

A non-exhaustive list of medical items, disability aids, and assistive tech covered under the grant

Clothing:

- Compression socks/stockings/ sleeves
- Compression shirts/ active posture shirts
- Adaptive clothing (modified for wheelchair use, port access, magnetic closures, zips, etc)
- Adaptive shoes (velcro closures, zips)
- Orthotic friendly shoes (usually more expensive)
- Thermal undergarments and other clothing geared towards keeping you extra warm, or extra cool (temperature regulation)
- Loose clothing (can be a pain problem, especially for gastrointestinal and reproductive conditions, where the stomach is extra sensitive, bloated, etc.)
- seamless clothing (including socks- sensory aspects)
- Incontinence and period reusable products

Splints, braces and orthoses:

- Finger splints (oval 8, custom made by physio or hand-OT, or silver/metal)
- Soft braces (eg. knee, elbow sleeves)
- Slings
- Hard braces (e.g. thumb and wrist braces)
- AFO's (ankle foot orthoses)
- In shoe-orthotics, both off the rack, semi-customised, and fully custom
- KT tape, rigid strapping tape, and hypoallergenic undertape (sometimes this is a better option than braces, but the costs really mount up if you're taping multiple body parts, multiple times a week!)
- Compression gloves
- Posture supports and whole-body products like the bodybraid

Wearable devices (and app subscriptions):

- Heart rate monitor/ pulse oximeter
- Smart watch
- Smart rings
- Fall alert (live life alarm)
- Yearly subscription to apps like bearable, visible, migrainebuddy and cardiogram (which help track chronic illness symptoms, and help pacing)
- Sea bands for nausea

Mobility aids:

- Cane
- Crutches (regular, forearm, platform)
- Rollator
- Wheelchair
- Cost of hiring a mobility aid to see if it is a good investment/ right aid for you

Temperature therapy:

- Embr temperature regulating device
- Electric heat products (blankets, hot "water bottles" like hotpod)
- Ice vests
- Heat packs and ice packs (gel, clay, wheat- large variety of these. Many people need more than one, or ones which are tailored to different parts of the body)
 - Neck heatpack
 - hot/ cold eye mask

- Migraine cap
- Etc.

Home modifications:

- Kitchen
 - Special kitchen knives
 - Electric can openers
 - kitchen cooking stool
 - Tip kettles
 - Adaptive crockery (e.g. dignity mugs, lighter crockery, cups with straws)
 - Ergonomic cutlery
- Specialised pillows and mattress toppers
 - Wedge pillow
 - Knee pillow
 - Body pillow
- Ergonomic desk chair
- Ergonomic desk setup (laptop raiser)
- Braille labels
- Ergonomic pens/ pen grips
- Medication reminder alarms
- Medication sorter
- Waterbottle with built in alarm to remind you to drink
- Audible alarm clock
- Bathroom/Hygiene assistance:
 - Shower chair
 - Lotion wand
 - loofah/brush on a long wand
 - Grab rails
 - Toilet raiser
 - Non-slip mats
 - Hair dryer stand

Physiotherapy devices/aids:

- thera putty
- Resistance bands
- Wobble mat
- Yoga mat
- Blocks
- Steps
- weights
- foam rollers
- spikey balls
- Massage products (like massage gun, neck and shoulder massage thing)
- Tens units

Sensory aids:

- Noise cancelling earphones
- Ear defenders
- Loop earplugs
- Sunglasses/ tinted glasses/ blue-light filter glasses
- Weighted blankets

- Weighted plushies
- stim/ fidget toys
- Sun lamp
- Soft lighting options (e.g. changing lightbulbs to warm light, or multi-coloured bulbs which can be adjusted for colour, warmth and dimness)

Communication aids:

- Communication cards (e.g. stickman cards)
- Communication boards
- Medical ID bracelets, jewelry
- AAC application subscriptions
- Communication badges and pins (e.g. :”I have an invisible disability, please offer me a seat!”)

Medical consumables:

- KT tape, rigid strapping tape, and hypoallergenic undertape (sometimes this is a better option than braces, but the costs really mount up if you're taping multiple body parts, multiple times a week!)
- Bandages/ bandaids
- Special soaps, shampoos and lotions (e.g. soap free products, eczema/dermatitis approved products, fragrance free, and allergen free products- often these are more expensive than their generic counterparts, and buying in bulk is more economical, but also means you're paying 30 dollars for shower gel, as opposed to 5 dollars)

Computer use:

- External ergonomic mouse
- Ergonomic keyboards
- Gel wrist supports
- Text-to-speech software
- Speech-to-text software
- Lap tray (for use in bed/ on couch)