



I don't want to be a bother

As we age our bodies don't function with the same ease. This can be slow and insidious or a sudden shock after an illness. When we are not easily able to do things for ourselves, life can become difficult.

These simple tasks may become challenging:

- turning on taps
- getting out of chairs or cars
- pulling plugs out of the wall
- lifting jugs and opening cans
- getting out and about
- showering and dressing
- cooking or swallowing

Having to depend on others to do or help with these tasks can be frustrating, inconvenient and embarrassing. Many of us don't ask for help as we don't want to be a bother and we leave seeking help until we get into a crisis. We may struggle alone at home with little knowledge of the help available to assist our independence.

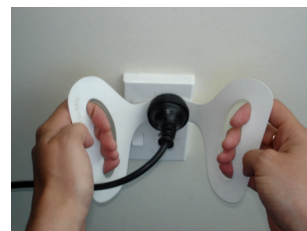
Feeling as if you are relying on family can make you feel like a burden. Time with family is precious and needs to be enjoyable. Professional help is available and can help you maintain your freedom and avoid an unnecessary crisis.



Key turner



Tap turner



Electric plug puller

If you, or anyone you know is struggling to maintain their independence and confidence Therapy Professionals friendly therapists can help. To make life easier they will suggest adapting your home or lifestyle, recommending alternative ways of doing things or giving tips on useful gadgets and equipment.

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