

GADGETS TO HELP WITH MEDICINES

Many gadgets are available to help you take your medicines. Some are designed for a specific task, such as cutting or crushing tablets. Others are designed to help overcome difficulties such as having arthritic or weak hands.

The products shown here represent just a few of the many that are available. Your pharmacist will probably stock some, such as pill cutters and crushers, but they won't usually stock the more specialised ones that are designed to overcome specific disabilities.

CRUSHING AND CUTTING TABLETS

Before cutting or crushing any tablet, always check with your pharmacist that you can do so safely. Some tablets don't work properly if cut or crushed.

Pill crushers grind tablets into small particles. They also hold the particles in a compartment so you don't lose any medicine.

Pill cutters make it easier to break tablets in half if you only need half a tablet or have difficulty swallowing large tablets.



Pill crusher



Pill cutter

REMOVING TABLETS

Pill removers help you to remove tablets from blister packaging. They are useful for people who have difficulty using their hands or have poor sight. The tablet drops into the device, so you don't drop or lose it.

The **Homecraft Poppet** can be used with any blister packaging.

The **Pil-Bob** is designed to be used with a weekly medication organiser, such as a Webster-pak, that is filled by a pharmacist. You simply push the safecutting tip through the foil packet and the medication will fall into the Pil-Bob.

ACTIVATING ASTHMA INHALERS

The Haleraid is used with an asthma inhaler. It allows you to use a squeezing action to activate the inhaler instead of a pressing action. It is suitable for people who have difficulty using the inhaler mechanism because of weak hands or arms, or poor hand coordination.



Homecraft Poppet



Pil-Bob



Haleraid

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ADMINISTERING EYE DROPS

Eye drop dispensers help you to put eye drops into your eyes by accurately positioning the bottle over the eye. The two devices shown here also make it easier to squeeze the bottle.

The **Opticare Eye Drop Dispenser** requires very little pressure to squeeze the bottle, so it can be used by people with weak hands.

The **Opticare Arthro Eye Drop Dispenser** allows you to squeeze the bottle by pushing a pair of long arms together. It is designed for people with arthritic hands or limited shoulder movement.



Opticare Eye Drop
Dispenser



Opticare Arthro Eye Drop
Dispenser

For advice about these products, call the Independent Living Centre Infoline in your state on 1300 885 886 or visit www.ilcaustralia.org The centres don't sell any products, but they can help you choose a suitable product and tell you where to buy it.



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