

**Things to help you.**

**You are old.**



You are more than 55 years old.

You may be

- 58
- 67
- 75.



You get old.

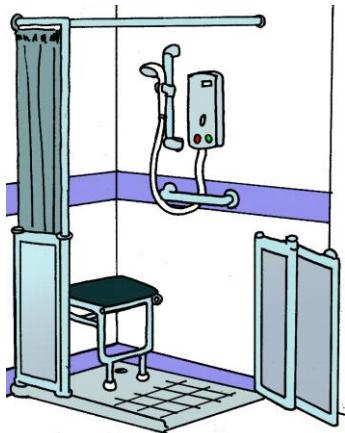
Your needs change.



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 yourself.

Like have a shower

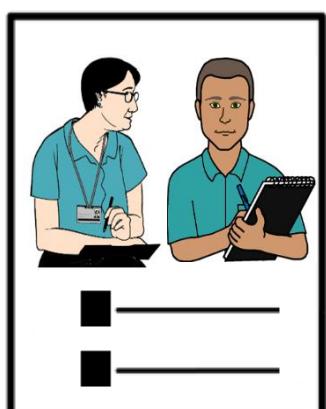
- learn a new skill



- use things you find hard.

Like you want to use a computer.

You need a different mouse.



Your health team help you plan

- what you need
- ways to live at home.



## What can you do?



It is hard to talk to people.



You may need a

- board
- a machine that speaks 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.



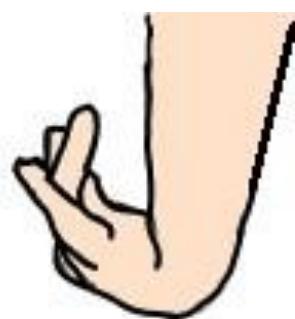
You may need a wheel chair.

You push yourself.



You may need

- an electric wheel chair
- a scooter.



It is hard for you to move

- your arms
- your hands.



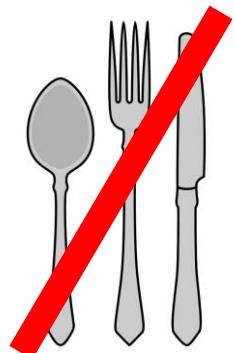
Talk to a

- physio
- OT.



You eat with friends.

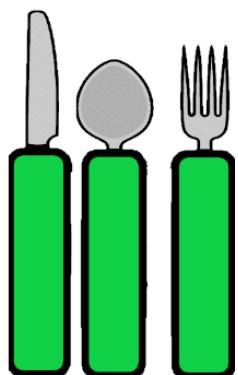
**But**



You need help to eat.

Like you can **not** hold a

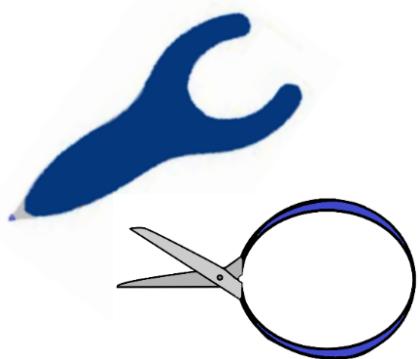
- knife
- fork.



You get a different fork.

You can hold it.

You can feed yourself.



You may do an art class.

You may need

- pens with special grips
- scissors you can hold.



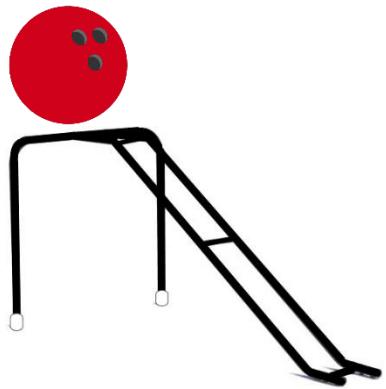
You want to do sport.

You like to swim.



There is a hoist to help you

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



You like to bowl.

You need a ramp for the ball.



You want to do things for yourself.

Like go to the shops.

You need help to do this.

You can **not** reach things.



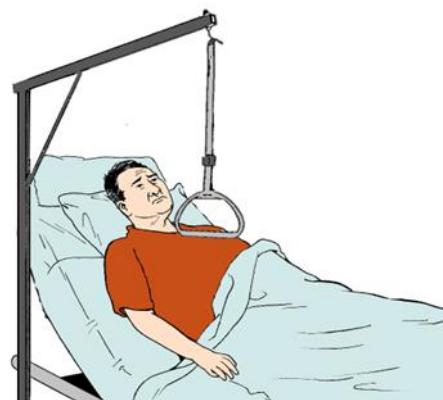
You want to live on your own.

**But**



It is hard for you to sit up.

You need help to get out of bed.



You need a hoist. You can pull yourself

- out of bed
- up from your chair.



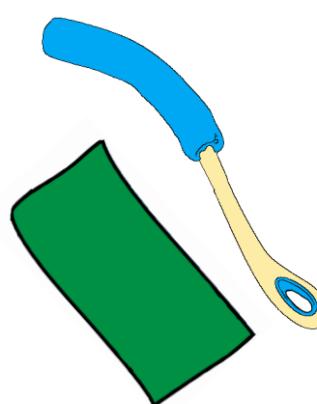
You have a person to help you shower.

You do **not** want help in the shower.



You can get things to help you. Like

- rails on the walls
- a seat.



You may need

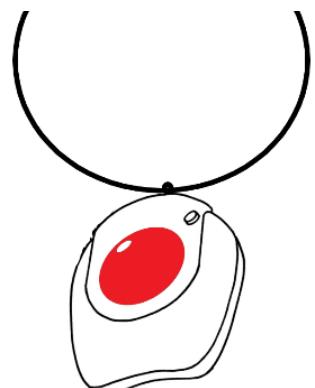
- a cloth with a long handle. It helps you clean different parts of your body
- a shoe horn.

You can put your shoes on.



You may have a problem. Like you

- fall
- get sick
- get lost.

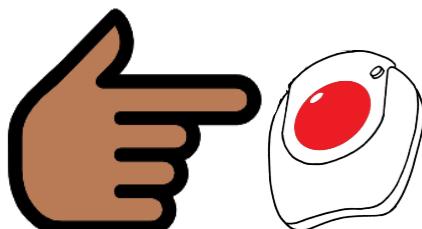


You may want an alarm.

It tells people you need help.

You wear it around your neck.

You wear it all the time.

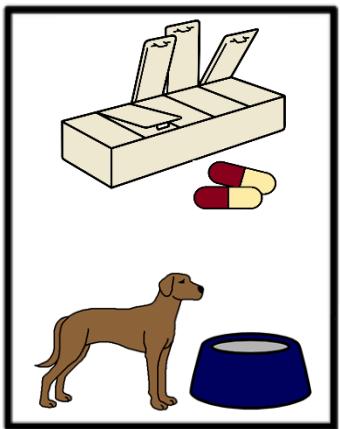


You push the button to ask for help.

A person will check on you.



Talk to an OT.

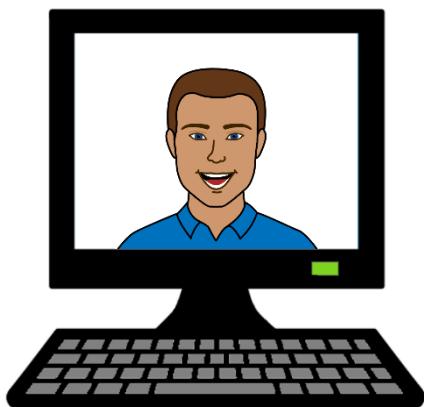


You may want help to remember things.

Like

- to take your pills
- feed your pet.

You may need a list.



You may want different ways

to talk to people. Like on

- a computer
- a phone.



It may be hard to read.

You may need a screen reader.

It reads the words out to you.

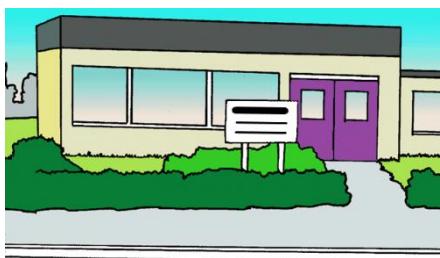


Talk to a speechie.

There may be money you can get.

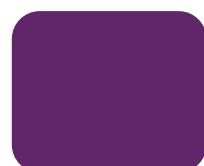


It is from the government.



You may need other services. Like

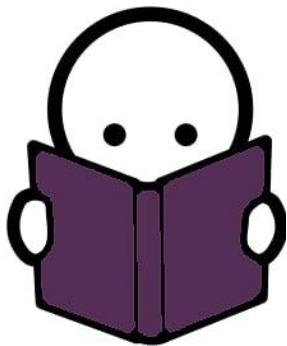
- your local council



- My Aged Care
- NDIS.



Talk to a social worker.



**You want to know more**



Read

**Your health team.**



Read

**Places to get help. You are old.**



Read

**You do things for yourself. You are old.**



Read

**You want to talk to people.**



Read

**You do things for fun. You are old.**