



Myositis
Association Australia

**Gadgets, Aids
and Tips to
Simplify Our Lives.**

Updated Dec 2021

Please forward useful information and photos to kmt24@iinet.net.au

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Mobility & Transport.



STEERING SPINNER KNOB (also called suicide knob)

Easy to attach and makes turning and parking effortless.
Can buy online from \$20



HANDY BAR

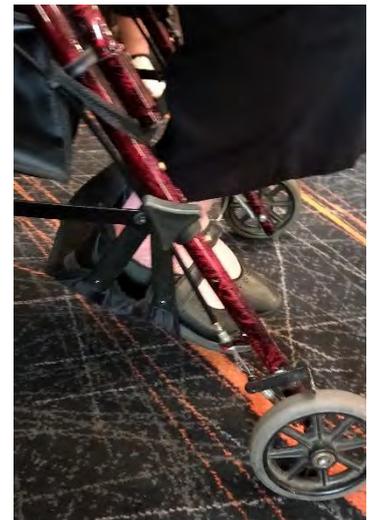
Brilliant little gadget to aid getting in and out of the car. Simply insert bar into door stricker. Super strong and easy to use. Cost approx. \$50.00, cheaper makes from \$20



“AEROPLANE” FOOTREST



This adjustable “hammock” footrest is designed to prevent restless leg syndrome and swelling on long flights. It is ideal to lift your feet off the floor when you run out of steam & need to be pushed on your walker. Cost \$14.00 online



HIKING POLES

Great alternative to a walking stick. They are super lightweight, keep you evenly balanced whilst walking & available in different heights, from most camping stores.

HOME MADE TRANSPORTABLE HALF STEP.

An ingenious member instructed her DIY husband to combine a walking stick and a half height step to provide her with extra safe transfer when stepping up or down.



MOTORSTEP PERSON LIFTING PLATFORM

Motorstep was designed to assist people with disabilities in negotiating a step up or down. It is a self-supporting lifting platform and can be placed next to hard-to-reach steps. It will lift from ground level and gently rise to a maximum height of 24 inches, carrying up to 125kg. Connects easily to a power or leisure battery and works in seconds. It has easy push button controls to make lifting to step level easy and safe. Prices start at \$4,000. Note if you require funding you need to use it in your home “not your caravan”



Walkers & Scooters.

COMPACT WALKER



The Empower Rollator is higher than most walkers which makes sitting and standing easier especially for those who are taller. The padded backrest flips forward and backward enabling the user to sit comfortably on either side. Seat flips up to allow user to stand or walk inside the rollator. The walker folds completely flat for easy storage and transport and the aluminium frame means it is light weight. Features easy-to-identify yellow adjustment points, folding cup holder, memory foam seat and neoprene storage bag. Cost from Amazon, including shipping \$500



SMALL COMPACT MOBILITY SCOOTER

The new Invacare Colibri 4 is a stylish, simple, and colourful micro lightweight scooter, designed for effortless, safe driving, for those who enjoy a totally independent lifestyle. It is recommended you go for suspension on the seat not on the wheels. Also, the addon carry bag, carrier for walker and walking stick are very useful. Price with extras \$2000 (The Smart Lifter LM Hoist, page 6, works well with this scooter)



COMPACT WHEELCHAIR

The Literider powerchair is ideal for indoor and gentle sloping outdoor applications and for pulling apart to transport in the boot of a car. The extra seat padding and the adjustable arm rests and footplate make for a good comfortable ride. It has an under-seat basket & puncture proof tyres. Cost \$3,400



POWER ASSIST FOR WHEELCHAIRS



The UNAwheel is the world's lightest wheelchair power add-on and is now available in Australia. It quickly and easily converts a standard wheelchair into a powered wheelchair whilst eliminates the need/expense to having an electric wheelchair/scooter hoist fitted to your car.

SMART ELECTRIC WHEELCHAIR



The Whill Model C offers complete control over your movements with zero effort. Use just your fingertips to drive back/forth and left/right. Remove your hand from the controller and brakes will be applied automatically to make your descent safer. The dual motor system controlling both sides keeps your ride straight over cross sloped surfaces. The armrests can be flipped up which allows for an easy transfer. You can even stand on the footrest and not fall. Comes in a range of stylish colours. Priced from \$6,800

SMART COMPACT ELECTRIC SCOOTER



When folded, Atto Mobility Scooter is as small as a carry-on trolley you can take it with you on flights; it is also very large and comfortable when opened for driving. It takes 10 seconds to open and close, and 10 more seconds to split in two lightweight parts. This smart high-performance mobility scooter includes standard features like built-in USB charging port. It can also be customized with various accessories. Prices start from \$6,000.

SMART LIFTER LM HOIST

Smart Lifter LM Hoist is ideal for lifting wheelchairs and travel/portable scooters up to 80kg. It is compatible with most station wagons, MPV's, 4x4's, vans and hatchbacks. Very user friendly and load in under 60 seconds. Cost including fitting \$6,000



In Home Lifts & Hoists.

IN HOME HOISTS RECOMENDED BY MEMBERS



HFL400 FTS Indeelift



Salsa 200 Stand up hoist



Sara Steady 2 Sit to Stand

Seating.

PORTABLE SEAT RAISER

The Up & Easy Seat Assist from and Carex is perfect for those who lack mobility, suffer from loss of balance, or are recovering from surgery. It is the non-electric portable lifting seat that will ease you into your seat and help you up, gently and safely. Cost approx. \$200



**Safe Lift Assistance
Up To 70% of Your Bodyweight***

Gently Curves The Seat
Without Pushing You Forward.

Adjustable Weight
Ranges For
Custom Support



Indoor or Outdoor Use

* 340 lb Weight Capacity



TALL CAMPING CHAIR

The Oztrail Vantage Directors Bar Chair makes an excellent BYO Dining Chair. It has an oversized frame that provides exceptional comfort & stability, plus the taller frame and sturdy arms make getting out of the chair a breeze. Fold up storage clips also double as walking stick holder. Sold at BCF for \$160

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MULTI FUNCTION CHAIR

VELA Tango 510EI is the latest development in customised chairs with electric height adjustment. In addition to an active sitting posture, the high backrest and head support combined with backwards tilting seat provide relief and a good resting position during the day. Easy electric adjustment of the seat height allows for high or low work positions. The chair is extremely stable and has a very user-friendly break. Cost is approx. \$6,000



RECLINING, LIFT, TILT CHAIR

The Glide 180 Lift Recline Chair is a comfortable padded lift chair fitted with removable armrests for easy side transfer. It has a seat width of 56cm (76cm overall with armrests) and a carrying capacity of 180kg weight carrying capacity. Positioning and angles of Glide chair backrest and leg rest can be fully adjusted to suit the comfort of the user. Glide can be fully reclined to a horizontal position to promote blood circulation while sleeping. It has a vertical lift and forward tilt function, elevating to a standing level, to help those with limited mobility get their footing. Comes in leather or microfiber. The remote is simple to use with only 4 buttons. The chair comes with a backup battery in case of power outages.

RECLINING, LIFT, TILT CHAIR

Novacorr's Tilt and Lift Chairs are custom built to the specifications of each individual client. This allows the client to have a chair that is not only comfortable but suits their individual needs.

Novacorr's chairs are unlike any other chair, they are built to stay in a seated position as they recline.

This allows for the client's feet to be elevated to a position where they are parallel with the heart, which help reduce swelling of the feet and legs whilst also boosting circulation. When the chairs are reclined they have a break in the knee, so when a client is lying down their knees are not locked at any point. A second motor can also be fitted which essentially turns the chair into a sleeping chair.

Note : - This chair is recommended by 2 members



Kitchen Aids.



JAR/BOTTLE OPENER

Brilliant for opening any size lid. Only \$6.50 from Bunnings in the plumbing section. It is called a “Haron 100mm Strap Wrench” and is designed for loosening and tightening plumbing & automotive parts.



JAR OPENER

Good ergonomic design makes opening easy.

Price range \$7 - \$15 Online, Kitchen-ware shops & Daily Living



ELECTRIC CAN OPENER

Place on can, press the button and away you go, it could not be easier. Price ranges from \$15 on Groupon, to \$35 online



GARLIC CHOPPER

As you roll it along the bench, the blades spin and chop the garlic. Chef'n Garlic Zoom online price start \$22, Kitchen warehouse \$32



TILT SALT AND PEPPER GRINDER

No twisting or turning, just turn upside down and it starts grinding. Aldi "special" \$9.99, ebay \$32.00



PEPPER GRINDER

Kuhn Rikon grinder very easy to use, just move big arm side to side. Price starts at \$28 online





POTATO MASHER

Extra large sturdy handle makes the job easier

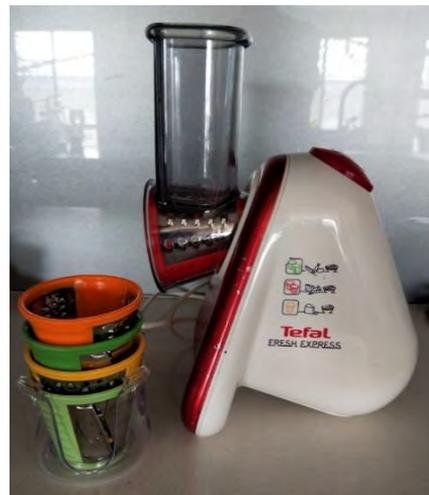


WHISK

Easier on the wrist just push up and down

ELECTRIC GRATER & SLICER

Brilliant for shredding, grating and slicing cheeses, and softer vegetables like cucumber. Harder vegetables like carrots need a little more pressure. Extra-large push easy to use on-off button and no slip feet. Available most electrical and department stores



CHEESE GRATER

No mess Tupperware Grate'n Measure which stores grated food in measuring container at back. Large easy grip supporting handle. Removable front grating panels allows easy access and cleaning. Buy on ebay





ONE TOUCH KETTLE TIPPER

Ergonomic handle for stable grip and pour action. Easy to read water level indicator. Hinged lid with large opening for easy fill, clean and pour. Removable vessel for optional hand-held pour and water refill. Removable anti-scale filter for easy clean. Weighted, stable, PowerPour action. Non-slip, stable base Auto shut-off with over-heating protection. Cost approx. \$125 from various mobility stores.

ESYSAFE BAG SEALERS

Forget having to use annoying bag ties or rubber bands. Bag Sealer Sticks provides a simple and easy way to close and reseal open bags, just fold the bag over and slide on. 100% air and watertight. Buy online from \$15.00

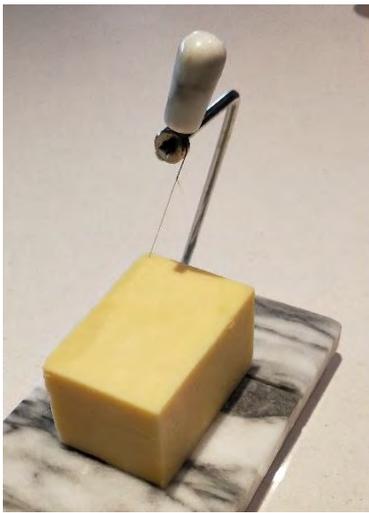


JAR SEAL BREAKER/OPENER

Specially designed for people with dexterity issues and helps prevent wrist strain. Simple to use, compact design that opens jars and bottles with ease. Buy online from \$5.00

ADAPTIED KNIVES

These adapted knives are balanced for more efficient cutting. You can choose from adapted knives with t-handles, upright handles, large soft grips, rolling knives, and rocker knives. They really do require less effort and make cutting easier.



WIRE CHEESE CUTTER

The easiest way to slice cheese just how you like it with minimum effort.



EGG CUTTER/CRACKER

Very useful tool for cracking and cutting both raw and cooked eggs whilst keeping the egg clear of shell fragments.

Work by gravity.

Cost online from \$10.00

KITCHEN ROLL HOLDER

Pull then tear with a push of a button with Joseph Joseph's duo kitchen roll holder. With its push to lock mechanism, ripping into the kitchen roll has never been easier and the non-slip base stops the roll escaping. Prices start at \$14.00 from Big W.



Personal care.

DIY EASY HANDLE CUTLERY

The Plastazone tubing which has a 12mm internal diameter and 30mm external diameter, is bought from Unicare in 1-meter lengths. It can then be cut to suit all your existing cutlery. Cost \$20 Daily Living



ZIP PULLERS

Great to add on to all those fiddly little zips on coats, cardigans, trousers, handbags etc. They come in a range of colours. Pink ones, were from the Reject Shop and were less than \$5.00



BUTTON & ZIP PULLER

Bottom end for pulling **buttons** through the buttonhole. Top end for hooking zips and pulling them up. Can buy on ebay from \$6.00





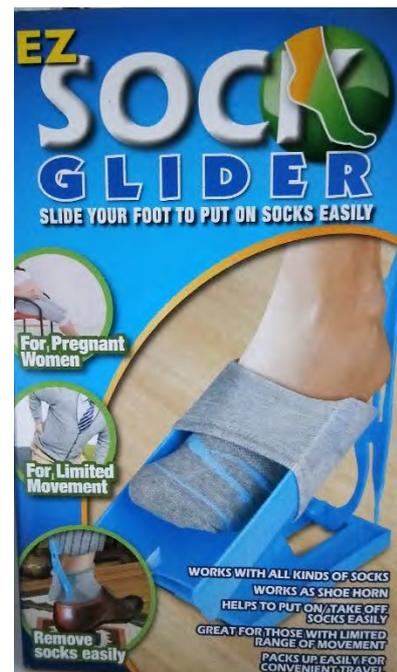
SHOE HORN

Lazy Wear Shoehorn Helper gives you ready to go shoes. Curved ergonomic design ensures they don't bend when trying to slide on shoes. They come in a wide range of colours. Priced from \$6.00 online



PERSONAL FOOT DRESSER!

Puts your socks on for you so you don't have to bend to far over. The unique cradle design expands and holds your sock open and keeps it in the perfect position so all you have to do is slide your foot in. It also makes taking your socks off easy. Prices start at \$10.00 from Red Dot.



TRAVEL SHAMPOO BOTTLES

These bottles are much easier to hold and squeeze than standard shampoo & conditioner bottles. Just top up as required and if you have difficulty seeing just put a bit of bright nail varnish where the catch is. Cost \$2- \$3 from Reject Shop



HAIR WASHER

This simple “Plastic Finger Hairbrush” loops around your finger and by applying shampoo or conditioner to the brush pad, you can wash your hair with using your weak fingers. Online starting at \$3.00

POCKET ROCKET HAIR DRYERS

If you need to blow dry your hair try using a Travel Hair Dryer. They are much lighter and easier to hold. However, you will need to double check the on/off switches as some can be a little more difficult to operate.



ONE HAND TUBE SQUEEZER

An ideal aid to help people put more pressure on toothpaste & similar tubes. Suction cups hold securely in place. Cost \$19



TUBE SLIDDER

Various styles/colours available on the internet styles. They come in 2 or 3 packs for approx. \$5.00



Nail Clipper with Magnifier.

While the function is much like standard toenail clippers, the Aidapt Nail Clipper with Magnifier has a removable plastic cover for improved grip, while the magnifier attaches to the top of the clipper magnetically. Approx. \$13

SELF ADHESIVE BANDAGE

Really does make dressing wounds so much easier. This was from the Reject Shop and only \$3.00 much cheaper than the chemist.



PELVIC FLOOR EDUCATOR

One of the main problems women experience when attempting pelvic floor exercises is knowing whether they are doing them correctly. The Educator from Neen is a simple lightweight and easy to use pelvic floor exerciser that will help you understand and strengthen your pelvic floor. Purchased from medical supplier \$33.00



SHOWER FOOT WASHER

This nonslip foot shower washer requires no bending or stretching. It has multiple small suction cups that affix easily to the shower floor. The sandal gently cleans in between



toes, arch, heel, sides and the top of the foot. Can be purchased through Daily Living for \$45.00 or there are cheaper versions online, but they may not have as many succussion cups to keep it stable.

Bathroom Aids.



ELECTRIC COMMODE

The TA Electric Toilet Seat Lifter is easy to operate & requires no installation. A 40cm of variable lifting interval provides increased independence for the user. The vertical lift counteracts risk of tipping over when the



user is moving from the standing position. Wheels with brake can be fitted instead of legs. Conway BA08 BIDET can be fitted to the seat.

Note: Supplier no longer trading in Australia, will only be able to buy second hand



TOILET & SHOWER CHAIR

Zitzi Starfish Pro is a combined waterproof, electronic, tilting and lifting toilet and shower chair. The chair has multiple adjustment possibilities to provide the best support and position for the user. There is a wide range of optional accessories that can be added.

This chair is highly recommended by an IBM user.

A manual chair option is available.

AEROLET TOILET SET RAISER



This ergonomic toilet-aid is designed to facilitate independent toilet use for anyone with min 25% muscular strength. The Aerolet is adjustable to leg length and the level of trunk-stability. It is available state-wide (excluding WA) from the Bidet shop, WA supplier Occupational Theory Services

COMBINED WALKING AID & TOILET SAFETY PRODUCT



The Free2Go Mobility walker is a 3-in-1 walking aid with raised toilet seat and toilet safety frame. The Rollator frame provides support when sitting and standing whilst providing additional height over a standard toilet. It has a thick padded seat cushion for comfort and comes with a built-in pouch to hold sanitary wipes.

BATHROOM RAILS

Avail has an extensive stylish designer range of grab rails that will suit any home. Avail began after seeing how many people refused to install grab rails into their homes because they didn't want to make their bathrooms look like a hospital. Avail means customers now WANT TO have don't just HAVE TO have.



Bunnings do a comprehensive range of grab rails including this compact **Evekare** combi Toilet Roll Holder & Rail. Rated up to 250kg, priced from \$49 to \$70 depending on colour selection.

Laundry Aids.



CLOTHES HOIST

Top Line Clothesline is a modern version of the old clothes hoist. This is a lightweight sturdy and durable indoor intelligent clothesline and airer. Height is adjusted via remote control, can be used easily whilst in a wheelchair. Topline comes with and an automatic timer for the header and fan, plus a motion sensor to turn off the optional UV lamp. Easy use “pegless clip rails” can also be added. Prices start at \$1175.00

Office Equipment.



ERGANOMIC MOUSE

The Logitech MX Vertical Mouse has a unique design to promote a natural handshake position to then reduce muscle strain and wrist pressure as well as improve posture. The mouse is angled at 57 degrees so that your thumb is positioned on the designated rest. It utilises advanced optical tracking and customisable cursor speed and accuracy settings, so you don't have to move your hand as frequently. It has a textured, rubber surface to help you achieve a solid grip. Can be purchased at Office Works for \$180.

Outdoor Aids.



GARDEN KNEELER

Cushioned knee pad and sturdy arms to help raise from kneeling position.



½ TURN GARDEN TAP

An absolute must. Everyone should have these. You literally only have to turn the tap a quarter turn for the water to rush out. They are called Easy ½ Turn Tap made by Kinetic and you can purchase from Bunnings \$25



General Aids.

FALL DETECTION AND EMERGENCY SOS

The Apple Watch SE 4 and above, can detect if you have taken a hard fall and connect you with emergency services if you are immobile. You can also get immediate help in an emergency by simply pressing the side button. It will also send a message to those contacts that you have listed as emergency contacts.



HAND WARMER

Brilliant double-sided hand warmer from the UK. Stays warm for hours. Similar design on ebay starting \$20.00



KEY TURNER

Large easy to turn, key handle that also safely stores keys out of the way when not in use. Cost \$20 from Daily Living

HANDY REACHER

There are many Reacher's on the market. Some have a single trigger pull where others have hand grip pull, test prior to buying to see what best suits your hand function, also look for the ones that are ultra-lightweight. A magnet on the head for the retrieval of small metal objects is beneficial, as are makes where the head can be adjusted and swivelled 360° to reduce the need to rotate the wrist.



BAG CARRIERS (LIFTING HOOKS)



Harbinger wrist straps with 6mm neoprene cuff cushioning. Adjustable hook position to accommodate various hand sizes. Compatible with carrying all shopping bags (as well as barbells and dumbbells). Price approx. \$25.00

GOLF DIY NECCECITIES



Grip wrap strap for weak fingers.



Grip wrap strap 75mm elastic & Velcro



DOORKNOB GRIPPER

The Great Grips work great for the elderly who struggle to turn round doorknobs and the keyhole remains accessible. The winged-tipped design of this grip aid allows anyone to open the door easily! Includes glow in the dark inserts for night-time visibility. Can purchase online for approx. \$30.00



BENCH MOUNT FOR TABLET & PHONE

Simple, affordable clamp for any tablet or phones. \$5 from Kmart.

Photo on left shows us recording guest speaker our meeting.



at

PET BOWLS WITH HANDLES

No More Bending
or Straining to
Feed Your Pets

Gracefull pets



A range of designs can be found online, priced from \$20 to \$70

Reachabowl



CANGUN1

Cangun1 fits 100% of all standard spray cans. It offers fatigue and pain-free spraying by providing 10X less, the amount of force required to actuate the can's valve. The FutureLock attachment ring makes attaching and removing CANGUN1 extra easy. Approx. \$22 on ebay



TRIGGER GRIP

Converts any aerosol can into a spray gun. Made in Australia and sold at Bunnings for only \$ 4.30



SOOTHING COMFORT HEAT PAD



Provides relief and comfort to tired aching muscles and helps you keep warm. Mains powered, measuring 60 x 40 cm with three heat settings. Detachable controller. 90 minutes built-in safety cut off feature. Note - May not be suitable for people with pacemakers. Buy online from or from Aids for Dily Living for \$49



Useful Tips.

PORTABLE SEAT CUSHION

Make your own super lightweight portable seat cushion by using a calico shopping bag and two Kmart Yoga Blocks. Not only do the Yoga blocks only cost only \$5.50 each, but once in your fabric bag, no one would know you are carrying a seat raiser.



EASY GRIPPER

Use nonslip drawer liner for making customized grippers for opening jars, bottles, etc. This one hangs in the garage and is used to turn the garage doorknob.

EASIER TOOTHPASTE SQUEEZING

When toothpaste is getting low chop off empty end of tube, cover with grease proof paper and seal open edge with hair straighteners. Mini tube now easy to squeeze.





SOFT DRINK GLASS

Try using a large, long stemmed wine glass for all your water & soft drink, rather than trying to “cup hold” a standard glass.

WATER BOTTLES

Décor do a good range of metal easy use flip top water bottles. Available from most supermarkets starting at \$9.00



WALKING STICK STORAGE

Broom holder racks are also excellent for holding your walking sticks. This is the Everhang holder from Bunnings and comes with additional hooks for keys etc. Price \$12



****Did you know, RAC offer WHEELS TO GO COVER for motorised and manual wheelchairs at a cost \$45 per year. (inc. RAC perks)*

****Blue badge Insurance offers a similar cover in the Eastern States*