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| Low-cost Equipment | December 2015 |

Is it difficult for you to do some everyday tasks around your home because of your disability? Maybe there are some pieces of low-cost equipment that could make it easier for you to do your tasks.

Low-cost equipment is any item that costs less than $50 and can help you do your everyday tasks safely and independently.

If you buy low-cost equipment items yourself, you will not have to wait for either an assessment or for the equipment to be provided, and you will be able to get on with doing your everyday tasks.

## Types of low-cost equipment you may find helpful

* Special cutlery
* Electric can openers
* Raisers for a chair or bed
* Long-handled hair brushes/combs
* Reachers
* Dressing aids
* Short grab rails
* Walking sticks.

Your family may be able to buy these things for you – talk with them about what you may need.

The Ministry of Health is not always able to provide equipment to meet all the needs identified by disabled people. Generally, the Ministry of Health will only fund low-cost items for:

* children under 16 years of age
* people who can show that they cannot afford to buy the things themselves, for example, they are receiving either a special benefit or temporary additional support from Work and Income
* people who are living in residential care, are under 65 years of age and need the equipment because it is essential to support their personal safety.

## Where you can buy low-cost equipment

There are many companies that sell low-cost equipment that you can buy over the telephone or online.

The following organisations can also help you find places to buy low-cost equipment in your area:



Weka is New Zealand’s disability information website for disabled people; their families, whānau and caregivers; health professionals and disability information providers.

Website: [www.weka.net.nz](http://www.weka.net.nz/)

Freephone: 0800 171 981 (Enable Information)

Email: enable@enable.co.nz



The New Zealand Federation of Disability Information Centres (NZFDIC) provides an impartial information and referral service. It has a nationwide network of independent community centres.

Website: [www.nzfdic.org.nz](http://www.nzfdic.org.nz/)

Freephone: 0800 693 342 (0800 NZFDIC)

### Pharmacies

Some pharmacies also sell equipment.



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