



Made to Measure V2

Webinar to share tips and information on a range of modifications and assistive technology/aids to support activities of daily living for both children & adults of the short stature community.

Made to Measure — making the bath accessible



Safe bath Australia – safebath.com.au - the original walk in bathtubs. With a low entry step and outward swing door, the space-saving size of the Classic uses less water than many walk in bathtubs on the market. It has set the standard for accessibility in bathing.

Bellavita Auto Bath Tub Chair seat lift;

<https://ilsau.com.au/product/bellavita-auto-bath-tub-seat-lift/>

Independent Living Centres in Australia stock them and they are NDIS registered service provider.



During my search I came across another option, although it is more expensive than the bath shortener it could be just as useful. Who doesn't love a relaxing bath? As a majority of people with skeletal dysplasia require therapy supports to maintain mobility, a relaxing therapeutic bath is often recommended. This piece of AT is called a Bellavita Auto Bath Tub Chair seat lift; you would position it in the bath so your feet rest comfortable against the end of the bath to prevent yourself from slipping down; you can see more information via the links below.

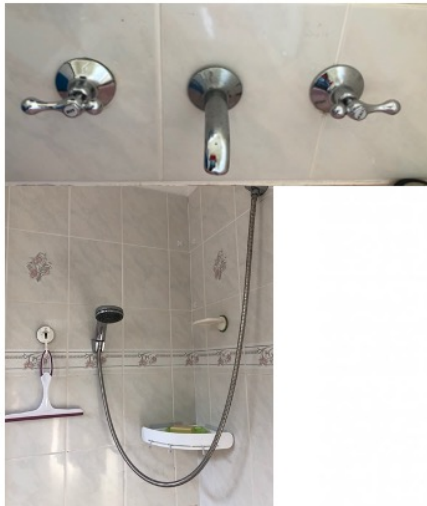
If you have an NDIS plan, I see it as a disability related expense and therefore consider it to be Reasonable and Necessary; it is also value for money when you consider a bathroom modification. If interested I suggest speaking with an OT for an assessment.

Made to Measure – Bathroom reno



Dual vanity, lowered bathtub and dual shower with lowered shower rail.

Made to Measure – Bathroom ideas



My bathroom – relocation of shower head attachment to my height, plus easy bar or taps as opposed to round ones.

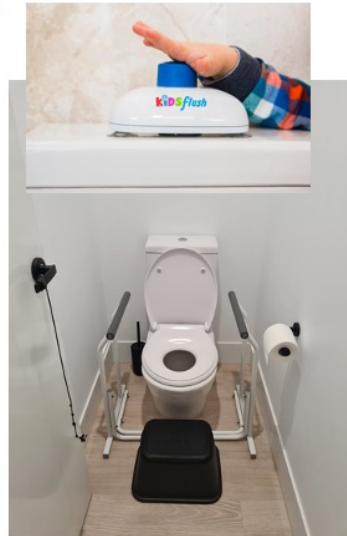
Accessible shower vertical T rail is longer than the shower standard rails, it also provides the horizontal grab rail. Good things if there is also a fixed shower head at the top.

Made to Measure – Bathroom basin ideas



Pic 1, is a Step – up which enables access to basin with sides for safety. Pic 2, Separate lower basin if space allows. Pic 3, Push and Slide out upside down drawer - effect to enable additional height.

Made to Measure – Toilet ideas



Bidet; one you can have to existing toilet – also you can get a fixed freestanding bidet.
Squatty Potty – very handy for adults
Finns adaptations - All from Bunnings. String on door handle, toilet seat, bars so he doesn't fall off. Easy flush" button on top of toilet flush. Lowered light switches too!
<https://kidsflush.com>

Made to Measure – raising the kitchen floor



Pic 1; raising kitchen floor; thanks to Wim for pic. Pics 2&3 making a step around perimeter of kitchen floor height of kickboard, thanks Jenna for pics.

Made to Measure – Emily & Michaels Kitchen mods



The Blairs complete modified kitchen; highlighting the use of pull out drawers instead of cupboards for ease of access. Thanks for the pics Michael.

Made to Measure – ideas to make things easier



Pic1, showing pull out drawer inside cupboard. Pic 2, Pull out drawer dishwasher, Pic 3; compact air fryer making it easier to reach.

Made to Measure – Huddy & Finn's kitchen steps



Pic 1, Huddys magic step in his parents kitchen which can easily be pulled out and pushed away when not needed. Pic 2, Finns Step stool with guards ensuring his safety from all sides.

Made to Measure – Kitchen ideas



Electric can and bottle openers great for small hands; electric kettle that tips or just push button to boil water for a cuppa, an oven with a side opening door.

Folding Kitchen Step Stool DIY #32

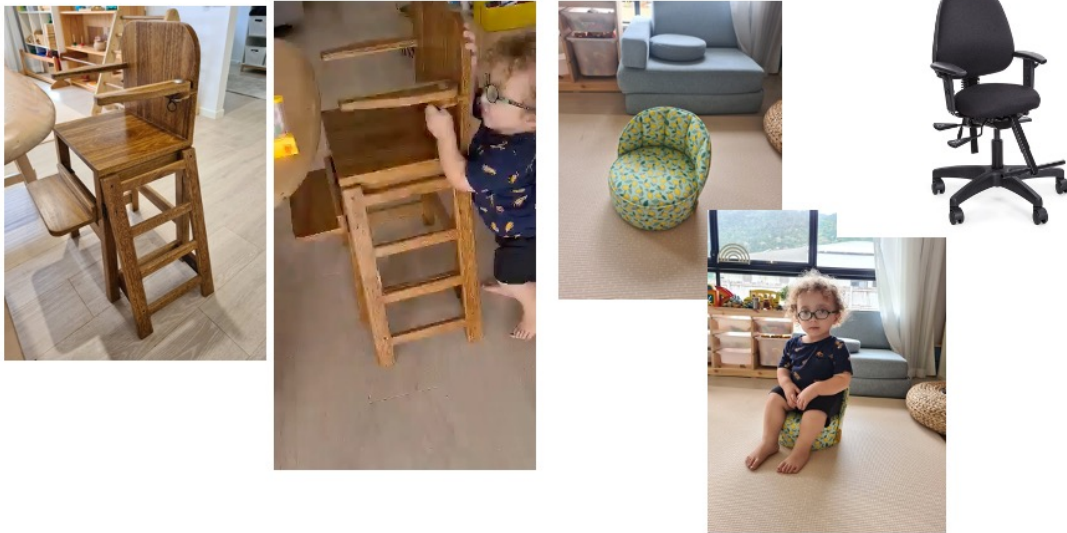
- <https://www.youtube.com/watch?v=pepELr-hcEc>
- The design with the dimensions is available for you. All you have to do is subscribe to my channel and enter your email in the comment so that I know where to send the project :)
- Ikea folding step stool <https://warehouse3c.top/ProductDetail.aspx?iid=201421543&pr=83.99>



Pics 1 & 2; If you copy and paste the link above into YouTube you will get information about the pull out folding stepstool and the plans to make it or have it made for your dimensions. Ideal for the laundry space so you can pull out to reach the dryer above on the wall and hideaway when not needed.

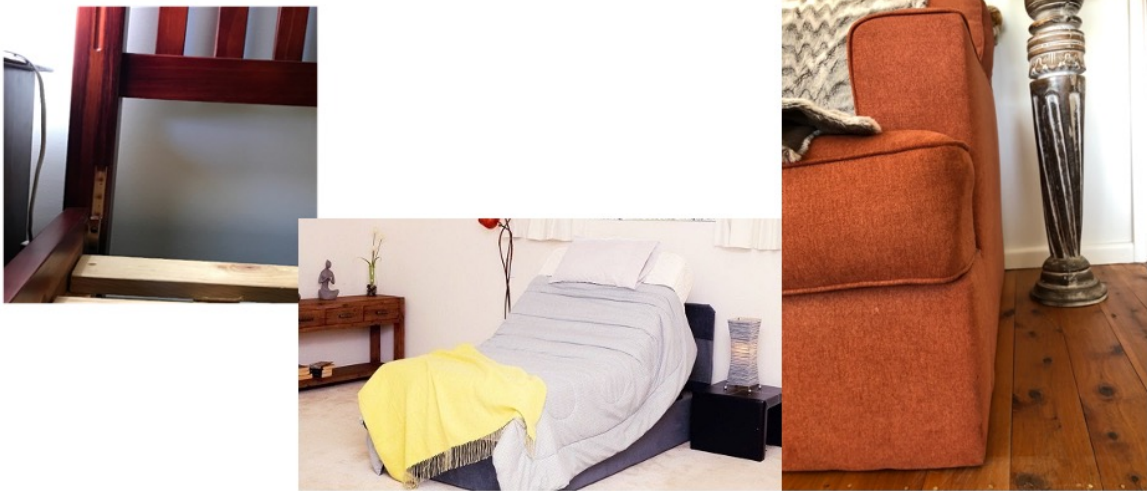
Pic 3. Ikea step stool which folds and hangs easily on the wall.

Made to Measure – chairs



Pics 1&2; Specially designed chair by OT which enables Finn to get up and down independently. Pic 3&4. This soft chair is called 'The Upsy'. It's a booster chair for kids. Enables Finn to sit comfortably on the floor at kindy as sitting flat on the floor places strain on his lower back. Pic 5; Short Statured office chair;
<https://www.nepeanofficefurniture.com.au/our-products/office-chairs/small-petite-office-chairs/short-statured-extra-small-chair/>

Made to Measure – Lowering for ease of access



Pic 1; Lowering the bed base.

Pic 2; High – lo adjustable bed. <https://www.activemobility.com.au/hi-lo-health-bed>

Pic 3; Removing feet of the sofa and replacing with sofa glides

<https://www.homeupholsterer.com.au/products/legs-glides-feet-629-32.html>

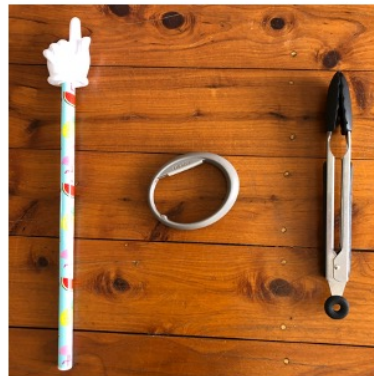
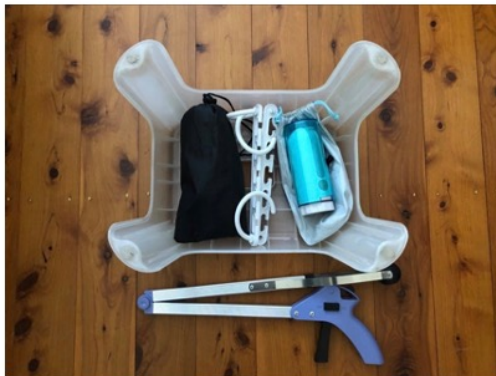
Assistive technology devices



With smart houses now accessible to anyone with a smart phone the Phillips Hue lighting system, which pairs with Google Home and Google Mini is an easy way to give your child independence as they can turn on and off any light with just their voice.

AT in homes to assist with turning on lights and appliances instead of moving switches.

Made to Measure – travel pack & accessories



Pic 1; Everlasting Comfort Airplane Footrest - Ergonomic Adjustable Foot and Heel Hammock - Memory Foam Portable AirPlane Flying Travel Foot Rest - Long Airplane Flight Accessories for Feet (Black)

https://www.amazon.com/dp/B086TXRD3C/ref=cm_sw_r_cp_api_glt_fabc_MT7SPV1B3F69G7SNHJWG?_encoding=UTF8&psc=1&fbclid=IwAR3armHAXwnRf9u2gXb4ZQvfX_tG3AypkCZVi2A20u_YCXvDP0t_VTBgq_4

Plus Collaspable Reacher; handheld bidet; hanging extension; packed into a stool

Pic 2; pointer for doorbells etc, tongs for the car to reach tickets going in and out of parking stations; handbag hanger to clip onto table instead of lying on the floor

Compact shower & toilet aids 4 travel



Suction cap shower head holder;
doability.com.au



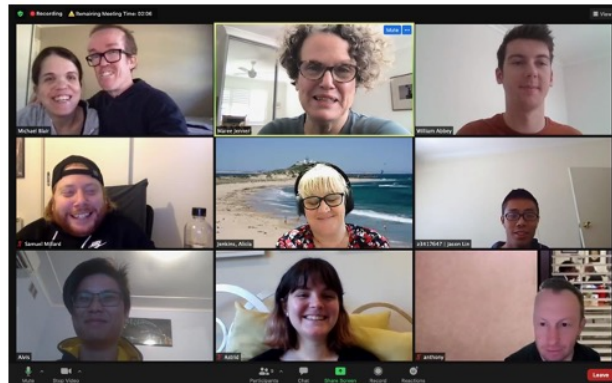
Buckingham compact Easywipe
Doability.com.au



Super Grip Handle – Single; ideal as
a non permanent solution when
travelling to provide extra stability
in bathroom. Doability.com.au

Made to Measure – Reacher

working with UNSW Engineering & Design students to make a strong portable “Reacher” that can safely lift glass jars and cans off supermarket shelves; SSPA members share a joke during the focus group with the students.



Dressing aids



Dressing stick especially handy for socks, they can also be used with other items of clothing, such as jackets and jeans. Sleeve aid dressing clips; could also be used for children to pull up pants. caregiverproducts.com



Flex on sock aid; button hole aid, and dressing stick



Top - Spyrolaces; Bottom Wear Ease shoe fasteners; (especialneeds.com) perfect for those that lack fine motor/have difficulty tying laces due to physical reach. Nike's hands free shoe - https://www.weforum.org/agenda/2021/02/nike-hands-free-shoe-disability-inclusive-clothing?utm_source=facebook&utm_medium=social_video&utm_term=1_1&utm_content=21482_Nike_hands_free_shoe&utm_campaign=social_video_2021

Sewing machines

Brother CP100X Computerized Sewing and Quilting Machine






4120QDC JANOME



Brother; You don't need a presser foot which is marvellous and it's rather inexpensive. It has a push button and a foot pedal. I like that Brother has the drop in bobbin. Some other machines you have to go under the arm. It's more difficult to get it in there because of dim lighting, old eyes, and achon fingers. It works really well and is super easy to use

Fire safety

 <p>Labels in diagram:</p> <ul style="list-style-type: none"> Safety Stickers Your 3 pound AFG Fireball Stand/ Wallmount/ Hanging Bracket Wall-mounting Hardware 		
<p>ELIDE FIRE EXTINGUISHING BALL; Effective Extinguishing Range of 360 Degrees & up to 4M</p> <p>https://www.hydroexperts.com.au/Elide-Fire-Extinguishing-Ball-1.3KG-7-Inch-in-Diameter</p>	<p>The Firexo Pan-Fire Extinguishing Sachet is a compact solution designed to extinguish ANY kitchen pan fires quickly and safely while reducing the risk of re-ignition. www.ebay.com.au</p>	

Fire balls or fire sachets easier to use as opposed to a fire extinguisher.

Made to Measure – my favourite exercise

<https://www.amazon.com/shop/allieqdub?listId=2OK47UH9IXZXV>



★★★★★



Dawn Noel Lang on FB; yoga teacher; video recording: <https://drive.google.com/.../13XEF11NiU2xM4SevHqKSsU.../view>



Pic 1 Fitnex X5 Kids Upright Exercise/ Spin Bike.

If assembling is too difficult for you, take the box and the additional crank parts to your local bike shop to assemble guess they charge one hour labor-cost for assembling and changing the cranks.

I bought the complete set from Amazon..., if you like you can get it delivered to your bike-shop instead to your home address... Talk to your bike-store first to get it all organized and ordered...

It took me a bid to get the right setting; > position saddle / seat in angle to the pedals as well the height of the handle-bar. If you have shorter arms you can assemble the handle-bar 180 degrees so the side parts come a bid closer... Or look on the internet for a different handle-bar which fits you better. The saddle / seat is horizontal and vertical adjustable.

Pic 2 – Marees custom made bike.

Pic3 Yoga is great for flexibility, to get more from the poses/asanas use props such as blocks and belts etc.

Made to Measure – on wheels

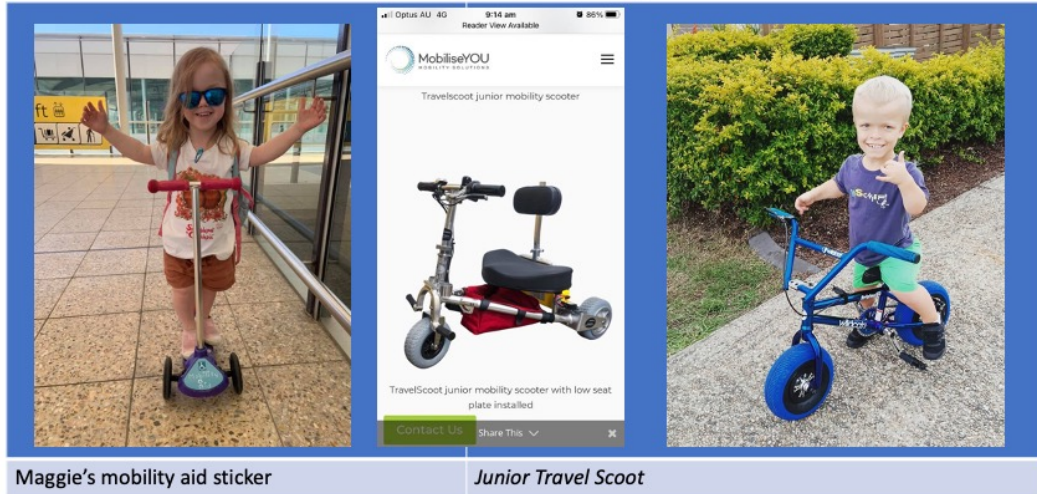


Pic 1. Tilo trike I bought for Finn. It is the toddler size. We had trouble finding a good trike that would fit him. Good quality brand.

Pic 2. Ezy roller. Arm propelled. My AH kids use the leg propelled ones but Finn uses a cushion behind his back and his arms can reach.

Pic 3. Finns bike - We turned the handles around on the bike so Finn could reach we cut the seat post and got the wheels with the smallest tread. He loves it! The bike brand is Specialized. It is the smallest bike they had. We bought a good brand so it pedals easily.

Independence for the young ones



Pic1. Maggie had this sticker designed for her scooter which aided greatly with her using it inside places where normally it would not be allowed.

Pic 3. Huddy on his bike.

Children's crutches: https://dearjane.com.au/product/forearm-crutches-kids/?utm_source=bing&utm_medium=cpc&device=c&keyword=&network=o&utm_campaign=DJ%20Shopping&msclkid=a585d6b2864414980d22b7fc39938bc3

Independence for the not so young ones



Vicki on her *Mean Green Machine!*

So good to see smaller size walkers/rollators and mobility scooters.

Questions – suggestions/ideas



Words of wisdom for Short Statured Parents expecting their first baby.

- Having your first baby is an exciting time for soon to be parents. It can also be an overwhelming time as you try to choose baby items which will work well for your family. To help new parents I have asked some short statured parents what their favourite items are and why, to help parents when making these choices. These are the products they have recommended.



- This is the Joie spin 360 isofix car seat. This car seat can be turned to face the door of the car or towards the interior of the car to help when you are positioning your baby in the seat. It can then be rotated back to the rear facing position and fixed back into place easily. This helps with reach and protects your back. Suitable from birth to four years old. There are other isofix car seats on the market.

- A breastfeeding pillow helps to hold your baby securely while you feed them. The pillow can be fastened so that you can be sure that it will not slip from under your baby. This will help with reach and encourages you to keep your back straighter making breastfeeding more relaxing for both mother and baby. While in hospital, post birth, ask for a lactation specialist to visit you. They will talk about the best positions for feeding and what pillows, chairs and stools to have available.



- The Troll Sunside Bassinette has one side which completely lowers to enable parents to reach the baby easily. This bassinette can also be lowered to a height which works best for parents. Another feature is that it can be placed beside the bed of the parents in a co-sleeping position for easy access when baby wakes during the night



- tad.org.au has created a cot with a sliding gate. This cot was created for parents who are in wheelchairs but would also be a useful feature for short statured parents. Reaching over the gate can be difficult especially once the cot is lowered for a toddler.





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- The Snuz Pod 2 made by Edwards & Co also works as a co-sleeper with zip down sides. This bassinette can be lowered to match your bed height enabling parents to bring their baby into bed with them for feeding and then easily be placed back in the bassinette.

- Many changing tables contain drawers which would make them difficult to lower. There are others which have shelves instead of drawers which could have the legs shortened by someone handy with a saw. This one from IKEA would be easy to shorten as it comes flat packed and could be altered before putting it together.

- A more versatile idea is to have a changing pad which you can place on any table or bench top or also on the floor. Shown left is the Keekaroo Peanut Diaper Changing Pad which has anti roll sides and a safety strap.



- To help with bath time it helps to have a baby bath with an optional infant position. This leaves both of your arms free and enables easy bathing.
- Another option is a baby shower seat. You can place this on the shower floor and bathe baby while you shower, or you can use this in a larger bath to keep baby secure.
- There are many bathing options available, some of which convert your kitchen sink into a baby bath.





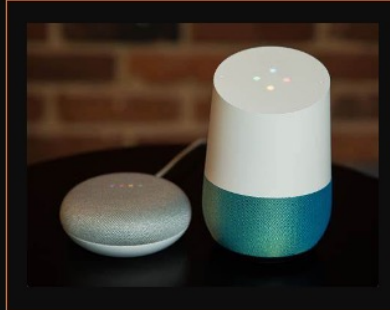
- The Baby Jogger City Tour 2 (shown right) weighs a low 6.5kg. The handle can be lowered to 76cm. This stroller can be used from newborn until 22kg.

- Other recommended strollers and prams are the Bugaboo Fox 2 Pram made by Bugaboo, and the Oscar MX made by Edwards & Co. Both are light weight and have the option of 3 large all-terrain wheels. They can also both be paired with removable bassinets. The removable bassinet can be very useful when visiting family and friends.



- The Britex Flex is another lightweight option. The basic stroller weighs 12kg and a tandem seat can be added when more babies join the family. The stroller features a telescopic handle with eleven different heights available.

With smart houses now accessible to anyone with a smart phone the Phillips Hue lighting system, which pairs with Google Home and Google Mini is an easy way to give your child independence as they can turn on and off any light with just their voice.



- Toilet training can be difficult for any family, but short statured children can need some extra assistance when it comes to toileting.
- Removing clothing
- Getting onto the toilet
- Wiping
- Pulling clothing back up
- Getting down from the toilet
- Here are a few assistive technology items and ideas that can make things easier. Giving our children access to the toilet and keeping them safe while they use it is a concern for us all. Many young children began toileting with a potty. There is a potty shaped like a toilet which can be placed in the bathroom with its own toilet roll holder. There is even a button which makes a flushing sound, and the center can be removed for easy emptying.





- When they progress to a full-sized toilet you may wish to install a family toilet seat. This has both adult and child sized seat. This will help your child feel safe and supported while on the toilet.
- Your child will also require a step to help them climb up onto the toilet. Many people recommend the squatty potty step, though there are many step options available.
- Depending on how close your toilet is to walls or other secure hand holds your child may benefit from toilet handles. Throne company also sell a set of handles with attached steps.
- An idea to assist with redressing is to sew pull loops into pants so that they are easier to pull up. You can also buy clothing one size larger to make it easier.

The Children's Hospital at Westmead tells us that on average a short statured child will not begin to wipe their own bottom until nine years of age. To help with reach there are wiping tools available. Wiping Assist Tool www.ebay.com.au



- This is a travel bidet which was recommended at one of the sessions during our 2020 convention. You can have this bidet with you when out and about already filled with water. This would be great to give your child independence at school or while out with friends and family.



- Another option to assist with toileting at home is to install a bidet.
- There are two options, you can have an independent bidet installed, though this will require both the space to install it and significant plumbing work. Or you can update your toilet to one with a bidet function.
- The second option is to have a bidet function installed onto your existing toilet. This Smart Wash & Dry bidet heats the water which would be important in colder areas of Australia, and it has a built-in fan to aid drying. There are many bidets available which can be attached to an existing toilet.

