable</li> </ul>
 <p><b>Bath Transfer Bench</b></p> <ul style="list-style-type: none"> <li>Padded vinyl seat &amp; backrest provides a highly resilient cushioned surface for comfort</li> <li>Lightweight aluminium frame</li> <li>Height adjustable</li> <li>For right or left facing tubs</li> </ul>	 <p><b>Throne Grab Rail</b></p> <ul style="list-style-type: none"> <li>Attaches firmly to the toilet bowl and is independent of wall or floor support</li> <li>It promotes user independence whilst assisting carers</li> </ul>
 <p><b>Aidacare Lifecomfort DELUXE Mattress</b></p> <p>Features a high quality 3 layer support design with full size memory foam overlay, 2 way waterproof stretch cover, vinyl bottom cover and 3 sided zip.</p>	 <p><b>Aspire Bed Pole Grip Handle</b></p> <ul style="list-style-type: none"> <li>Support pole on the side of the bed, provides assistance to reposition or transfer</li> <li>Handle can be placed in 4 different positions</li> </ul>

 <p><b>Aspire Transit 2 Wheelchair</b></p> <ul style="list-style-type: none"> <li>Swing away and removable arm rests</li> <li>Height adjustable, removable foot rests</li> <li>Quick release 12" solid rear tyres</li> </ul>	 <p><b>Aluminium Walking Frame Folding</b></p> <ul style="list-style-type: none"> <li>Lightweight walking frame, ideal for indoor use</li> <li>Folds flat for easy transportation and storage</li> </ul>
 <p><b>Aspire CLASSIC Walker</b></p> <ul style="list-style-type: none"> <li>Soft hand brakes with palm-ball lock for users with arthritis</li> <li>Available in blue or red</li> <li>Easy folding mechanism for easy storage and transport</li> </ul>	 <p><b>Aspire VOGUE Indoor Walker</b></p> <ul style="list-style-type: none"> <li>Lightweight and ergonomic Danish design, Slimline folding allows the folded walker to stand upright on its own.</li> <li>Removable tray, cane holder</li> </ul>
 <p><b>Walking Stick Palm Grip</b></p> <p>A unique, biometrically shaped handle designed to evenly spread pressure across the palm of the hand. Very useful for arthritics or those with poor grip and is height adjustable.</p>	 <p><b>Pride Pathrider 130XL Pursuit</b></p> <ul style="list-style-type: none"> <li>LED Headlight</li> <li>Front and rear suspension handle rugged outdoor terrain</li> <li>Large 33cm tyres for excellent outdoor performance</li> <li>Wraparound handles</li> </ul>

 <p><b>eTAC Hair Washer</b></p> <ul style="list-style-type: none"> <li>For washing hair and making it easier to reach the head</li> <li>Prevents strain on hands, shoulders and arms</li> <li>Non-slip surface handles enables a secure grip</li> </ul>	 <p><b>ROHO® - Mosaic</b></p> <ul style="list-style-type: none"> <li>For everyday comfort and pressure injury prevention</li> <li>Dry Floatation cushion</li> <li>Interconnected air cells disperse pressure and promote stability</li> </ul>
 <p><b>Arthritis Gloves</b></p> <ul style="list-style-type: none"> <li>Relief for aches &amp; stiffness</li> <li>Provides mild compression for warmth &amp; helps increase circulation &amp; promote healing</li> <li>Open fingertips allow full freedom to touch and grip</li> </ul>	 <p><b>Spring Laces 600 mm</b></p> <p>Used in place of normal laces to make putting on shoes easier. They turn lace-up shoes into slip-ons. Fasten by wrapping the ends together.</p>
 <p><b>Lupin Hot/Cold Pack Hand Glove</b></p> <ul style="list-style-type: none"> <li>Warm in the microwave or chill in the freezer to sooth aches</li> <li>Stainless steel trimmer clips</li> <li>Lupins are lower allergy, easier to clean and less weight than wheat</li> </ul>	 <p><b>Nail Care Set</b></p> <ul style="list-style-type: none"> <li>For people who cannot grasp or use small implements</li> <li>Stainless steel trimmer clips nails with a push of the lever</li> <li>Emery board for one-handed filing. 2 emery boards included</li> </ul>