

1. Checklist of documents

- List of key words
- Key messages
- Product examples
- TAP Mobility assistive products screening form
- TAP Mobility assistive products foot screen guide.

2. Checklist of equipment

- Tablets / computers
- Head phones
- Notebook and pen.

3. Group discussion opportunities and activities to prepare for

Topics with interactive sections		Suggested instruction and mentor's planning notes
Lesson one: Mobility and different mobility problems		
Topic 2: Introducing self care	Reflection Which health care professional in your local area would you refer a person with incontinence to?	
Topic 3: Managing self care activities	Discussion Discuss with colleagues or post on the discussion form some of the ways that difficulty with self care can impact a person's life. Below are some of common impacts, however there are likely others including some particularly relevant to the people in your community. Impacts of difficulty with self care: <ul style="list-style-type: none"> • Some people feel shame because they need help. • It takes longer to get things done, for the person and for family members who help so there is less time for other things. • Some people may experience shame and embarrassment when there are bowel or bladder accidents. • Some people end up being isolated or excluded. They are unable to participate in school, work, community life. • There is a cost for individuals and their families, because of the need to buy extra products, or loss of income through the person not being able to work or a family member needing to work less to support them. 	

Topics with interactive sections		Suggested instruction and mentor's planning notes
Lesson three: Identifying who may benefit from self care assistive products		
Topic 1: Talk to people about their self care	<p>Discussion</p> <p>Discuss in a group or post in the discussion forum what you can do to make talking about self care easier.</p> <p>Draw on experiences you may have had of discussing self care with a family member or in your role as a service provider. Was it easy or difficult? What did you do to help the conversation?</p> <p>What can you / your group add to the suggestions below?</p> <p>Click to see answer</p> <ul style="list-style-type: none"> • Offer a private space to talk about self care • Give people the opportunity to talk with a person of same gender • Ask if the person would like a family member or carer to be with them • Practice talking about self care with your family and colleague, so that you are comfortable with the topic • Use words that are familiar to the person. 	
	<p>Discussion</p> <p>Discuss in a group or reflect to yourself the words you would use to talk about urine and faeces with the following people. Are the terms different?</p> <ul style="list-style-type: none"> • A child • Your mother • An elderly neighbour • A close friend. 	
Topic 2: What to do if people have difficulty with self care	<p>Discussion</p> <p>What resources or services are there in your area that can:</p> <ul style="list-style-type: none"> • Provide self care assistive products not covered in TAP (for example pressure relief cushions and mattresses, modified cutlery)? • Assist people with adapting their home environment (for example putting in a ramp, adding a grab rail, making water and washing facilities more accessible)? • Assist people to learn different ways of doing their self care? 	