

independence

ISSUE 1

SPRING 2018

from



INSIDE...

RETIREMENT TIPS

BATHROOM ADVICE

A GREAT READ

TIME FOR A BREW

THE FUTURE...TODAY

...AND MUCH MORE

HOW TO STAY SAFE ONLINE

What to look for so you don't get caught out

FREE

It's all about us... (but not really!)

Actually, if you are an Ableworld customer, you'll know that it isn't all about us, but our philosophy of it being all about you that has helped the company grow so quickly.

If you are already an Ableworld customer, then you'll know that we genuinely care about your well-being. Many of you send us messages of thanks after choosing a product to help and our professional, caring and knowledgeable staff really appreciate your positive comments, some of which you can read in this issue.

If you are not yet one of our customers, then here's a little bit about us.

We are the largest retailer of Mobility aids in the UK and have the most retail outlets, with over 30 stores from as far north as Inverness, in Scotland, down to Bournemouth and Southampton on the South Coast of England.

As well as our fully stocked stores, you can also view our full range and choose selected items online at

www.ableworld.co.uk. We choose to trade ethically and as a result some mobility items that require an assessment are not sold through our website.

If you do decide to buy a product from Ableworld, you'll be in good company – over 200,000 people have asked our advice, visited a store or bought a product from us.

And you'll be safe in the knowledge that the company has been around a good while too. Ableworld was founded in 2000 by our Managing Director who spent three years researching how best to offer support after experiencing difficulty when shopping for mobility aids for an elderly relative.

Our first store opened in 2001 and we have plans to open more this year and so keep an eye open for an Ableworld Store opening near you!



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Welcome to our first issue of independence...



Welcome to the first issue of independence, which we hope you will find both interesting and useful.

In this first issue you'll find articles about lots of different subjects ranging from how to make the most of your retirement to staying safe online.

We also have an interesting article for those people that struggle with the small print when reading.

We also have some valuable advice from a very experienced Occupational Therapist, along with a look into the future too with some very clever new products.

And you can win yourself one of the most stylish kettles on the market too.

We hope you enjoy reading Independence and please let us know if there is anything you think we should write about in the future.

Keep an eye out for the next issue!

Michelle

Editor

INSIDE...

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How to get the most out of your retirement

By Amanda Attrell from Rix & Kay

Getting the most out of your retirement can take a little planning. It's likely that each and every one of us has at some point during our working lives longed for the day that we retire. We imagine all the benefits of being able to spend our time as we choose - taking up new hobbies, spending time with loved ones and doing whatever it is that makes us happy. But as with any significant life transition, not all aspects of retirement are positive and there may be hurdles to overcome.

Retirement normally signals a huge change in personal routine that has been a way of life for decades. The end of your career could signify a loss of purpose, identity and, of course, simply not having anything to do or anyone to talk to. It also means an end to a regular salary and, for most, having to rely on a reduced income.

People can struggle to adjust to retirement but the more resources that a person has, the better the adjustment tends to be. The key to obtaining better resources is planning and accepting that it is your responsibility to take charge and start taking action to help you achieve the happy retirement that you dreamed of.

Get your finances in shape

The most pressing issue is normally finances and there is a wealth of information available on the web to help you get things in order. In addition to making contributions towards and getting advice on how best to use your pension pot, paying off debts is an important part of pre-retirement planning. Make sure you trace any existing pensions, bank accounts or investments you may have made, especially if you have worked for numerous employers over the years. Take financial advice to make the most of the savings and investments you have and ensure that you claim your State Pension and any other benefits that you may be entitled to.

The Government's money advice service provides free and impartial advice and a handy checklist for those planning for retirement.

Remain social

Whilst you may have lost the regular social interaction of the workplace, now is an opportunity to strengthen connections with friends & family or find new social circles to interact with. If you are in a position where you are worried about a lack of social interaction then there are many support groups out there and often the best place to start is your local library. Joining local groups and clubs is an obvious thing to consider but there is a growing trend for retirees

to re-educate or simply learn a new skill or language. Organisations such as the University of the Third Age are becoming more popular. There are also huge social benefits to volunteering that not only support others but can open the door to many new social relationships.

Health and wellbeing

Your lifestyle choices are likely to impact your health in retirement and it's never too late to make positive changes. In general, what's good for your heart is also good for the mind. Consider whether you can improve your diet and if you are engaging in regular exercise. Could you give up smoking or reduce your alcohol consumption? Are you getting enough sleep and engaging in activities that will help to keep your brain active? If you are taking prescribed medication make sure this is reviewed regularly. Whilst appointments with your GP may be difficult to arrange, some pharmacies now offer a free annual medicine review to people who are prescribed at least three medications and can liaise with your GP on your behalf with your permission.

Psychological aspects

Rather than focusing on the things that you will lose by retiring, think about retirement as a time of reinvention. Balance out any losses with the idea of new opportunities and find a new focus to give you a sense of purpose. Don't be afraid to seek out the support of family, friends or professionals where needed and use your newly found time to find activities that help to support your emotional wellbeing. Don't underestimate the impact

that social integration and close relationships can have on your overall health and wellbeing.

Planning for the inevitable

At some stage, most of us will experience a decline of some kind in our physical or mental abilities and we may need support to manage our financial affairs or have to consider adapting our living arrangements. The most important thing to remember is to plan early and remove the stress of having to deal with such issues when you may not be in the best position to do so.

Think about making a Will and a Lasting Power of Attorney for Property and Financial Affairs so that your estate is well managed and benefits the right people when you are no longer able to look after these matters yourself.

Consider making an Advance Decision and/or a Health and Welfare Power of Attorney and discuss the type of care or medical treatment that you would wish to receive in the event that you are unable to communicate your wishes at a later date.

Look at your options when it comes to your living arrangements.

Is your current property suitable in the long term? What local amenities are available and how would you access these if you were no longer able to drive? Where are your children or support network living and would it make sense to relocate closer to them at some stage? If you require care at some point in the future then what type of care would you like to receive and how will this be funded?

About Amanda...

Amanda Attrell is Head of Rix & Kay's specialist Later Life Team who support individuals and their families who wish to get their personal and financial affairs in good order as they plan for their later years. For more information email amandaattrell@rixandkay.co.uk

www.rixandkay.co.uk/late-life



Don't get caught out... staying safe online

You may have been online for years, or you might have just started using the Internet. Whether you have lots of experience or have just gone online for the first time, everyone needs to be very aware of the scams and security risks that are just waiting to catch us all out. If you are paying for products online, then you need to make sure that the website you are using is a secure site.

You can do that by looking for the padlock symbol in the browser window, not on the webpage itself. Also, the website address should begin with 'https://' (The 's' stands for 'secure'). When you visit the Ableworld website, you'll see that.

You can click on the padlock symbol to make sure that the security certificate is current.

If you haven't already, then make sure that you have anti-spyware and anti-virus software installed and, just as importantly, make sure that it is updated regularly. There will be a setting in the software that activates the updates automatically.

The same applies to updates for Windows and other systems you might be using. The updates guard against new threats that are being found all the time and so make sure they are activated.

Top tips

- If you ever get a pop-up message warning you about a website's

security certificate be very cautious.

- Use a strong password that cannot be easily guessed. Try and use a mix of upper and lower-case letters, numbers and keyboard symbols such as, @, ! or #.
- Be very careful about anything that is sent to you without you asking for it.
- Think about using just credit cards for online shopping, so that it can be cancelled quickly and easily if you need to.
- Be cautious about dealing with companies that do not display an address or a phone number on their website.
- Turn on your firewall. That's the protective barrier between the computer and the internet and will prevent viruses getting through and stop others connecting to your computer without permission. Most computers come with a firewall, so make sure that it's switched on.

Web wonders...

- In the 2017 survey by the Office for National Statistics...
- 89% of adults in the UK had recently used the internet
- Virtually all adults aged 16 to 34 years were recent internet users (99%), in contrast with 41% of adults aged 75 years and over.
- Internet use among women aged 75 and over had almost trebled since 2011.
- Internet use in the 65 to 74 age group had increased from 52% in 2011 to 78% in 2017, closing the gap on younger age groups.
- Oh...and there are over 1 Billion websites to take a look at, with some 4.62 billion pages!



Making Life Simpler

THE HALF STEP ... making life easier

If large doorsteps are a challenge, the half step will make life easier. With a non-slip surface that includes drainage holes and a wide base, these steps are ideal for the elderly and those with limited mobility.

- Non-slip surface that includes drainage holes.
- Wide base.
- Ideal for the elderly and those with limited mobility.
- Maximum user weight 150kg (23 stone).
- Size 49.5 x 39.5 x 9cm.
- Colour: Black / Grey.



Find this and hundreds of other great products to help you in your local Ableworld Store

Look what's **NEW** in our stores...

Approved
Service

Which?
Trusted traders

Servicing,
repair and
installation



NEW Jazzy Zero Turn

Boot scooter that navigates tight corners and small spaces effortlessly with a 38" turning radius. Illuminate your ride with bright LED lighting and CTS suspension to ensure a smooth and comfortable drive. Featuring a charging port built into the tiller for easy charging. Choice of 5 colours: white, orange, black, silver and green.

6 months free insurance and breakdown cover*

NEW Vecta Sport

An ultra-modern, compact yet powerful road and pavement scooter. Features exceptional legroom, an adjustable tiller and super comfortable seat, waterproof dash panel and controls, waterproof USB power output ensures users mobile phones are always charged or provides the power for a GPS unit for the adventurous.

6 months free insurance and breakdown cover*



*Insurance/Warranty is arranged by Ableworld UK Ltd and provided through Mark Bates Ltd t/a Premier Care, Premier House, Londonhorpe Road, Grantham, Lincs NG31 9SN who are authorised and regulated by the Financial Conduct Authority. FRN 308390

www.ableworld.co.uk



Your Local Specialist

Something nice, out of the blue!

This year Ableworld took part in the 'Random Act of Kindness' initiative and asked team members in all our stores to nominate customer's who they thought deserved a surprise.

A number of customers received a free service for their mobility product or a gift of chocolates or flowers. As you might imagine, customers were very surprised and couldn't quite believe what we were up to!



Both Mr Rowlands and Mrs Guy have been buying products from Ableworld since 2005 and were just two of the customers selected to receive a random gift



Simon Gray from Ableworld Crewe presents Mrs Moore with her cheque

Surprise... surprise...

ABLEWORLD CUSTOMER WINS MONEY BACK!

Mrs Moore from Crewe won back the cost of her stairlift recently in an Ableworld competition.

The 'Win back the price of a new Stairlift' promotion saw all customers who purchased a stairlift automatically entered into a free draw.

Mrs Moore was shocked when she was given the good news and couldn't believe her luck saying: "Nothing like this ever happens to me, and at first we didn't think it could be true."

Mr and Mrs Moore have also bought an electric bath lift, wheelchair, boot scooter and shower stool from our Crewe store.



Forget the small print, here's how to keep reading

By Guy Garfit

For many of us, reading is a lifelong pleasure which provides thrills, romance, mystery, information and a diversion so engrossing that you can become immersed in another world.

But as we age most of us lose some vision: our eyesight is not so good, but we also need more light in which to read. This is often coupled with failing physical health, and books, especially large print books, can seem heavy and cumbersome for arthritic hands.

But there are three principal ways in which you can continue to enjoy the pleasures of reading: ebooks, audiobooks and large print books.

Ebooks

To read an ebook you need a dedicated ebook reader, such as a Kindle (www.amazon.co.uk) or

a Kobo (www.kobo.com), or you can read an ebook on a tablet such as an Apple iPad or even on your computer, whether laptop or desktop. A tablet, though expensive, is probably the best option because the screen will tend to be larger and you can use it for all sorts of other things apart from reading ebooks, such as skyping the grandchildren.

It is possible to enlarge the print size on an ebook reader.

An ereader has one big advantage over the alternatives, large print and audiobooks, in that nearly all new

About Guy...

Guy Garfit runs the Large Print Bookshop. Guy started work in a Cambridge bookshop before going to university and then working in publishing. He also had experience of digital printing, so when he founded the Large Print Bookshop in 2007 it combined all his interests in publishing, bookselling and digital printing.

www.largeprintbookshop.co.uk



books are now published in ebook format, usually at the same time as the printed edition so your range of choice is very wide. Ebooks are also slightly cheaper than physical books.

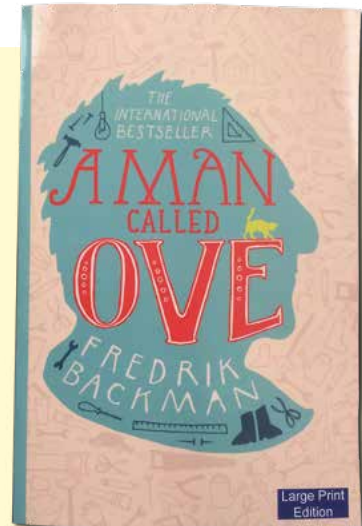
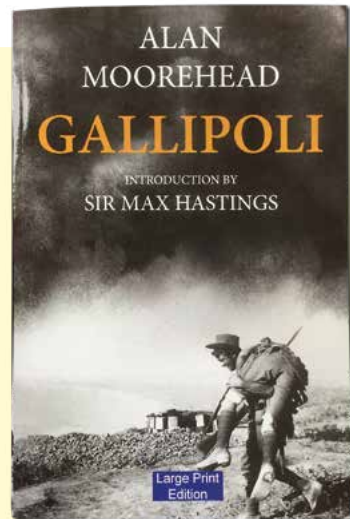
Audiobooks

The next best choice, in terms of range of titles available, are audiobooks. These are now vastly better than they were just ten years ago. Then, most audiobooks were on cassettes, and publishers tended to abridge them. Nowadays most books are unabridged because the entire book can be downloaded to your smart phone or tablet (another reason for considering a tablet), and they tend to be read by very good actors. When publishers are deciding on titles to publish they often decide at the same time to do an audiobook edition, so these too can be published at the same time as the printed edition.

The RNIB (Royal National Institute for the Blind) have an impressive archive of titles in their Talking Books Library. To be eligible to join the service you have to be a UK resident who is blind, partially sighted, or have an impairment that prevents or limits you from reading standard print.

Audible (www.audible.co.uk), an Amazon-owned company, have the best range of commercially available audiobooks. These can be expensive to buy individually, but they also do an annual deal where for £69 you can download 12 books, a great saving on books which normally cost in excess of £20 each. Kobo have also started doing audiobooks and they have a subscription plan of £6.99 per month which will give you a credit for one audiobook, no matter what the cost.

We have many customers at the Large Print Bookshop who, when the time comes that they find that



BOOKS ON OFFER

Two examples of large print books on offer are *A Man Called Ove*, an international bestseller. A Swedish film of the book has been a tremendous success, despite having subtitles. Tom Hanks is to star in a US film of the book. *Gallipoli* is a brilliantly readable account of this campaign which, incidentally, makes clear that its failure should not be laid at Churchill's door. The assault came very close to success and in fact the Royal Navy was preparing another attempt to force through the Dardanelles in 1919 when the armistice intervened.

they cannot read even large print, audiobooks have been a very welcome option (the only option) to enable them to keep reading.

Large Print Books

The third option, and the most natural for those who love reading, is large print books. Large print books are comparatively difficult to get hold of as you will not find them in the obvious places: bookshops like WH Smiths and Waterstones. That is why we started the large print bookshop over ten years ago, so that anyone in the country could find a comprehensive collection of large print books in one place and order online.

We are the only specialist seller of large print books in the United Kingdom and we send books all over the world.

Your Public Library

The public libraries can lend you all formats: large print, ebooks and audiobooks although the choice is quite restricted.

ALL ABOUT BOOKS...

- There are over 129 million books in existence.
- The most expensive book ever purchased was sold for \$30.8 million.
- There's a word for loving the smell of old books. It is Bibliosmia.
- The longest sentence ever printed has 823 words.
- The first book ever written using a typewriter was 'The Adventures of Tom Sawyer'.
- President Theodore Roosevelt is said to have read one book per day.
- The three most read books in the world are... The Holy Bible, Quotations from Chairman Mao Tse-Tung, and Harry Potter.

Congrats as one of our suppliers hits the big 50

One of Ableworld's suppliers, Furmanac celebrates its 50th anniversary this year.

Furmanac is the UK's largest adjustable bed manufacturer and a leader in upholstered beds and reclining chairs.

The company was established by founder Reginald Hilliard in 1968 and is still family run and owned. Reginald was in the transport business before starting a business importing sofa bed mechanisms and recliner chair actions from Belgium and Germany. The company then supplied these to UK upholstery manufacturers.

The business later changed its name to Furmanac (Furniture Manufacturers Accessories) and started supplying wooden furniture legs and motorised adjustable frames.

In 1987 an adjustable care bed was developed and a decade later, Reginald's son John produced the company's first electrical adjustable bed. Today's range, the MiBed brand, accounts for up to 60% of the adjustable bed market.

The company has a 40,000sq ft factory in the West Midlands.



Photo by NeONBRAND / Unsplash

HEY LOOK, WE'VE BEEN ON THE TELLY!

We launched our very first TV advertising campaign recently when we appeared on Sky in the Greater Manchester area. The 30 second advert featured a rollator, rise and recline chair, scooter and stairlift.

We already advertise a good deal online, but this was the first time we had run a campaign on TV.

Look out for an Ableworld TV advert in your own local area in the future!



Why people choose an adjustable bed...



As we get older, our sleep patterns change, making it harder to fall asleep and stay asleep. Whilst our sleep patterns change throughout our life span, our sleep needs do not.

Sleep occurs in multiple stages of active dreaming (REM), light and deep sleep. As we age, we spend more time in the lighter stages of sleep, meaning we might wake up more often during the night and feel more tired during the day as a result. As well as having fragmented sleep, experiencing a decline in REM sleep and taking longer to fall asleep, seniors also tend to become more tired earlier in the evenings and wake up earlier in the morning; this phenomenon is called advanced sleep phase syndrome.

Having the correct bed and mattress is something that can significantly impact your sleep pattern and quality. Not only does the right bed and mattress improve your sleep, it has also been linked to lowering stress-levels such as, nervousness, irritability, headaches, worrying thoughts, trembling and more.

Adjustable beds can ensure a comfortable night's sleep as they are specifically designed to relieve aches and pains such as muscle strain. They can also

be adjusted quickly and easily to suit your comfort preferences and are proven to help with problems such as sleep apnea, heartburn, acid reflux, snoring and more; all of which can impair sleep.

Adjustable beds can also offer better ergonomic positioning for people who suffer from chronic pain, particularly in the back but also in the hips and legs. In short, you can customise your sleeping position in order to support key areas of the body and relieve pain. You can also alter the angle of the mattress throughout the night if you need to adjust your sleeping position every few hours.

If you suffer from swelling in the legs then raising legs and feet throughout the night can help to reduce the severity of swelling.

At Ableworld, our highly trained staff will be happy to help you find exactly what you are looking for at the best price, use our store locator to find a branch near you.

SLEEP... EYE-OPENING FACTS!

- 12% of people dream entirely in black and white
- Two thirds of a cat's life is spent asleep
- A giraffe only needs 1.9 hours of sleep a day, whereas a brown bat needs 19.9 hours a day
- Humans spend a third of their life sleeping
- The record for the longest period without sleep is 11 days
- The sensation of falling when half asleep and jerking yourself awake is called 'hypnic jerks'
- It's thought that up to 15% of the population are sleepwalkers
- Within 5 minutes of waking up, 50% of your dream is forgotten
- 41% of the British population sleep in the foetal position
- Sleeping on your front can aid digestion



Photo by Jackman Chiu / Unsplash

Look what's **NEW** in our stores...

Approved
Service

Which?
Trusted traders

Servicing,
repair and
installation



The Prestbury

The Prestbury 'Soft Touch' is supplied complete with matching arm caps and anti-macassar to provide extra protection for the areas of the chair most prone to every day wear and tear. Also featuring an easy to use handset and a soft, fibre-filled two tier back for extra comfort and a handy wooden knuckle handle to help ease the user into and out of the chair.

6 months free Chair Care Stain & Accidental Damage Insurance*

The Astbury

With one pocket either side of the chair it allows you to store useful day to day items and the handset is easy and simple to use. The Astbury has been designed with Dementia clients in mind so the footrest moves independently from the backrest and allows the user to raise the feet without the sensation of falling backwards.

6 months free Chair Care Stain & Accidental Damage Insurance*



*Insurance/Warranty is arranged by Ableworld UK Ltd and provided through Mark Bates Ltd t/a Premier Care, Premier House, Londonthorpe Road, Grantham, Lincs NG31 9SN who are authorised and regulated by the Financial Conduct Authority. FRN 308390

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Your Local Specialist

Strange... but true!



Photo by Caspar Rubin / Unsplash

The key to fitness – love the housework!

If you've been thinking that you really should be doing more exercise, then you might not have to go too far from home. Housework has been shown to burn as many calories as a gym session.

In a US study, middle-aged participants with high cholesterol, high blood pressure and high blood sugar readings did 5 minutes of standing household chores every hour and health benefits similar to an hour-long gym session were reported. After just one week, an average of a 25% decrease in bad cholesterol was seen, while good cholesterol increased by 21%.



Photo by Jonathan Pielmayer / Unsplash

JUICY SOLUTION TO PAINFUL PROBLEM

According to new research, if you drink a couple of glasses of orange juice a day, you could halve your risk of having a hip fracture.

A study involving more than 10,000 people by researchers at Zhengzhou University in China found that the vitamin C strengthened bones and protected against breaks.

They found that the risk of fracture dropped by 5% for the juice of every medium sized orange consumed each day and so an average-sized glass containing 8fl oz of juice could reduce the risk by 20% and two glasses by up to 40%.

Treating fractures from falls costs the NHS around £4.6 million each day and the cost of treating hip fractures is over £1 billion each year.

BREAKFAST CHOICE FOR BETTER SLEEP

Believe it not, eating a bowl of porridge for breakfast can actually help you get to sleep at night! Apart from keeping you feeling fuller for longer, a bowl of oats contains high levels of melatonin which is produced in the brain and which helps you to feel dozy at bedtime.

Also, milk will help too as it gives a boost of Vitamin D and that increases serotonin in the brain, which also improves sleep.



Photo by Monika Grabkowska

The history of the humble Kettle

The word kettle originates from Old Norse ketill "cauldron". The earliest recognized kettle-shaped vessel dates back to between 3500 and 2000 BC. It's made from bronze and features a decorated spout.

Electric kettles were introduced as an alternative to stove top kettles in the latter part of the 19th century. In 1893 UK company, Crompton and Co, started featuring electric kettles in their catalogue. However, the heating element couldn't be immersed in the water. Instead, a separate compartment underneath the water storage area in the kettle was used to house the electric heating element.

In 1922, an engineer in Birmingham designed an element of wire wound around a core and sheathed in a metal tube. As this element could be immersed directly into the water it made the new electric kettle much more efficient.

British company Russell Hobbs produced a stainless steel fully automatic kettle in 1955, with a thermostat, which was triggered as the water came to the boil.

And, did you know...

There's good news for tea lovers – It seems that if you have a regular 'cuppa' you can reduce the risk of osteoporosis by nearly 40% according to researchers at Nanjing Agricultural University who looked at the data from 17 studies world-wide. Apparently there was a 38% reduce risk when tea was the favoured drink.

MORE REASONS TO MAKE A BREW...

- It seems that tea can boost exercise endurance. Scientists have found that the catechins (antioxidants) in green tea extract increase the body's ability to burn fat as fuel, which accounts for improved muscle endurance.
- Tea helps fight free radicals. Tea is high in oxygen radical absorbance capacity (ORAC) and so helps destroy free radicals, which can damage DNA in the body.
- Believe it or not, tea may provide protection from ultraviolet rays.
- In another piece of research, participants who regularly consumed hot tea had a lower waist circumference and lower BMI than non-consuming participants.
- Tea could be beneficial to people with Type 2 diabetes. Studies suggest that compounds in green tea could help diabetics better process sugars.

Photo by Joanna Kosinska / Unsplash



**Win the
coolest
kettle
around!**



THE UCCELLO KETTLE, POURING MADE EASY...

The Uccello is an all in one appliance. It's features have been carefully designed and crafted to help people with restricted mobility and limited strength. The weighted base of the Kettle arcs on a rotating axis to deliver hot water safely and steadily, every time. It features a removable vessel with safe ergonomic grip handle and auto shut-off with overheating protection. You can win this stylish kettle by answering a simple question – the answer to which you'll find by reading the history of the kettle article.

Which year did an engineer in Birmingham design an element of wire wound around a core and sheathed in a metal tube?

You can either email or post your answer, along with your name and address and telephone number to magazine@ableworld.co.uk or Ableworld Kettle Competition, Stapeley Technology Park, London Road, Stapeley, Cheshire CW5 7JW. The competition closes on June 30th 2018.



**ENTER TODAY
TO WIN!**



Staying independent – Ask the expert

Q HOW CAN YOU MAKE YOUR BATHROOM A SAFER PLACE?

Whatever product you are looking to buy to make life easier, it's important to get good advice. Here, OT Susan Heap takes a look at the things to think about if you want to make the bathroom a safe place...

When people start to have difficulties around the home, the first area tends to be the bathroom and its where a large percentage of falls happen in the home. This can apply to all ages and all abilities, although, for obvious reasons people who are older and frailer and people with physical disabilities are more at risk.

There is help at hand, however, with plenty of choices around the types of assistive technology (equipment) available.

Let's start with the bath itself:
The main difficulty is getting in and out safely. Below are examples of two ways to use equipment to help you, and the things you need to

think about before you buy.
ALWAYS ask advice from the staff in the shop. Internet buying is OK as long as you know exactly what you need and you can easily return it if it's not right. It is usually better to physically see and touch a piece of equipment before buying so that you know exactly what it looks like, the size and how it might look in your bathroom.

The simplest and least expensive way of getting in and out of the bath is a bath or shower board. Bath and shower boards sit across the top of the bath so that you can sit on the board and turn lifting your legs into the bath. This avoids climbing over the side of the bath which can be very difficult or impossible for some people.

It is possible to either shower or wash sitting on the board but there

About Susan...

Susan qualified as an Occupational Therapist in 1986. She has managed teams of Occupational Therapists and support staff and was a Commissioning Manager in Cheshire, leading the development of the Community Equipment Service. Susan has also been involved in major changes in social care provision around equipment and OT services.



WHAT DO OCCUPATIONAL THERAPISTS DO?

Occupational Therapists (OTs) have a really important role in helping people of all ages to function in everyday life in spite of the physical, psychological or emotional effects of ageing or disability.

OTs focus on enabling people to be as independent as possible in their home or workplace. They work with people's upper and lower limb function, and often advise people on the effective use of equipment, assistive technology or home adaptations.

is also a bath seat available which fits securely inside the bath closer to the bottom so that you can get further into the water.

Things to be aware of:

- Bath and shower boards need to be fitted securely. This can be an issue if other bath users do not require equipment.
- They are plastic and can be slippery.
- If you choose to wash from the board using bath water you could get quite cold.
- If you use a shower seat you will need enough upper body strength to lower yourself down to the seat and raise yourself back up onto the board.

If you prefer to bathe rather than shower or have a medical need to soak in the bath another option which requires less strength is a

mechanical bathlift or inflatable bath cushion.

The mechanical bathlift uses compressed air to raise the lift to the top of the bath to enable you to sit on and again turn lifting your legs over the side. You then press a button and the lift takes you to the bottom of the bath, enabling you to wash as fully submerged in water as possible. They also reduce the effort required by carers.

Things to be aware of:

- Bathlifts are more expensive.
- If they need to be removed from the bath for other users they can be heavy and awkward to move and refit.

A bathing cushion inflates and deflates to allow you to get as close to the bottom of the bath as possible. They are also quite transportable so can be taken on holiday etc.

DID YOU KNOW...

People aged 65 and older have the highest risk of falling. Around a third of people aged 65 and over and around half of people aged around 80 and over, fall at least once a year.

Between 2013 to 2014 there were around 255,000 emergency hospital admissions related to falls among patients aged 65 and over, with around 173,000 (68%) of these patients aged 80 and over.

Falls cost the NHS and social care an estimated £6m per day or £2.3bn per year.

Things to be aware of:

- Bathing cushions are quite expensive – a few hundred pounds.
- They require you to have the ability to balance as they are less supportive than the mechanical type.

Remember, there are many different manufacturers of these items of equipment so always ask advice from shop staff to find the one that suits you.

Thinking about buying a stairlift?

Approved Service

Which?
Trusted traders

Servicing, repair and installation



Ableworld are the largest mobility and stairlift retailers in the country. We offer a range of options to suit everyone. Whether the stairlift is brand new, reconditioned or rental, we are sure that we can find the right solution for you.

Our stairlifts can often be fitted in a couple of hours, so why not get in touch today and very soon you could have the solution to your problem.

All our stairlifts have at least 1 years warranty to put your mind at rest. However if you want additional peace of mind, we do offer a range of service agreements for new stairlifts. Ableworld offer a 24 hour, 7 days a week, 52 weeks of the year helpline where you can talk to a person – freephone 0800 470 1581

Our engineers will look after you from quote to install and beyond.

We promise **never** to sell your enquiry onto third parties.

www.ableworld.co.uk



Your Local Specialist

The future... coming **very** soon

Products to help maintain independence are getting more and more sophisticated. Here's a selection of some of the very latest...

NEXT GENERATION READING TECHNOLOGY LAUNCHES

OrCam Technologies has launched the OrCam MyEye 2.0 assistive technology device in the USA and Canada and plan to introduce the product into the UK.

Wireless, lightweight and just the size of a finger, the technology instantly reads printed and digital text aloud: newspapers, books, restaurant menus, signs, product labels, computer and smartphone screens.

It is magnetically mounted on the wearer's eyeglasses or sunglasses frame and weighs less than an ounce. It is activated simply by a pointing gesture or by following the wearer's gaze.

This product isn't sold through Ableworld stores, but you can find more about it on OrCam's website



www.orcam.com

NEW SUPPORT FOR WRISTS, HANDS AND FINGERS



A new support is now available for people who have lost control over their wrist, hand and fingers as a result of neurological conditions including stroke, MS or tetraplegia.

The Manu Neurexa plus from Ottobock stabilises and supports the wrist and hand in a natural, neutral position, encouraging movement. The more the hand is used and the earlier rehabilitation is started, the more mobility is restored.

This product isn't sold through Ableworld stores, but you can find more information about this and other Ottobock products on their website.

www.ottobock.co.uk



HONDA WALKING AID ON ITS WAY

You'll know Honda for cars and motorbikes, but did you know that the company has also developed a walking aid too?

Honda's Walking Assist Device has recently received European accreditation and so you may well see it on the market soon.

The Walking Assist system helps support bodyweight to reduce the load on the user's legs while walking leading to reduced fatigue and less physical exertion. The device was inspired by the development of Honda's ASIMO humanoid robot which involved studying how humans walk.

It weighs just 6.5kg (including the battery pack) and a single charge of its lithium ion battery is good for two hours of walking. There are also different model sizes to suit different people's heights.

Find more information on the Honda website.

<http://world.honda.com/Walking-Assist/>



Don't take our word for it

Every week we receive lovely messages from our customers all around the UK thanking our staff for looking after them. Here are just a few....

“ Always enjoy dealing with Ableworld. Their service is excellent. A pleasure to do business with. ”

Katie D

“ Great range of quality products at good prices, helpful friendly staff and quick delivery. ”

S Chesworth

“ We had the pleasure of visiting your Darlington Store to buy a new bed. Having worked in retail for more than 10 years I know all about good quality customer service. Gareth and his colleagues were brilliant. They went far beyond my expectations, showed good product knowledge, gave good advice and helped with all our needs. ”

David & Jean

“ I will definitely use Ableworld again. Fantastic service and knowledge of products. ”

S Hughes

“ The service provided by Ableworld is faultless with every consideration being given to a customer's wishes. ”

P & L Willmouth

“ The way it should be. From the moment we stepped in the shop we felt comfortable with the friendly service and staff. This is how business should be conducted. ”

Richard



Photo by Courtney Hedger / Unsplash

CHANGING PERCEPTIONS

The Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia.

It aims to transform the way the nation thinks, acts and talks about the condition.. It all started in 2013 and now there are 2 million Dementia Friends.

A Dementia Friend learns a little bit more about what it's like to live with dementia by attending a face-to-face Dementia Friends Information Session or by watching an online video.

More than 100 MPs, including members of the cabinet and shadow cabinet and plenty of celebrities have become Dementia Friends. The initiative has also been backed by businesses including Marks &

Spencer, Asda, Santander, Lloyds

Pharmacy, easyJet, Argos, Homebase and The Royal Bank of Scotland.

Joining that list is Ableworld as team members have also become Dementia Friends.

You can find more information about becoming a Dementia Friend at www.dementiafriends.org.uk. The Alzheimer's Society National Dementia Helpline is on 0300 222 1122.

www.dementiafriends.org.uk



A helping hand



If you are looking for advice about a condition or a problem you are dealing with at the moment, then there are plenty of specialist services available.

Here are just a few....

Arthritis Care

🌐 www.arthritiscare.org.uk
☎ 0808 800 4050

British Tinnitus Association

🌐 www.tinnitus.org.uk
☎ 0800 018 0527

Carers UK

🌐 www.carersuk.org
☎ 0808 808 7777

Carers Trust

🌐 www.carers.org
☎ 0300 772 9600

Citizens Advice

🌐 www.citizensadvice.org.uk
☎ 03444 111 444

Dementia UK

🌐 www.dementiauk.org
☎ 0800 888 6678

Diabetes UK

🌐 www.diabetes.org.uk
☎ 0345 123 2399

MS Society

🌐 www.mssociety.org.uk
☎ 0808 800 8000

National Rheumatoid Arthritis Association

🌐 www.nras.org.uk
☎ 0800 298 7650

Parkinsons UK

🌐 www.parkinsons.org.uk
☎ 0808 800 0303

Stroke Association

🌐 www.stroke.org.uk
☎ 0303 3033 100

The Silver Line

🌐 www.thesilverline.org.uk
☎ 0800 470 8090

Why not see what you can buy online?

"My order arrived from yourselves this afternoon. I would just like to say thank you, and that I am impressed how quickly it arrived. I will happily recommend your site to my friends."

Megan E Knight

www.ableworld.co.uk

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BIRKENHEAD 0151 6502200	HANLEY01782 205901	SALFORD 0161 7281880
BOURNEMOUTH..... 01202 575819	INVERNESS01463 224386	SHREWSBURY 01743 369427
BRIDGEND 01656 856696	LINCOLN..... 0330 041 2964	SOUTHAMPTON 02380 440000
BROXBURN 01506 856565	LLANDUDNO01492 338549	SOUTHPORT01704 537631
BURTON 01283 546867	NANTWICH..... 01270 626971	ST HELENS 01744 453038
CARDIFF..... 02921 321072	NEWARK.....0330 041 2965	STOCKPORT.....0161 4840832
CHESTER.....01244 675608	NEWPORT.....01952 820772	STOCKTON01642 602962
COLCHESTER 01206 561335	NORTHWICH01606 331786	WAVERTREE..... 0151 7331118
CONGLETON01260 408161	OSWESTRY.....01691 680180	WIGAN 01942 233200
CREWE.....01270 255725	PAISLEY0141 8899925	WREXHAM 01978 358588
DARLINGTON 01325 481414	READING 01189 862121	
GLOUCESTER01452 690250	RHYL01745 336843	



Further details on all our stores can be found on www.ableworld.co.uk

All our stores are open Monday to Saturday 9.00am to 5.30pm. Our Chester, Hanley, Llandudno, Southampton and St Helens stores are also open on Sunday. Our Salford store is open Monday - Friday 9.00am to 5.00pm.

