

## Travelling: assistive technology

If you have a disability or injury and require assistive technology (equipment) it can be daunting to consider holidaying or travelling. However, many items are now available that fold or dismantle to fit into tight spaces, which makes travelling much easier.

Some products can be purchased in disposable forms, making them convenient for short term use. Also, equipment can be hired at your destination to save on room while travelling.

Following are some examples of the various types of assistive technology available.



### Mobility

- Folding walking sticks fold into four pieces allowing storage in a bag.
- Lightweight travel wheelchairs are designed for short-term use and are compact when folded.
- Lightweight scooters that fold or dismantle are most suitable for indoor use.

### Lifting and transferring

- One option for a person needing assistance with transfers is a hoist that dismantles and folds for storage or transportation.
- Portable bath rails that clamp onto the bath can help someone get in and out of a standard bath.

### Meals

- For anyone who uses a sawing or rocking action to cut food there are folding knives available. The blades fold safely away when not in use.
- Small lengths of foam tubing are easily carried and can be added to cutlery and other items to improve grip.
- Plate guards can be placed on most round plates to provide assistance with one-handed eating while dining out.

### Communication

- A talking travel alarm clock, activated by the push of a button, may assist someone with a visual impairment.
- A portable book rest that dismantles and folds flat for travel is ideal for supporting a book or magazine.

## Bedding

Solutions for a person who requires support in bed include:

- Adjustable back rests that fold flat for storage.
- Electrically powered portable back rests to raise a mattress or pillow.

## Continence

- The website [www.toiletmap.gov.au](http://www.toiletmap.gov.au) is helpful in locating wheelchair-accessible public toilets around Australia before and during travel.
- Disposable bed and chair protectors can be purchased in a range of sizes and absorbencies.
- Consider disposable continence pads or pants instead of reusable products for convenience while on holiday.
- See our information: *Continence: Managing Incontinence When Travelling*.



## Personal care equipment

- Shower chairs, toilet surrounds and toilet seat raisers that fold almost flat, or that can be dismantled and can be transported in the boot of a car.
- Commodes that accommodate a pan or bucket with handle are also available in folding varieties. One model has a powered lifting mechanism to help the person sit and rise from the commode. Another option is a folding self-propelled or attendant propelled shower chair that can be used over a toilet.
- Disposable and reusable urinals (for men and women) that can hold up to 1500ml of liquid. These are an option for emergencies or long car trips including a range of funnel-shaped products designed to allow females to stand up to urinate.
- Small aids that fold for convenience, for example, a collapsible dressing stick, folding bottom wiper, folding long-handled brush or comb and a folding lotion applicator for hard-to-reach areas—great for sunscreen.

## Recreation

Various items are available for fishing, water skiing and enjoying the beach:

- Clamps and harnesses to hold a fishing rod.
- A water-ski that allows the user to ski in a seated position.
- Attachments for walking sticks and crutches to allow beach access.

## Contacting the Independent Living Centre

For further information or to make an appointment to visit the display please contact the Independent Living Centre. The Independent Living Centre offers free advice on equipment and techniques to help you with everyday tasks.

Independent Living Centre  
11 Blacks Road  
Gilles Plains SA 5086

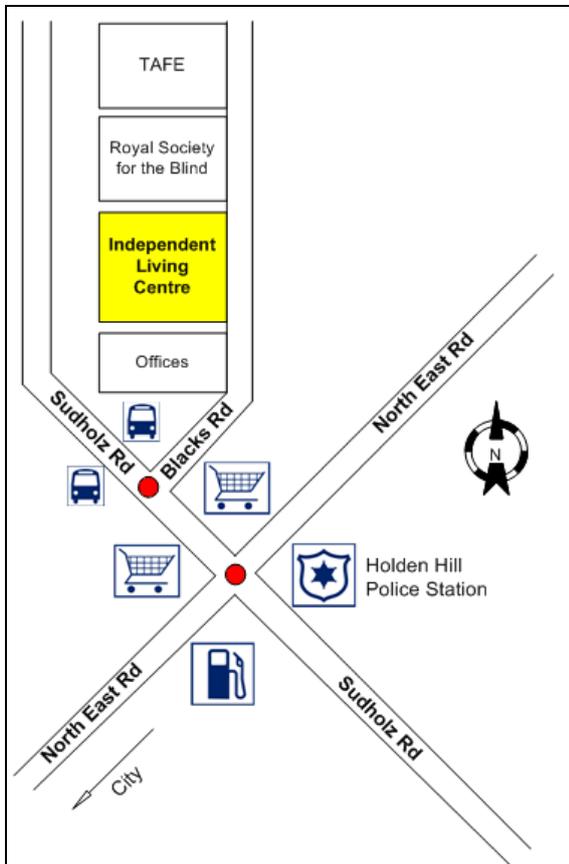
Phone: 1300 885 886 (SA & NT callers only) or 8266 5260

Email: [ilcsa@dcsi.sa.gov.au](mailto:ilcsa@dcsi.sa.gov.au)

Website: [www.sa.gov.au/disability/ilc](http://www.sa.gov.au/disability/ilc)

Accessible off street parking is available.

Bus services run nearby. Call 8210 1000 for timetable information.



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