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Catalogues with over 2600 adaptive aids available at the shop

# Your Personal Independent Support Team

**Ability Matters** is an innovative company comprising of a rehabilitation clinic, showroom and shop for daily living aids. We can provide the necessary equipment and adaptive devices to increase your independence at home. We have fully trained product specialist to assess your needs, offer expert advice and back up service if required.

**Ability Matters** can offer assessments with our orthotist, prosthetist and physiotherapist providing a full range of rehabilitation in our state of the art clinic.

In our shop, we stock a wide range of products including Mobility Scooters, Electric Beds, Riser Recliner Chairs and Wheelchairs. Telephone us to arrange a consultation with one of our specialists or just drop in for a free scooter test drive, product use training or general advice.



Please call us on

**051 337016**

**01 8210600**

To find out how we can help improve your quality of life.



## NEED MORE ENERGY?

Tips on energy conservation techniques to help manage fatigue

### Fatigue and Energy Conservation

Fatigue is one of the most common symptoms of both acute infections and chronic illness. It can be described in many ways such as an unpleasant feeling of weakness and tiredness, body exhaustion or mind exhaustion such that makes it difficult to partake in your normal daily routine. Fatigue often occurs as a symptom or side effect of an illness and can have the most overwhelming effect on your life and your ability to carry out your day-to-day tasks.

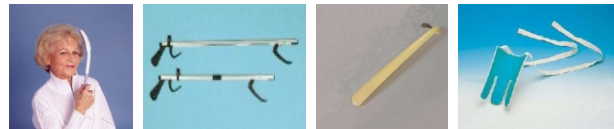
Energy conservation techniques have been developed by occupational therapists to help reduce fatigue. If you find that fatigue is preventing you from doing the things you value most in your life, energy conservation techniques may help you.

### 6 Simple Energy Conservation Techniques:

- **Plan:** Make a diary of your fatigue - be aware of what times of the day it affects you and structure your daily activity around this.
- **Prioritise:** Compare daily tasks and number in order of most important to you - delegate to others the tasks least important to save your energy for more meaningful tasks.
- **Analyse:** Look at ways of simplifying your tasks, break it up into parts and spread the parts out through the day if needed.
- **Organise:** Organise your environment; keep frequently used items at worktop level, gather all supplies needed before you start a task.
- **Eliminate:** Eliminate unnecessary effort; e.g. sit rather than stand, use prepared foods, get shopping delivered, soak dishes to reduce need for scrubbing.
- **Rest:** Plan regular rests - rest actively not reactively! Pushing yourself unnecessarily can lead to accidents and injury.

### Option one: Pack of Long Handled Aids

Long handled brush, Easy Reacher, Sock Aid, Shoe Horn - € 45



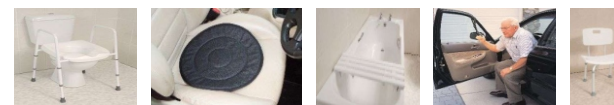
### Option Two: Pack of Kitchen Aids

Tap turners, Easy grip cutlery (one piece), one-handed can opener, jug kettle tipper - € 78



### Option Three: Comfort & Seating Aids

Toilet Frame & seat, bath board, Car caddy, swivel seat, shower stool - € 250



Or alternatively if you want to purchase an item individually...

Code	Item	Price
Pr 50500	Mowbray Toilet seat and Frame	€ 130
Pr 55005	Cloth Sock Aid	€ 15
Pr 55028	Shoe horn	€ 4
Pr 55020	Good grips button hook	€ 11
Pr 55032	Bra angel	€ 26
Pr 50562	Long Handled bottom wiper	€ 40
Pr 45014	Long Handled brush	€ 19
Pr 60208	Easy reacher	€ 9
Pr 46041	26" Bath Board	€ 34
Pr 43364	Tap turner	€ 22
Pr 40013	Car Caddy	€ 30
Pr 60266	Perching Stool	€ 53
Pr 30292	Walking Frame Carry Bag	€ 30
Pr 30283	Four wheeled walker with seat	€ 102
Pr 41021	Car Swivel Seat Deluxe	€ 25
Pr 60072	Kettle Tipper	€ 17
Pr 50571	Traditional Commode	€ 95
Pr 46010	Shower Stool	€ 50
Pr 60268	Kitchen Trolley Walker	€ 99
Pr 45724	24" Grab Rail	€ 15
Pr 60075	One handed can opener	€ 28
Pr 45047	Rubber grip bath mat	€ 13
Pr 60243	Bed rail	€ 99
Pr 60701	Chair risers	€ 41
Pr 60026	Key turner	€ 7
Pr 65591	Easi-Grip cutlery (each)	€ 13