

Enabling the use of easy living equipment in everyday activities

A guide for Home and Community Care services in Victoria

Training module 2014

The project was supported with funding under the Home and Community Care program by the Commonwealth and Victorian Governments.



Introduction

- This presentation forms part of the kit of easy living equipment
- The kit also includes:
 - A copy of the guidelines *'Enabling the use of easy living equipment– A guide for Home and Community Care services in Victoria. (2014)*
 - A consumer self-completion checklist
 - A laminated flip chart of pictures of easy living equipment – for HACCC service users to view
 - A basket of easy living equipment – to selectively demonstrate to HACCC service users

Who the training is for

- It is inservice training for HACCC:
 - assessors
 - community care workers
- The training may be delivered by occupational therapists in partnership with experienced HACCC assessors

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Agenda

- Presentation
- Demonstration of easy living equipment
- Quiz
- Questions and discussion

Key messages

- We want to assist people to stay at home and be independent for as long as possible
- Easy living equipment can help people to remain independent and self sufficient
- Because each person is unique, different solutions will suit different people
- The items are inexpensive, readily available, and can be purchased by members of the public – little things can make a big difference
- Alignment with the Active Service Model approach

Why encourage easy living equipment?

- Research shows that the ability to 'do things for myself' is important to people
- Research shows that aids and equipment should be part of normal practice
- Evaluation of pilot projects demonstrated that the equipment:
 - made a difference to some people
 - enhanced their self-sufficiency and independence
 - in some cases reduced the need for support.

Testimonials

- I had a jar the other day that I couldn't open, I would usually have just given up and put it back, but I was able to use the jar opener to get it open – very happy, Thank YOU. (Jar opener)*



- Having this equipment has helped me and my husband in managing my personal hygiene. As a result we don't need the council service. (Person reluctant to accept personal care)*
- This equipment has been invaluable – Thank you! It has relieved my partner's carer role and now I can do many more tasks – a sense of achievement in being able to do things for myself ... (Long handled sponge and sock applicator)*

Benefits

- **Service users**
 - maintain and promote independence
 - promote problem solving and encourage adaptability
 - reduce dependence
- **HACC staff**
 - aligns with ASM
 - refocus tasks where support is required
 - encourages service users to complete tasks between visits
- **Service system**
 - effective use of resources and workforce
 - capacity building

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Role – HACCC assessors

- **HACCC assessors:**
 - consider the use of easy living equipment during assessment
 - invite people to use the consumer checklist (see next slide)
 - demonstrate relevant items
 - facilitate the purchase of items by the person
 - consider the use of easy living equipment during care plan and review processes
 - refer for clinical assessment when indicated

Checklist

- For consumer to self-complete
- Available in community languages

Checklist for consumers to complete

Low cost aids and equipment to help you at home

This is a checklist about low cost aids and equipment that are available to the general public. You may find some of these useful. Please indicate which of these you may wish to discuss or would like to see.

I am interested in items to help me more safely and easily...		Yes ✓
Kitchen	Carry bags of shopping	
	Open jars or tins	
	Turn taps on and off	
	Chopping or cutting food	
	Turn stove knobs on and off	
Housework	Clean floors – mopping or vacuuming	
	Clean the bath, shower, toilet	
	Dust	
	Pick up things	
	Change bed linen	
Personal	Reach my feet and toes to wash/dry and/or put on socks/stockings/shoes	
	Dressing	
	Clip my finger or toe nails	
Laundry / outdoors	Hang out the washing	
	Gardening	
Other	Other things that are important to me	

This is not clinical advice - if you require such we can make a referral.

Assessment practice

Assessment

During assessment - consider the potential for use of easy living equipment (as well as task adaptation, work simplification and other relevant strategies) to enhance independence.

No Yes, potential use and benefits.

Is clinical assessment required? Use the checklist - *Indicators that referral for clinical assessment is required.*

Yes, refer for clinical assessment in accordance with local protocol.

No, clinical assessment not required - proceed to consider easy living equipment.

Ask consumer to complete checklist – *Easy living equipment to help you at home.*

Care plan

Discuss and facilitate or organise access and supply of items

HACC assessor and/or community care worker to demonstrate use and safety considerations

Ongoing use by service user
Ongoing monitoring and observation by HACC staff.

Review

Include in review process

Assessment practice

- A clinical assessment is required if:
 - the **person** has unstable health
 - there are factors relating to the **environment** that may impact on the person's ability to use items
 - there are factors related to the **occupation** (tasks) that may impact on the person's ability to use the items
 - other – see checklist



Checklist

- For HACCC assessors
- Indicators that referral for clinical assessment is required

Checklist - Indicators that referral for clinical assessment is required

HACC assessment practice should occur in accordance with *Strengthening assessment and care planning: A guide for HACC assessment services in Victoria 2010* available at http://www.health.vic.gov.au/hacc/downloads/pdf/assess_guide.pdf

If the service user has one or more of the following characteristics, a clinical assessment is required (i.e. the HACC assessor should **not** recommend easy living equipment as this requires clinical input).

Characteristic (tick box if yes)	Yes	No
<p>Person - unstable health:</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <input type="checkbox"/> giddiness/falls or falls risk <input type="checkbox"/> loss of bladder or bowel control <input type="checkbox"/> acute or chronic diarrhoea/constipation <input type="checkbox"/> acute or chronic nausea/vomiting <input type="checkbox"/> special dietary requirements or limitations (e.g. PEG feeding regimes) <input type="checkbox"/> pain <input type="checkbox"/> difficulty with breathing/advanced respiratory disease <input type="checkbox"/> terminal or life-threatening illness in the palliative care stage <input type="checkbox"/> recent changes in sensory status such as the deterioration of vision or hearing <input type="checkbox"/> apparent fever or persistent excessive coldness <input type="checkbox"/> wounds, persistent bruising and/or skin integrity breakdown or risks or pressure ulcers <input type="checkbox"/> multiple (> 5) and frequent use of medications (3 times) per day or more </div> <div style="width: 45%;"> <input type="checkbox"/> significant recent changes in medications <input type="checkbox"/> several recent hospital or respite admissions, surgery within the past three months <input type="checkbox"/> progressive deteriorating chronic illness <input type="checkbox"/> any procedure requiring insertion into the body (including injections) <input type="checkbox"/> disorientation/confusion/memory loss undiagnosed and/or leading to uncooperative behaviours during personal care <input type="checkbox"/> very limited mobility, for example people who are bed-bound or need assistance with transfers <input type="checkbox"/> vision impairment such as degenerative condition or rapid change <input type="checkbox"/> rapid change in condition or cause of recent deterioration in functional ability is unknown or seems unclear, or untreated </div> </div>		
<p>Person - cognitive impairment and/or behaviours of concern:</p> <input type="checkbox"/> memory loss, dementia, brain injury, anxiety, depression, degenerative neurological condition <input type="checkbox"/> repetitive actions or questions, raised voice, aggression, pacing, sleep disturbance <input type="checkbox"/> behaviours that cause stress, worry or risk of harm		
<p>Environment</p> <input type="checkbox"/> it is a complex or adapted environment - suitability and accessibility of built and physical environment, safety, presence of, or need for modifications, rails, ramps etc <input type="checkbox"/> a support person is required to use the equipment		
<p>Occupation / other</p> <input type="checkbox"/> the person is unlikely to be able to perform the task even with the equipment or assistance <input type="checkbox"/> the person has tried equipment in the past and it has not been successful <input type="checkbox"/> the general complexity of the person's situation, health condition/s or environment and/or the interactions between these factors <input type="checkbox"/> other factors that may indicate the need for clinical input		
<p>Action</p> <p>If one or more 'Yes' responses the person should receive a clinical assessment to prior to consideration of suitable aids and equipment. Action ⇒ HACC assessor to refer for clinical assessment in accordance with referral protocol and procedures.</p> <p>If all 'No' responses the HACC assessor should consider and encourage the use of appropriate easy living equipment. Action ⇒ HACC assessor to include consideration of easy living equipment in assessment and care planning.</p>		

Role – Community care workers

- 'Observe' when easy living equipment may assist a person
- Provide information
- Demonstrate easy living equipment
- Encourage and motivate the person
- Provide feedback to team leader / supervisor
- As per care plan

- Stop and discuss

Basket of demonstration items

- Key turner
- Jar opener – rubber and / or goodgrip Y shape
- Bottle opener – rubber and with magnifier
- Can opener – ring pull (boa) and longer top pull
- Long handled reacher or fold-up gripping pliers
- Tap turner – red and blue plastic or pronged tapmate
- Long handled sponge (popular)
- Long handled toe washer/dryer (popular)
- Table top nail clipper - not in basket, available online (Peta)
- Lotion applicator - not in basket, available online
- Long handled shoe horn
- Sock and stocking aid
- Laundry trolley - not included
- Handy bar for car
- Gardening tool handle grips

There are also other items of easy living equipment.

Suppliers

- Items are available from various outlets - identify suppliers in your local area
- Suppliers and products will change over time
- The following suppliers were used for this kit:
 - Chain stores/supermarkets
 - Pharmacies
 - Hardware stores
 - Rehabilitation retail stores (most items)
 - Online
 - Independent Living Centre <http://ilcaustralia.org.au/>

Demonstration

- The next slides are the same as the laminated pictures / flip chart
- We will demonstrate each item and show how they are used safely
- Think about services users you know who could benefit from them

Easy living equipment to help you at home

We want people to be independent at home for as long as possible.

This easy living equipment can help you to remain independent and self sufficient in various activities of daily living.

The items are available from outlets such as supermarkets, hardware stores, pharmacies, rehabilitation stores and online.

Your community care worker can demonstrate the items to you and assist you to purchase the ones that you choose.

To turn a key more easily



Name: Key turner

Price: \$16

Notes: The large handle allows for easy grip and turning. Can include one or two keys.

To open jars more easily

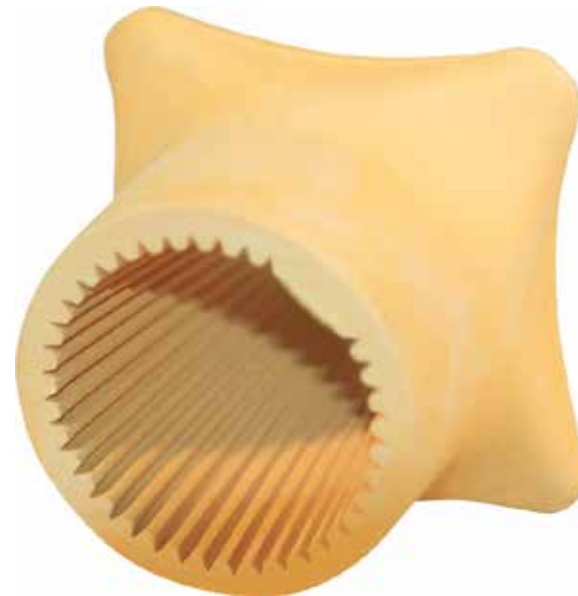


Name: Rubber jar opener,
Good Grips jar opener

Price: \$5 - \$15

Note: The design allows for a strong grip and easier opening.

To open bottle caps more easily



Name: Rubber bottle cap opener

Price: \$5 - \$15

Note: The design allows for a strong grip and easier opening. The red option has a magnifier in the top.

To open ring pull cans more easily



Name: Can opener – ring pull aid

Price: \$14

Note: The opener slips under or over the ring pull and provides leverage.

To reach and pick up small items



Name: Long handled reacher or gripping plier

Price: \$10 - \$60 depending on type

Note: Reduces the need for bending or stretching.
Good for hard to reach places.

To turn taps on and off more easily



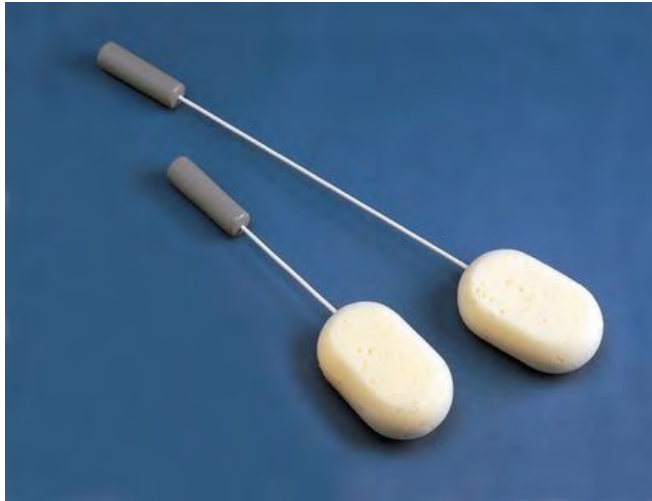
Name: Tap turner

Price: \$10 - \$20

Note: Fits over the top of taps to provide extra leverage and grip.

Select the type to suit your tap handles.

To reach, wash and dry your body



Name: Long handled sponge

Price: \$5 - \$20

Note: Good for hard to reach places such as back and feet. Always take extra care on wet or slippery surfaces.

To reach, wash and dry your toes



Name: Long handled toe washer and dryer
Comes with an extra towelling pad

Price: \$20

Note: Can be bent to shape.
Always take extra care on wet or
slippery surfaces.

To manicure nails



Name: Table top finger nail clipper

Price: \$20

Notes: Large finger pad gives comfort and good leverage.

To open apply lotion more easily



Name: Easy-Reach lotion applicator

Price: \$15

Note: To apply lotion or cream to hard to reach places

To put on shoes more easily



Name: Long handled shoe horn

Price: \$4 - \$12

Note: Assists to put on shoes.

To put on socks and stockings more easily

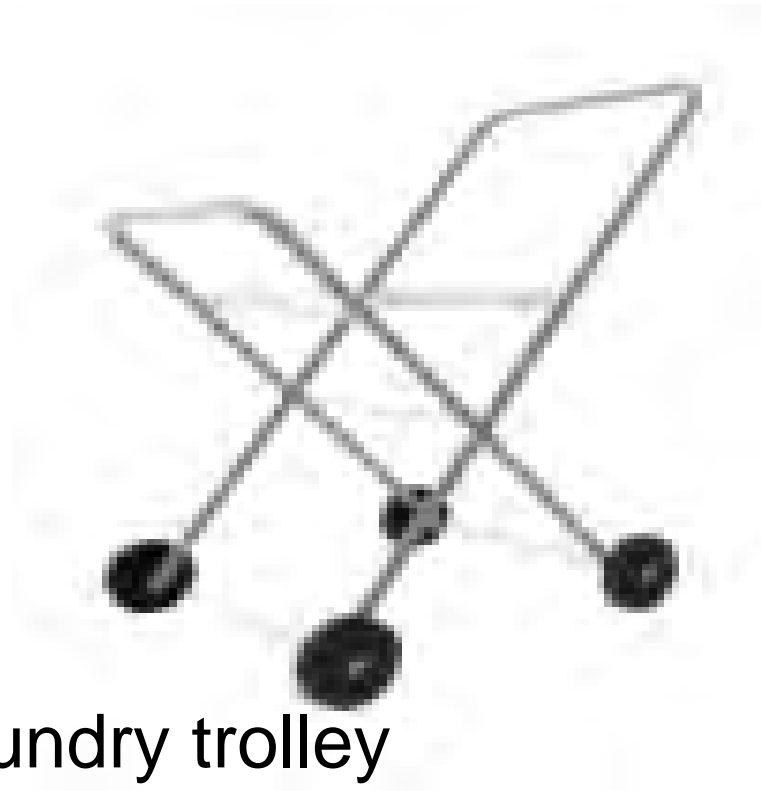


Name: Sock and stocking aid

Price: \$13

Note: Pulling socks and stocks on without bending.

Laundry trolley



Name: Laundry trolley

Price: \$30

Note: To carry and move washing more easily

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To get in / out of car more easily



Name: Handy Bar or Car Bar

Price: \$60

Note: Makes getting in and out of the care easier by providing an extra handle.

To keep gardening



Name: Easi-Grip add on handles – to add to your garden tools

Price: \$30 (pack of two handles), complete tools also available

Note: Makes tools easier to use by keeping the hand and wrist at a more natural angle.

Quiz

- Check your knowledge by completing the quiz
- See hand out
- Discuss results
- Trainer to reinforce learning and repeat demonstration of any items for which participants are less confident
- Certificate of completion

Next steps

- Discuss the next steps for implementation in your organisation
 - How will it be introduced?
 - Who will be responsible for keeping the demonstration kit up to date?
 - How / when will it be evaluated or reviewed?
 - What are our timelines?

Questions

- Questions or comments?
- Discussion?
- Contact person for further information
- Thank you and close