

Term	Definition	Image
Diabetes	A disease where sugar is high in blood. This can result in many health problems including: difficulty in feeling parts of the body (especially feet) and consequent foot wounds, gradual loss of vision, kidney damage, urinary incontinence and difficulty remembering things.	
Frail / frailty	Weak, fragile and with little energy. Often occurs as people grow older and their health declines.	
Grab bar	A fixed bar for a person to hold onto for assistance balancing or moving.	
Pressure	The force pressing on a surface by an object in contact with it.	
Pressure wound	A pressure wound is a breakdown of the skin. It is usually over a bony area and is a common problem for people with problems feeling or difficulty moving and changing position.	
Spinal cord injury	Damage to the spinal cord, which is usually caused by an accident or illness. After a spinal cord injury, messages cannot travel along the spinal cord between the body and the brain. Often a person cannot move (is paralysed) and cannot feel below the level of the injury.	
Stroke	Blockage of blood flow in the brain. This can result in one side of the body becoming weak or paralysed, as well as problems in speaking, feeling, thinking and seeing.	
Transfer	Moving your body from one surface to another	