



I don't want to be a bother

As we age our bodies don't function with the same ease they once did. This can be a slow and insidious process or a sudden shock after an accident or illness. Over time we start finding some things aren't as easy to do as they used to be, like:

- 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
- gardening and cleaning
- hearing the phone or doorbell

Many of us stop doing things because it's too hard and having to ask others to do or help with these tasks can be frustrating, inconvenient and embarrassing.

Many of us don't want to ask for help as we '*don't want to be a bother*' and we leave seeking help until we get into difficulty. 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 and we want time with family to be precious and enjoyable, not a chore. You don't have to struggle alone professional advice is available to 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.

You don't have to struggle alone, we can help, we come to you.

Just contact us at

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