



MNDALS
Association of South Africa

Practical Independence Tools

Equipment, Technology, and Adaptations for Daily
Living



SMART EQUIPMENT RESEARCH AND SELECTION

Before You Buy Anything

Do Your Homework

- Research multiple suppliers and compare prices
- Read reviews from other MND patients
- Understand warranty terms and service options
- Check if items qualify for medical aid claims
- Consider rental options for expensive equipment

Key Questions for Suppliers

- What training and support do you provide?
- What's included in the warranty?
- Do you offer trial periods or exchanges?
- How do you handle repairs and maintenance?
- What financing options are available?

Essential South African Suppliers

Mobility and Accessibility

- **LIFTA SA:** Stairlifts and accessibility solutions
- **Shoprider:** Mobility scooters and wheelchairs
- **Easy Drive WC:** Vehicle modifications and controls
- **Nicky's Drive:** Hand controls and vehicle adaptations
- **Otto Bock:** Prosthetics and mobility equipment

Communication Technology

- **Tobii Dynavox:** Eye-tracking communication devices
- **Sensory Guru:** Alternative communication tools
- **Switch IT:** Environmental control systems

HOME MODIFICATIONS AND ADAPTATIONS

Room-by-Room Independence



Bathroom Safety and Access

- Grab rails and shower seats
- Raised toilet seats with armrests
- Walk-in shower or bath modifications
- Non-slip surfaces and good lighting
- Easy-reach storage solutions



Bedroom Comfort and Function

- Adjustable hospital-style bed
- Bed rails for safe transfers
- Bedside commode if needed
- Good lighting for nighttime safety
- Easy-access clothing storage



Kitchen Adaptations

- Lightweight cookware and utensils
- Easy-grip handles and adaptive tools
- Counter-height seating options
- Accessible storage and organization
- Labor-saving appliances

MOBILITY AROUND THE HOME



01 Stairway Solutions

- Stair lifts for multi-level homes
- Portable ramps for single steps
- Handrails on both sides of stairs
- Good lighting on all levels
- Consider relocating bedroom/bathroom to ground floor

02 Doorway and Corridor Modifications

- Widening doorways for wheelchair access
- Lever-style door handles (easier than knobs)
- Automatic door openers where beneficial
- Clear pathways free of obstacles
- Adequate turning spaces for mobility aids

COMMUNICATION TECHNOLOGY SOLUTIONS

Voice Banking and Speech Support



While You Can Still Speak Clearly

- Record your voice using apps like SpeakForYourself
- Create voice banks for communication devices
- Record important messages for family
- Document pronunciation of names and special words



Text-to-Speech Solutions

- Smartphone and tablet apps with your voice
- Computer software for email and communication
- Simple communication boards for basic needs
- Eye-tracking devices for advanced communication needs



COMMUNICATION TECHNOLOGY SOLUTIONS

Technology for Computer Access



When Hand Use Becomes Difficult

- Voice recognition software (Dragon NaturallySpeaking)
- Eye-tracking systems for computer control
- Switch-based input systems
- Touch screen adaptations
- Simplified keyboard and mouse alternatives



Staying Connected

- Video calling for family and friends
- Social media access through adaptive technology
- Email management systems
- Online shopping and service access
- Entertainment and reading adaptations





TRANSPORTATION AND VEHICLE MODIFICATIONS

Maintaining Driving Independence

■ HAND CONTROL OPTIONS

- Push-pull hand controls for acceleration/braking
- Spinner knobs for one-handed steering
- Left foot accelerator pedals
- Parking brake extensions
- Seat and mirror adjustments

■ VEHICLE ACCESS MODIFICATIONS

- Swivel seats for easier entry/exit
- Transfer boards and cushions
- Wheelchair lifts and ramps
- Modified door handles and controls
- Storage solutions for mobility aids

■ WHEN YOU CAN'T DRIVE ANYMORE

Alternative Transportation

- Family and friend driver networks
- Private care transport services
- Uber/Bolt accessibility options
- Community transport programs
- Medical transport services





DAILY LIVING AID CATEGORIES

↘ Eating and Drinking

- Weighted and built-up utensils
- Non-slip plates and bowls
- Cups with special lids and straws
- Plate guards and easy-scoop dishes
- Electric can openers and jar openers

↘ Dressing and Personal Care

- Button hooks and zipper pulls
- Elastic shoelaces or slip-on shoes
- Reachers and dressing sticks
- Electric toothbrushes and razors
- Easy-access clothing options

↘ Writing and Computer Use

- Weighted pens and built-up grips
- Voice-activated software
- Tablet and smartphone adaptations
- Signature stamps for documents
- Electronic bill paying and banking





EQUIPMENT FUNDING STRATEGIES

01

Medical Aid Claims

- Submit quotes before purchasing
 - Get proper medical motivation letters
 - Understand your annual limits
 - Keep all receipts for tax deductions
 - Appeal declined claims with additional documentation
-

02

Alternative Funding Sources

- MNDA SA equipment library
 - Community service organizations
 - Charitable foundations
 - Equipment loan programs
 - Second-hand equipment networks
-

03

Cost-Saving Tips

- Consider refurbished equipment from reputable dealers
- Explore rental options for items you may need temporarily
- Join MND support groups for equipment sharing opportunities
- Time purchases strategically around medical aid benefit years
- Compare prices from multiple suppliers

PLANNING FOR PROGRESSIVE NEEDS

Three-Stage Equipment Planning

CURRENT NEEDS (NEXT 6 MONTHS)

1

- Address immediate safety and comfort concerns
- Focus on maintaining current activities
- Invest in quality basics that will last

ANTICIPATED NEEDS (6-18 MONTHS)

2

- Plan for known progression patterns
- Research and budget for future equipment
- Consider home modifications with long-term access in mind

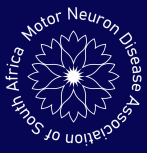
ADVANCED PLANNING (18+ MONTHS)

3

- Investigate high-tech communication solutions
- Plan for complete care and accessibility needs
- Research advanced life support equipment if desired

Staying Informed About New Technology

- Follow MND research and equipment developments
- Join online communities and forums
- Attend assistive technology exhibitions
- Connect with occupational therapists who specialize in MND
- Stay in touch with MNDA SA for equipment updates



QUICK EQUIPMENT ASSESSMENT CHECKLIST



Remember: The right equipment at the right time can dramatically extend your independence and improve your quality of life. Don't wait until you desperately need something - plan ahead.

Monthly Independence Review

- What daily activities are becoming more difficult?
- What equipment might help maintain my independence?
- What home modifications would improve my safety?
- How is my current equipment working?
- What new technology should I investigate?

Emergency Equipment Plan

- Keep backup power sources for essential electric equipment
- Have manual alternatives for power-dependent devices
- Maintain emergency contact lists for equipment suppliers
- Keep instruction manuals and warranty information accessible
- Plan for equipment failures during power outages

You are capable of learning these systems. Thousands of families navigate MND successfully every year. You don't need to become an expert overnight, but each small step builds your confidence and control.

Start where you are. Use what you have. Do what you can. You've got this.

**FOR MORE SUPPORT AND RESOURCES
REACH OUT TO US**



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