

# ILC Tas Resources



**We ask that you do not photocopy the ILC Tas information sheets.**

For more copies, please complete the order form below. We will then arrange delivery or collection.

This ensures that up-to-date information is being given to clients and assists with document control as part of our accreditation requirements (ISO 9001). The order form is also used for statistical purposes.

ILC Tas constantly updates and creates new information sheets. Other information sheets may be available. ILC Tas welcomes feedback and suggestions for future information sheets.

For an up-to-date order form, please contact ILC Tas on 1300 885 886.

**Please return the order form via:**

**Post: ILC Tas  
275 Wellington Street  
South Launceston 7249**

**Fax: (03) 6335 9224**

**Email: [ilc@ilctas.asn.au](mailto:ilc@ilctas.asn.au)**

# ILC Tas Resource Order Form

Name: .....

Organisation: .....Phone:.....

Address: .....

Resources	Number Required	Office Use Only
<b>ILC Tas service brochures</b>		Date Sent
ILC Tas - The right equipment can make life easier		
Technology Access Service (North and North-West only)		
<b>Bathroom information sheets</b>		
Cleaning your bottom after toileting		
Getting on and off the toilet		
Getting in and out of the bath		
Showering		
Taps and water temperature regulation		
<b>Building and design information sheets</b>		
A quick look at bathrooms		
Bathrooms – design guidelines <i>Updated July 16</i>		
Making your home accessible <i>Updated July 16</i>		
A quick look at making your home accessible		
Grab Rails: A guide to selection and installation		
Lifts - Stepping up to the next level		
A quick look at kitchens		
Kitchens – design guidelines		
<b>Seating and Sleeping Information Sheets</b>		
Choosing a comfortable chair		
Sleeping – mattresses and beds		
Sleeping – adjustable beds		
Sleeping – bed equipment		

<b>Dressing information sheets</b>		
Dressing: Shirts and tops, trousers, pants and skirts		
Dressing: Shoes and socks		
<b>Kitchen and Household information sheets</b>		
Meal Preparation		
Great Gadgets for the Home		
<b>Communication information sheets</b>		
Communication Systems – Spelling Boards		
Home phone solutions		
Calling for help – from home (personal alarm call systems)		
Where to buy Personal Alarms		
Calling for help in the community – <i>New!</i>		
<b>Vehicles information sheets</b>		
Driving with a disability		
Getting in and out of the car		
<b>Tech information sheets</b>		
Speech Recognition Software		
Word Prediction Software		
<b>Other information sheets</b>		
Unsteady on your feet		
Gardening: Down & Dirty – Gardening for everyone		
Workplace seating and equipment		
Maintaining your wheelchair and cushion		
Choosing a Wheelchair		
Basic handling of a manual wheelchair		
Medication: Tips for managing your medication		
Bariatric Equipment – with higher load capacities		
<b>ILC Tas booklets</b>		
Scooters and Powered Wheelchairs		
Handy Guide to managing everyday activities with one hand		