

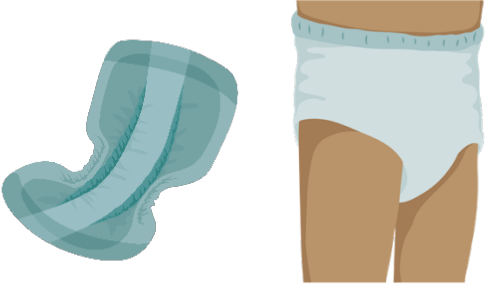

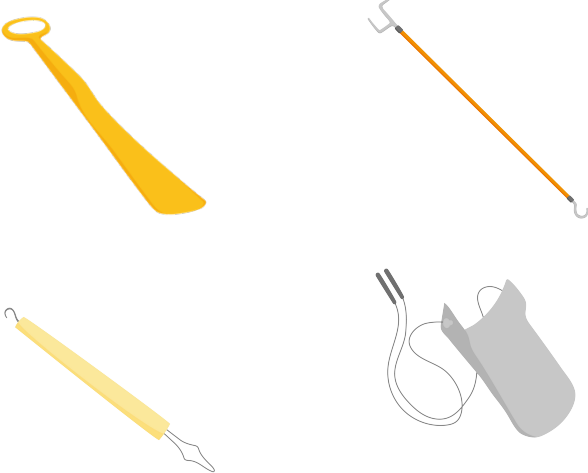

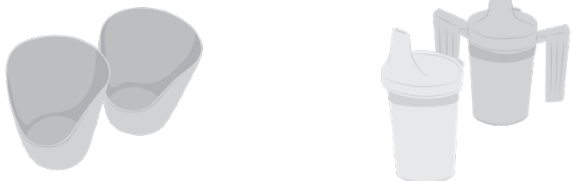
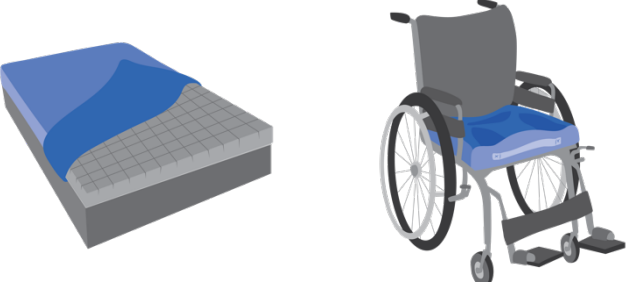


Self care assistive product	Useful for people who:	What this may look like
<p>Shower chair</p>	<p>Cannot stand and/or balance safely while washing themselves.</p>	
<p>Toilet chair</p>	<ul style="list-style-type: none"> • Can control when they empty their bladder and bowel, or • Are incontinent and use a catheter, and/or • Find it difficult to get to or from the toilet and/or • Find it hard to get on and off the toilet 	
<p>Absorbent cloths</p>	<p>Have occasional or minor problems with urinary incontinence; or cannot control when they empty their bladder and/or bowel.</p>	
<p>Catheters</p>	<p>Who have long term urinary incontinence.</p>	

Self care assistive product	Useful for people who:	What this may look like
Dressing aids	Who have difficulty getting dressed or undressed due to difficulty balancing, reaching, holding on etc.	
Modified cutlery and plates for eating	Who have difficulty eating due to limited hand movement and strength.	
Modified cups for drinking	With limited hand movement or strength, or poor coordination.	
Pressure relief cushion and mattress	Who are at risk of a pressure wound	

Remember: For each of these products, it is important to carry out the four steps of provision



Step one - Assess



Step two - Fit



Step three - Use



Step four – Follow up