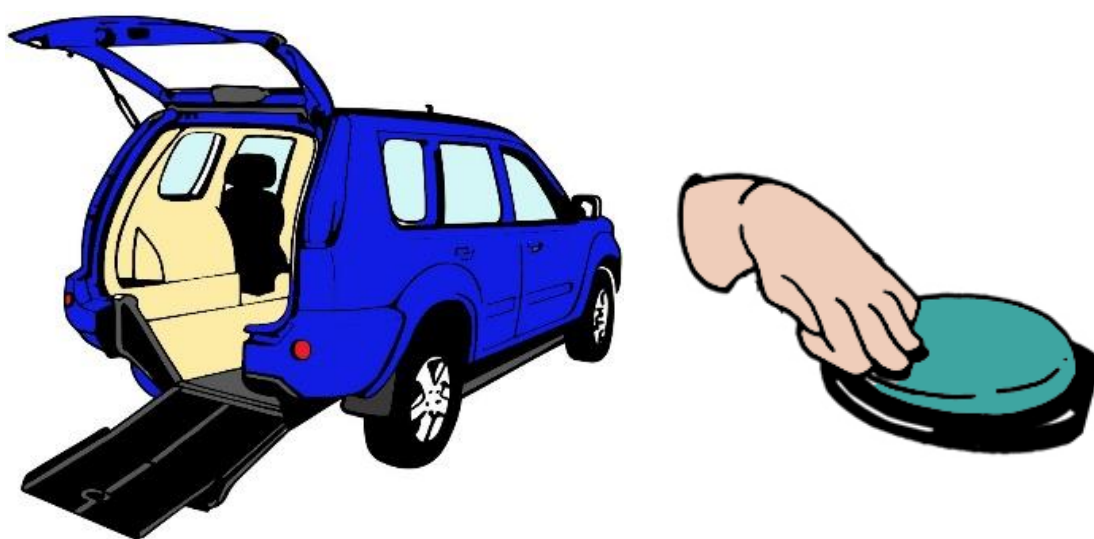




Things to help you



You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

- 31
- 45.



There are things to help you.

You can do the things

- you want to do
- you need to do.



You want to

- do things for your self.

Like have a shower

- learn a new skill



- use things you find hard.

Like you want to use a computer.

You need a different mouse.



You get old. Your needs change.

Talk to your health team.

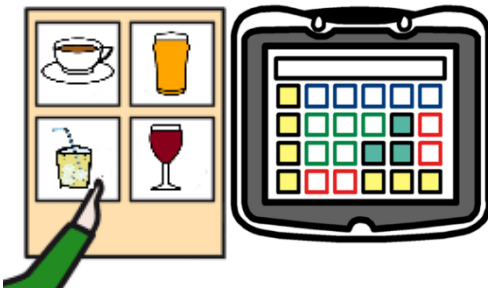
It is about new things to help you.



What can you do?



It is hard to talk to people.



You may need a

- board
- a machine that talks out loud.



Talk to a speechie.



It may be hard to hear.

Like you can **not** hear people talk.



You may need hearing aids.



You need help to move.

You may need a hoist.



It may be hard to

- walk
- stand.

You may need a walker.



You may need a wheel chair.

You push your self.



You may need

- an electric wheel chair
- a scooter.



It is hard for you to move

- your arms
- your hands.



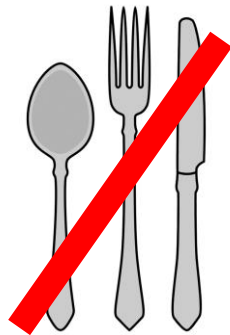
Talk to a

- physio
- OT.



You eat with friends.

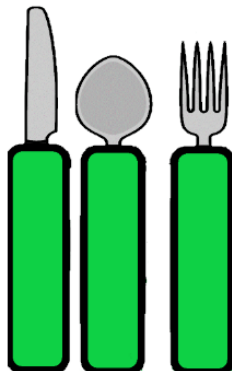
But



You need help to eat.

Like you can **not** hold a

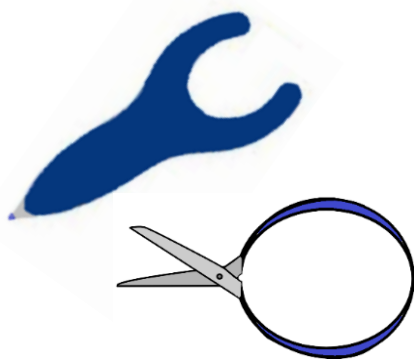
- knife
- fork.



You need a different fork.

You can hold it.

You can feed your self.



You may do an art class.

You may need

- pens with special grips
- scissors you can hold.



You want to play sport.

Like basket ball.



You use a wheel chair.

You may need a different wheel chair
to play your sport.

Or



You like to swim.

There is a hoist to help you

- get in the pool
- get out of the pool.



You want to do things for your self.

Like go to the shops.

You need help to do this.

You can **not** reach things.



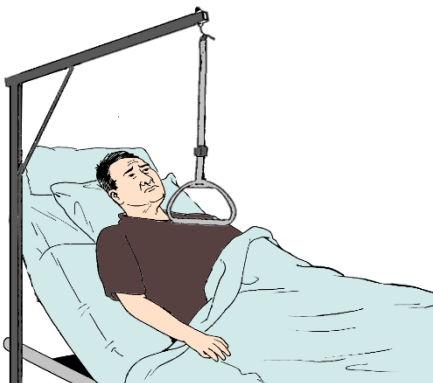
You want to live on your own.

But



It is hard for you to sit up.

You need help to get out of bed.



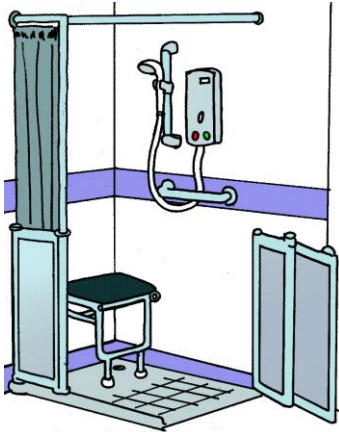
You need a hoist. You can pull your self

- out of bed
- up from your chair.



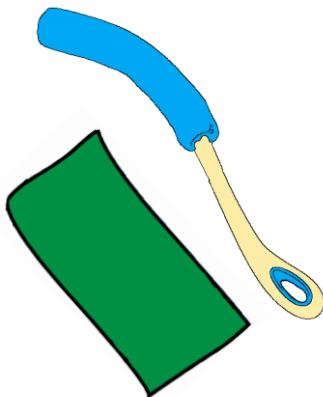
You have a person to help you shower.

You do **not** want this help.



You can get things to help you. Like

- rails on the walls
- a seat.



You may need

- a cloth with a long handle. It helps
you clean different parts of your body
- a shoe horn.

You can put your shoes on.



You want to drive a car.



You need different things to help you.

Like a steering wheel you can hold.



Your car is set up just for you.

It may have

- hand controls
- a ramp
- a lift.



Talk to an OT.

They can work out what you need.



You can use tools to help you learn.

It may be

- a different mouse for your computer
- a desk for your wheel chair.



It may be things to help you learn.

Like you listen to your books.



You start a new job.

Talk to your boss about what you need.



You need to

- move in a safe way
- have space around your desk.



There may be things you need at work.

They help you

- use the toilet
- get in to the building.



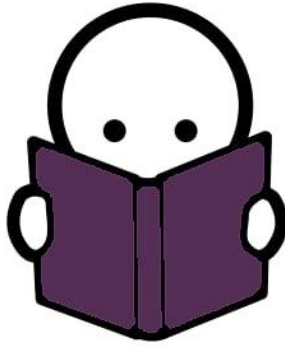
Talk to your doctor.



They know who can help you.

Like a

- physio
- speechie
- OT.



You want to know more



Read

Your health team.



Read

Places to get help.



Read

You do things for yourself.



Read

You want to talk to people.



Read

You do things for fun.