

## TOOLS THAT CAN HELP SAVE ENERGY

### SELF-CARE

Limit standing and repetitive movements

Bath chair



Grab bars



Clamp-On Tub rail



Long Shoehorn



Reacher



Long handled sponge



Hair Dryer Holder



Electric Toothbrush



Bed rail – helps with getting in/out of bed if you have pain or weakness



## WALKING/BALANCE

Make longer distances easier and safer

Wheelchair



Walker



Cane



Handy Bar – helps with getting out of a car



Telescopic stool



## HOUSEHOLD TASKS

Grocery Buggy – for groceries/laundry



Counter-height stool

Food processor for chopping

Electric can opener

Smart home devices to order things, reminder, turn off lights, etc.