

GETTING OUT & ABOUT



Aspire Vogue Carbon Fibre Seat Walker

WAF705350 - Medium
WAF705360 - Tall
SWL 150kg



Aspire VIDA Folding Wheelchair Self Propelled

Attendant Propelled also available
MWS449860 - Orange
MWS449865 - Green



Freedom Hybrid Transroller Seat Walker / Wheelchair

WAF705340
SWL 136kg



Litestream Folding Power Wheelchair Carbon Fibre

PWS654185



Aspire Boot Scooter Supalite (4-wheel)

SCT670616 - White
SWL 120kg



Whill C2 Pull Apart Power Wheelchair

Various sizes available
SWL 136kg

DAILY LIVING AIDS



Aspire Meal Tray Walker

DLG272061
SWL 125kg



Bath Sponge

BTS112800



Toe Washer

BTS113000



Dust Pan & Broom - Long Handled

DLG271500



One-Touch Aids

DLG272330 - Can Opener
DLG272310 - Bottle Opener
DLG272340 - Jar Opener



Mrs Peggs Handy Line - Deluxe

DLG272256S - Small
DLG272256L - Large

RENT IT TODAY

Did you know that Aidacare offers a comprehensive range of equipment for rent? We've got you covered should you need any products for home care and recovery!

Scan the QR code or visit aidacare.com.au/products/hire for more details.



MAKE IT YOURS

Alternatively, you can purchase the items you're after and make them yours today. See our website for more information or speak to your local showroom staff for assistance.

For a **list of all our branches** scan the QR code or use the find a store function on our website.



PRINT AND DIGITAL RESOURCES

Check out our resources at aidacare.com.au or scan in the QR code below.



aidacare.com.au



NATIONAL COVERAGE

Located across all states of Australia, Aidacare have showrooms in capital city and regional locations. We also have network partners covering other areas, so our products are easily accessible.

Visit our showrooms and our expert, friendly staff are there to assist with all your needs. To find your nearest showroom go to aidacare.com.au or call **1300 133 120**.

'Solutions for Living' Collection

You may also be interested in Aidacare's other 'Solutions for Living' Guides giving product range information for the following areas:

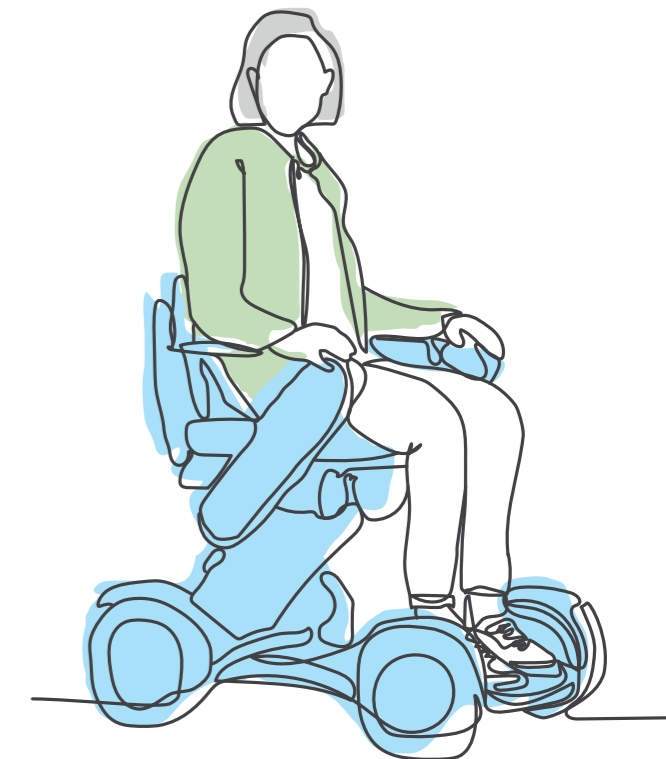
- Arthritis
- Back Conditions
- Bariatric Care
- Carer's Needs
- Dementia
- Effects Of Stroke
- Energy Conservation
- Falls Risks
- Hip And Knee Care
- Mobility And Access
- Neuro Conditions
- Paediatric Care
- Positioning Needs
- Pressure Care
- Therapy And Exercise
- Travel

ABR1216 161024



SUPPORTING ENERGY CONSERVATION

SOLUTIONS FOR LIVING



1300 133 120 | aidacare.com.au



PRINCIPLES OF ENERGY CONSERVATION

THE 4 PS

Planning

Plan your day and week, so that you can alternate heavy and light tasks and not have too much in your day or week that could see you laid up the next day for overdoing it

Plan frequent rest breaks within your day to help your body recover; rest before you get tired and have a plan if you need to rest during an activity e.g., have a chair close by; only do taxing tasks when someone is around if you may need help.

Plan your activities so that you collect everything you need first to save going back and forth or up and down stairs to find what you missed!

Organise your work space before you start. Reducing clutter reduces physical and mental demands and improves safety.

Store things close to where you will use them; having duplicates stored where they will be used can reduce planning and collecting.



Prioritising

Decide which tasks can be eliminated, delegated or outsourced; what needs to be done today and what can be deferred to a later date or time.

Begin with the most important task first to make sure that it gets done.



Pacing

Maintain a slow and steady pace; don't rush.

Use schedules, timers, equipment or phone apps to set reminders to help reduce the mental and physical load.

Listen to your body and know your limits.

Take frequent rest breaks.

It is OK to ask for help.

It is OK to say "No"!



Positioning

Avoid over-bending or over-reaching. This can cause fatigue and shortness of breath for some people or exacerbate pain in others.

Adopt a good posture to minimise stress on your joints and help your lungs to expand more fully.

Use good body mechanics when lifting – engage your core; use your strong leg muscles not your back; don't extend your arms with the weight, shift your weight through your legs instead.

Sit to do activities where you can to reduce fatigue or breathlessness e.g., for showering, dressing or meal preparation.

Use equipment when necessary to conserve energy e.g. long handled aids; kitchen trolley; seat walker.



LOOKING AFTER YOUR HEALTH

For people with limited endurance due to a health condition such as heart disease, stroke or COPD, or who have ongoing pain, the following strategies can help in reducing effort, fatigue, joint stress and pain, as well as reducing shortness of breath and the strain on your heart, leaving you with more energy to do what is important to you.

STRATEGIES & TECHNIQUES

To explore strategies, learn techniques or trial equipment specifically for your needs, contact an occupational therapist or Physiotherapist in your area.

DID YOU KNOW?

Learning to conserve your energy is about using strategies to find a good balance between work, rest, and play in order to decrease the energy demands on your body.

Aidacare stock a great range of Assistive Technology (AT) for those needing to consider energy conservation across our Bathroom, Mobility, Transfers and Daily Living categories.

For a full range of assistive equipment that may help a patient with energy conservation needs, please scan the QR code.



BATHROOM



Aspire Shower Stools
Various sizes available



Aspire Shower Chairs
Various sizes available



Aspire Over Toilet Aids
Various sizes available



Aspire Bath Board
BTS113700



Hand Held Shower on Rail
BTS107500



Grab Rail Anti Slip
Various sizes and colours available

BEDROOM & SEATING



Aspire Bedside Commodes
BEC045115 - Champagne
BEC045116 - Slate
SWL 160kg



Aspire Low Back Classic Day Chair
CHP208000 - Champagne Vinyl
CHP208005 - Slate Vinyl
SWL 160kg



Aspire Raphael Quattro Lift Recline Chair
Various sizes and accessories to suit individual requirements



Aspire ComfiMotion Activ Care Bed
Various sizes available



Aspire ComfiMotion Mattress Range
Various sizes available



Aspire ComfiMotion Activ Care Bed Crook Handle Bed Rail
BEA830211