

# Common Equipment We Recommend

The following are examples of equipment commonly recommended by occupational therapists and physiotherapists to increase your safety and lower the risk of falls at home.



Commode



Toilet safety frame



Raised toilet seat



Hand held Shower



Shower chair



Tub transfer bench



Grab bars



Clamp on tub rail



Sock aid



Ice grippers



Long handled shoe horn



Reacher



Bed side rail



Long handled sponge



Bath mat



Standard walker



Two wheeled walker



Rollator walker



Cane ice pick



Hip protectors



Folding cane



Palm grip cane



Ortho K grip cane



Small base quad cane



Round handled cane

There are also many different types of **“personal emergency response devices”** available that can be worn as a necklace, watch or attached to a belt.