

Term	Definition	Image
Arthritis	A health problem where a person's joints become stiff and painful to move.	
Castor wheels	Wheels that swivel (turn) as they roll. Examples are the small wheels on office chairs, or on the front of wheelchairs.	
Catheter	A soft tube that is used to drain urine from the bladder. Used by some people who cannot empty their bladder independently or voluntarily. Depending on the type of catheter, other equipment, such as a leg bag, will be needed.	
Environment barriers	Obstacles in a person's environment (for example in or around their home, or in the community) that prevent or block their ability to move about. Examples of environment barriers are: • Steps that make it difficult for a person in a wheelchair • A narrow doorway someone using a walking frame cannot get through.	
Frail	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.	
Hoist	A device that lifts a person up using a sling, to help with transferring	
Incontinence	When a person has difficulty controlling, or are unable to control, their bladder (urinary incontinence) or bowel (bowel incontinence) voluntarily.	
Postural supports	Additions to a wheelchair, shower or toilet chair that provide a person with more support. Postural supports should be prescribed by a qualified person. Examples of postural supports on a shower or toilet chair are: • A lap belt • Extra side support • A head rest.	

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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 who have problems with feeling (sensation) 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 and feeling.	
Toilet types:		
Sitting toilet	Style of toilet that people sit on to use.	
Squat toilet	Style of toilet that people squat to use	
Transfer	Moving your body from one surface to another.	