

EQUIPMENT FOR INDEPENDENCE



In the early stages of Multiple Sclerosis (MS) you may find assistive technology (equipment and home modifications) can help you in the home, at work and life in general.

Choosing equipment can be confusing and overwhelming and your Occupational Therapist can assist you in this process and help you choose equipment that is right for you and your situation.

Reading and Writing Equipment

There are a number of aids available to assist people to read and write more easily.

Grips, specialised pens and book holders are just some examples of equipment that may make reading and writing easier.

Further information can be found in the [Reading and Writing Equipment Information Sheet](#).

Walking Aids

Some of the walking aids can assist with balance, reduce fatigue or pain and help keep you safe in the home and when you are out and about.

Walking aids include:

- Crutches
- Walking sticks, quad sticks and tripods
- Four wheeled walkers (4WW)
- Rollator frames (2 stoppers and 2 wheels)
- Static walking frames (4 stoppers)



For further information see the [Walking Aids Information Sheet](#).

Dressing Aids

There are dressing aids available to assist people to maintain independence.

For information on:

- Dressing techniques
- Adapted clothing
- Equipment to aid in dressing

Please see the [Dressing: aids and equipment Information Sheet](#).

Kitchen Aids

There is a wide variety of kitchen aids that can help you in the preparation of meals. Items such as a can opener, kettle tipper, fruit and vegetable peelers are all available to ensure you can remain independent and doing the things you like to do.



Jar opener



Tap turner



Fork

For further information on equipment please see the [DES online catalogue](#) at the end of this fact sheet.

Toilet Surround

The toilet surround may be useful as it allows you to push down rather than pulling up using a rail. It can also be removed on days when you are feeling better.



Kitchen Stool

The kitchen stool is useful when preparing food to reduce standing time and fatigue. This can also be removed when not required.



Bed and Grab Rails

Rails can assist with balance and support and as an aid with transfers, or in areas where a slip or fall is high risk. Rails may also be beneficial on the bed to reduce the risk of falling out of bed. For further information please see [Bed Rails](#) and [Grab Rails](#) Information Sheets.

Equipment and Home Modifications Program

If you think you may benefit from equipment or home modifications, the MS Society can also help you with information to promote safety, function and independence in your home.

You may be eligible to register with Disability SA (DSA). They will refer you to the Adult Specialist Services Intervention and Support Team (ASSIST) who outsource to the MS Society. The supply of equipment and home modifications is co-coordinated through Domiciliary Equipment Service (DES). The types and specifications of available equipment are shown on the DES online catalogue at www.des.domcare.sa.gov.au.

Your Occupational Therapist can assist you to find equipment that can make your daily tasks easier and maximise independence.

You can also contact or visit the Independent Living Centre (ILC) which has a large range of equipment to view and details of suppliers for purchases. The ILC has qualified health

professionals to assist you in making equipment choices.

The [Independent Living Centre](#) information is available on the Disability SA Website.

Tel: 1300 885 886 or
08 8266 5260

Address: 11 Blacks Road,
Gilles Plains, SA

Website www.sa.gov.au

Information sheets are also available through Disability SA under the [Home Modifications and Equipment Information Sheets](#)

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