

Equipment Resources

To manage at home, for a short time you may need to use equipment such as a walker, wheelchair, bath bench, etc. While you are in the hospital your health care team will decide if you need any equipment and will answer any questions you may have. It is necessary to arrange for the equipment while you are still in the hospital. By doing so, you make certain that your needs will be met once you are home again.

Any recommendation of an equipment provider is given for convenience only and is not an endorsement. Your health care team can help you navigate the system, but the final decision of who you go to is yours. Equipment can be supplied from the following sources:

1. The Canadian Red Cross Health Equipment Loan Program (HELP)

The HELP provides short-term loans of health equipment. Equipment loans last for 3 months. It is a volunteer run and donation-based program. All equipment remains the property of the Canadian Red Cross and must be returned in good condition. When borrowing equipment, you will be asked to provide the following:

- Your name, address and phone number
- Your family doctor's name and phone number
- A contact person's name, address and phone number (somebody who lives at a different address than you)

Equipment is loaned and returned on a daily basis. You should call ahead to make sure the equipment you need is available. If the item you need is not available, you can contact other HELP locations close to you, or you can purchase or rent it from a Medical Equipment Supplier.

2. Medical Equipment Suppliers

There are many equipment suppliers available to assist you; "comparison shop" to find one that you want to work with. Equipment can be purchased or rented. For a cost, most suppliers provide delivery, set-up, and return pick-up. Medical equipment suppliers can be found:

- In the Yellow Pages - listed under "Medical."
- On-line – use Yellowpages.ca or any search engine and enter phrases like: home health care equipment, medical supplies.

3. Foam Suppliers

Foam suppliers often have a ready-made stock of seat cushions and positioning wedges and bolsters to use when you are on the couch or in bed. Foam suppliers can be found:

- In the Yellow Pages - listed under "Foam."
- On-line – use Yellowpages.ca or any search engine and enter phrases like: foam, foam supplier.

4. Hospital Gift Shop

The hospital gift shop has equipment that you can buy to use in the hospital and then take home with you.

North Shore, Sea to Sky,
Sunshine Coast, Powell River,
Richmond and Vancouver

Items with a * are not available from the Red Cross and must be purchased. If you have extended health benefits or other income support, you may be eligible for partial or full reimbursement for your expenses.

Recommended Equipment

Dressing

- *Long-handled reacher
- *Long-handled shoehorn
- *Sock aid
- *Elastic shoelaces

Showering

- Shower chair (with backrest) - height: _____
- Bath transfer bench - height: _____
 Arm on: Left / Right
- Bath board - height: _____
- Tub grip
- *Hand held showerhead
- *Bath mats (inside and outside of tub)
- *Long-handled sponge/brush

Other

- Over-bed table
- Bed assist rail
- Floor-to-ceiling transfer pole
- *Transferable foam seat cushion - For use in the car, when visiting the homes of others, etc. Recommendation: 2-pound, high density foam - 17"wide x 17"deep x 4"high.
- Furniture risers - To raise the height of your bed, couch, chair, etc. Recommendation: for most people, a floor-to-seat height of 20" makes moving from sitting to standing easy.
- Hospital bed - This resource is limited to only a few Red Cross HELP locations. Call your HELP location to determine if they have hospital beds for loan or to find the location nearest you. The Red Cross does not provide delivery or pick-up of beds - you must arrange and pay for a moving service.

Toileting

- Raised toilet seat - height: _____
 With arm supports
- Toilet safety frame - height: _____
- Urinal: Male / Female
- Commode: Stationary / Wheeled

Mobility

- Regular cane - height: _____
- 2-Wheeled walker - height: _____
- Activator poles
- 4-Wheeled walker - height: _____
 With seat
- Forearm crutches - height: _____
- Axilla crutches - height: _____
- Manual wheelchair - width: _____
- Wheelchair seat cushion: Yes / No
- Other: _____

This equipment has been assessed and prescribed by:

 Occupational Therapist, VGH Spine Unit, 604-875-5804

 Physiotherapist, VGH Spine Unit, 604-875-5805

Program/Unit of Origin: The Department of Occupational Therapy, VGH

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The information in this document is intended solely for the person to whom it was given by the health care team.
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