

Assistive Devices and Mobility Aids Quick Guide

1. Personal Care

- a. **General Use** - aids with multiple uses around the house including reachers, help holding objects, leg lifters, non-slip surfaces, etc.
- b. **Bathing** – shower/commode chairs, bathing aids, hygiene aids including cleaning solutions, nail clippers, tweezers and more
- c. **Toileting** – commodes, toilet seat risers, bidet toilet seats and toilet seat attachments, wiping aids
- d. **Dressing** - including aids and adaptive clothing
- e. **Eating & Drinking** – items to eat and drink – bottle holders, adapted utensils, universal cuffs, kitchenware, etc.
- f. **Moving Independently**- shoes & braces, canes, walkers, wheelchairs
- g. **Falls** - items to prevent falls and items to help you get up from falls
- h. **Transfers** - transfer boards, swivel cushions, portable slings

2. In & Out of the Home

- a. **General Use** - aids with multiple uses around the house including reachers, help holding objects, leg lifters, non-slip surfaces, etc.
- b. **Kitchen** - gadgets and containers that are easier to use, wheeled kitchen carts, some tips from other patients
- c. **Bathroom** - shower chairs, commodes, toilet seats
- d. **Bedroom** - turning & positioning, beds, sheets, and gadgets
- e. **Living Area** – furniture risers, coffee table that lifts, counter height tables, expandable door hinges, lift chairs, etc
- f. **Office/School** - organization, writing instruments, furniture, gadgets, etc.
- g. **Technology** - aids to hold phones, tablets & laptops, aids for typing, aids for plugging in chargers, etc.
- h. **Lift Systems, Ramps, & Transfers**
- i. **Getting Out & About** - driving, getting in and out of the car, doorways and thresholds, mobile stair climbers
- j. **Home Renovations** – pictures and videos of different patients' home renovations
- k. **Cleaning** - aids for cleaning

3. Exercise, Recreation, & Travel

- a. **Exercise** – aids for exercise
- b. **Recreation & Hobbies** - options for adaptive equipment to stay active and creative
- c. **Accessible Travel** – resources for traveling
- d. **Getting Out & About** - driving, getting in and out of the car, doorways and thresholds, mobile stair climbers

4. [Emergency Preparedness](#)

- a. How to Make an Emergency Preparedness Plan**
- b. Resources on Emergency Preparedness and Disability**
- c. Useful Emergency Items**
- d. Ready-Made Emergency Kits**
- e. Medical Alert Bracelets**
- f. Falls - items to prevent falls and items to help you get up from falls**
- g. Lift Systems, Ramps, & Transfers**
- h. Mobility Roadside Assistance (USA only)**