

Long-handled equipment

Purpose

Long-handled aids are useful for people who are unable to or have difficulty with bending over or reaching. They can make tasks such as dressing, putting shoes on and washing easier and can allow you to do these tasks yourself. These aids are often used by people with arthritis or who have had a hip operation.



Dressing stick

Dressing sticks are a lightweight wooden stick with a rubber tip at one end and a plastic hook at the other. They are used to pull on or push off clothing that cannot be reached easily (e.g. trousers).



Long-handled shoe horn

Long-handled shoe horns are used to help with putting on and taking off shoes. They are available in either plastic or metal and come in different lengths (430mm – 600mm).



Long-handled reacher

Long-handled reachers allow you to pick up various items without having to bend over or reach up. They come in different lengths (600mm -900mm) and are available with different attachments.



Long-handled sponge

Long-handled sponges have a long plastic handle (straight or angled) with a bath sponge attached at the end. They are a lightweight aid used in the shower/bath.

This equipment is recommended based on your current needs. No responsibility is taken for improper/inappropriate use or maintenance of the equipment. Please contact the Occupational Therapy Department on 4433 2370 if you have any concerns.

Your occupational therapist:

