

## 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](http://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.

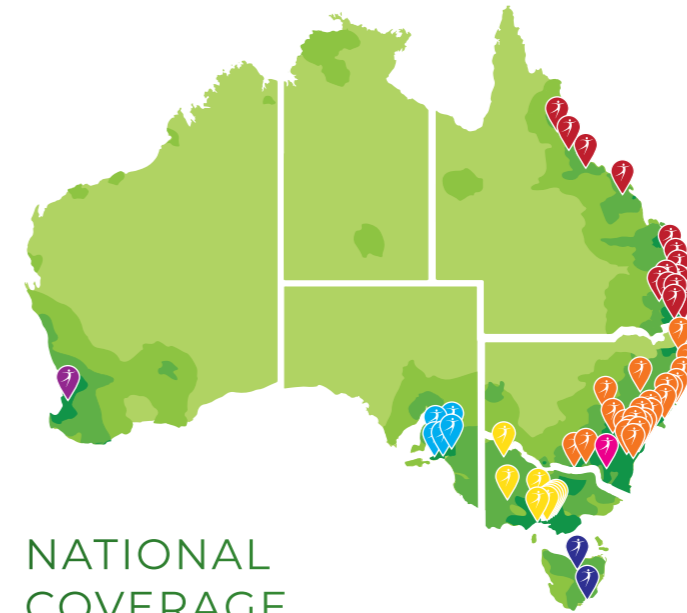


## PRINT AND DIGITAL RESOURCES

Check out our resources at [aidacare.com.au](http://aidacare.com.au) or scan in the QR code below.



[aidacare.com.au](http://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](http://aidacare.com.au) or call **1300 133 120**.

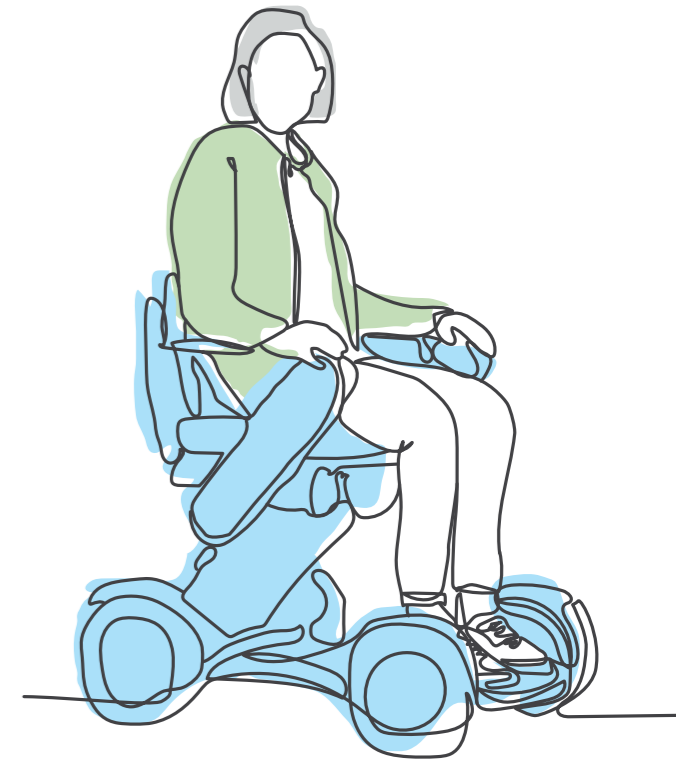
### 'Solutions for Living' Collection

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



## SOLUTIONS FOR LIVING



## SUPPORTING ENERGY CONSERVATION

ABR12/15 22/12/23

1300 133 120 | [aidacare.com.au](http://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