

# Kōwhai Programme

## Support for whānau & carers

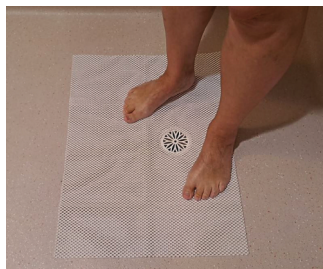
### Supportive Equipment

As people's health changes it can sometimes be useful to have additional tools to make moving and transferring easier to manage. There are pieces of simple equipment that make day to day life easier. Below are some examples of the most commonly used items.

#### Non-Slip Mat

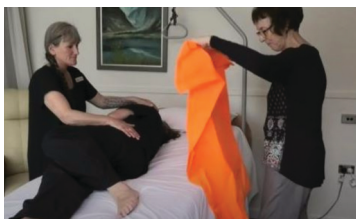
Readily available at supermarkets, hardware and general goods stores, and can be cut to size. The medium thickness is the most useful for multiple tasks. Anytime something slips, consider using this mat to stop that. It works well as a mat on the floor of the shower, being easy to wash with the towels. A second piece under the bath mat can make stepping out of the shower feel safer too.

It is also helpful on trays to prevent plates and glasses from moving around, or on slippery furniture.



#### Slippery Sam

This is a loop of slippery fabric that is particularly useful for helping someone to move in bed, easing drag and making this safer for both patient and carer. A video of how to use this can be seen on the Otago Hospice website or ask your Care Coordinator.



#### Car Bar

This tool makes getting in or out of a car much easier. It sits in the door catch bracket and can be used to lean on while transferring. Putting the other hand on the door frame, with the window down, makes this manoeuvre easier and safer. These are available online or from Livingwell Disability Resource Centre.



#### Split Back Clothes

A cut up the back of a t-shirt, night gown or pyjamas makes it simple to change clothes for someone in bed.



#### Handy Reacher

These give some independence in reaching items further away, or from the floor. Much safer than bending down.



#### Wireless Doorbell

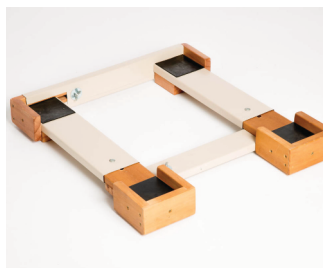
This gives reassurance that even if outside or away from the room, the bell will let you know you're needed.



Many of the following pieces of equipment may be available to loan so check with your Care Coordinator if you would like to know more.

### Raisers for Chairs

These come in a variety of styles and can raise an ordinary or favourite chair enough to make rising out easier.



### Bed Lever

This gives some independence and safety in getting up on the side of the bed.



### Raised Shower Stool or Toilet Seat

These come in a variety of styles to suit differing needs, and save energy levels.



### Transfer Belt

This can be a safer way of assisting someone to move around, giving support without lifting.



### Walking Stick Foot

This cap makes a walking stick more stable, and stops it falling over so it is easier to find.



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If there is any task that has become a little more difficult to manage please talk to us, as very often there is a tool or item that can help.

If you would like to learn how to assist someone to transfer or to move around in bed check out the videos that demonstrate safe techniques on the Otago Community Hospice website, under the Kōwhai Programme <https://otagohospice.co.nz/patient-services/kowhai-programme/>

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The Livingwell Disability Resource Centre has a shop in Dunedin and travel through the Otago region. They can offer advice and have equipment for both sale and hire. Website: [livingwellcentre.nz](https://livingwellcentre.nz)  
Ph: 0800 115 891

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