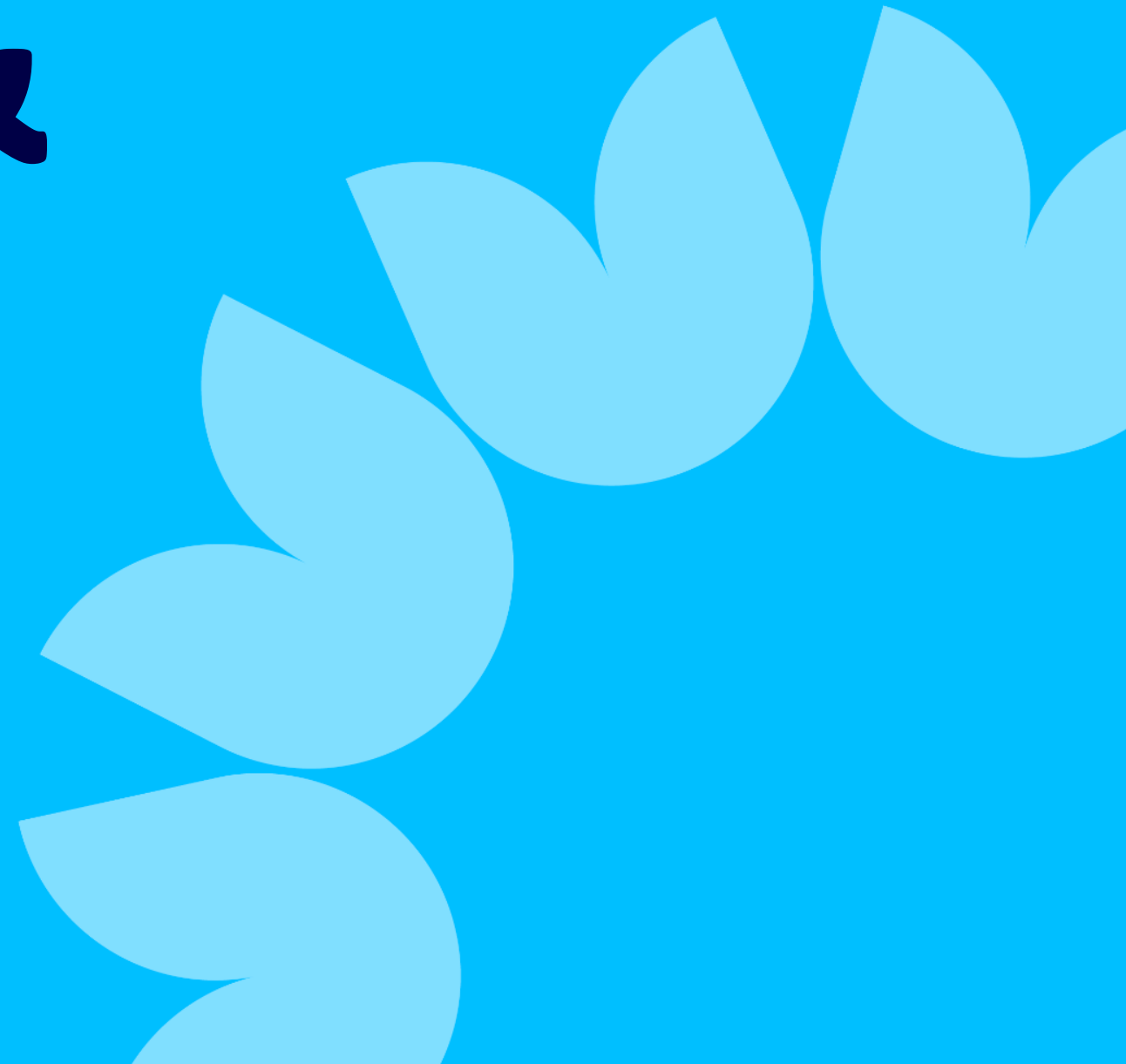


Hints & Tips



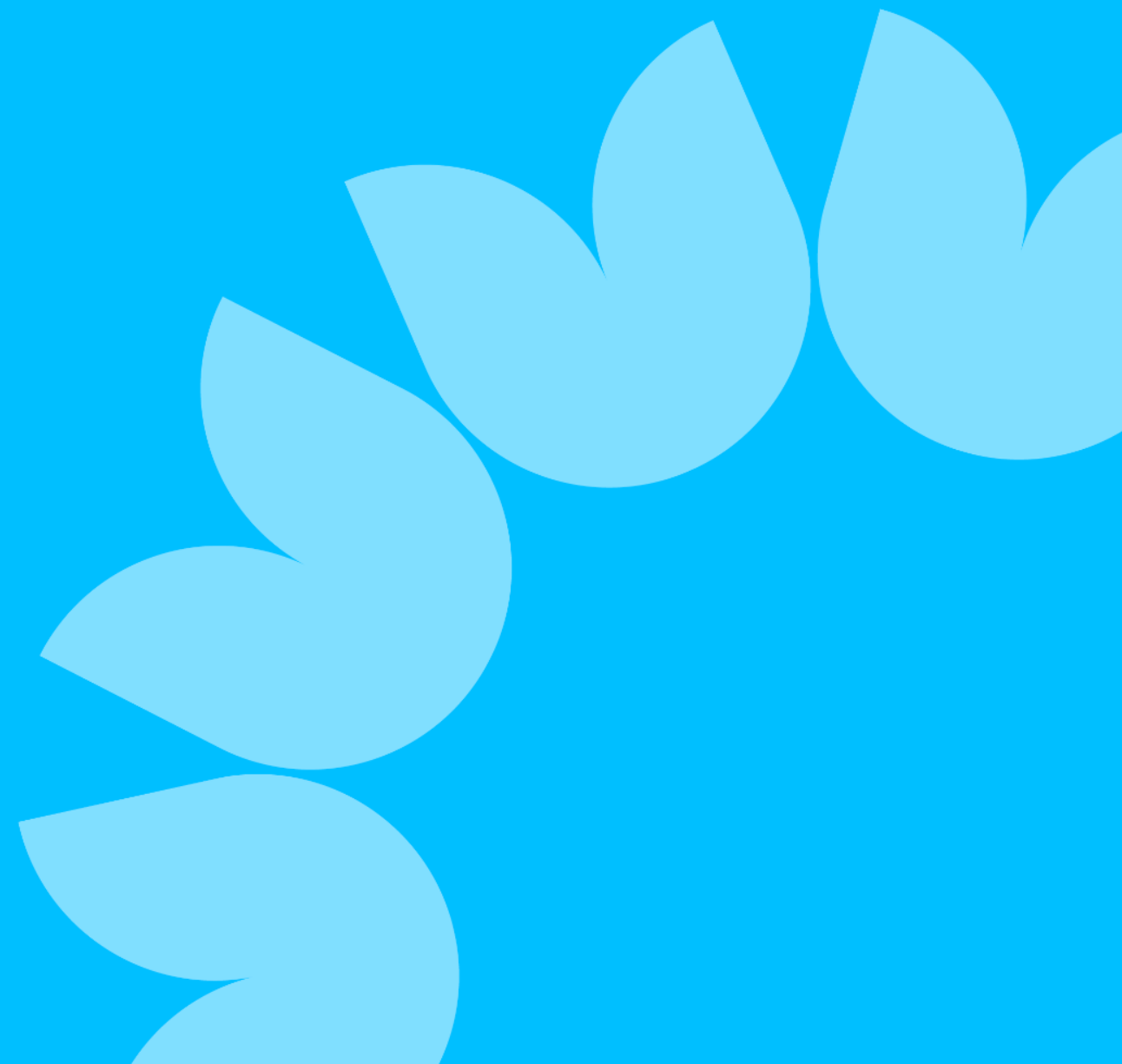
Parkinson's
UK Scotland



Getting Dressed



Parkinson's
UK Scotland





Blue extra Long handled shoe horn

£7.00



Sock aid

£14.00



Button hook and zip pull

£9.00

CommunityAdvice



Clare Gill

Skechers Slip-ins have been a life saver on bad days - worth every penny!

Antony Rose

Bungee cord/lockable laces on trainers.
Ditched the button fly jeans.



 Takealot.com

Buckleless Elastic Stretch Belt
For Women & Men Elastic...

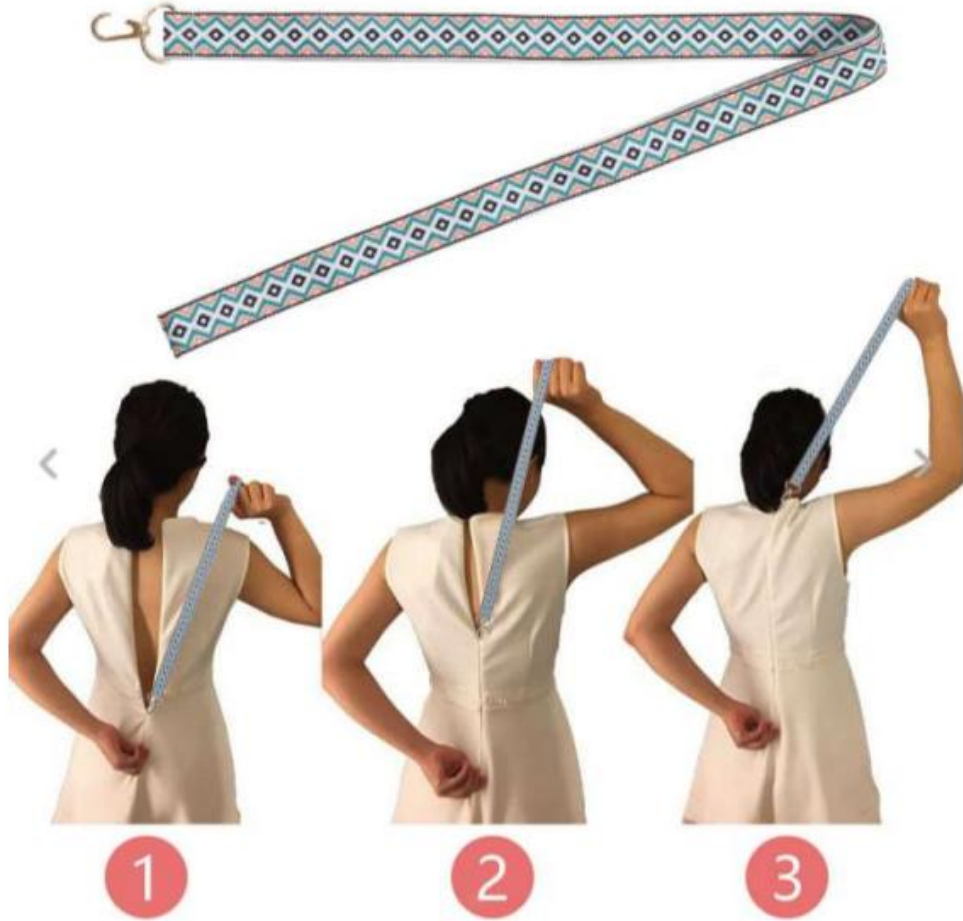
[Visit](#)



Zipper pulls - pack of 6

£7.00





in OT Tips and Tricks

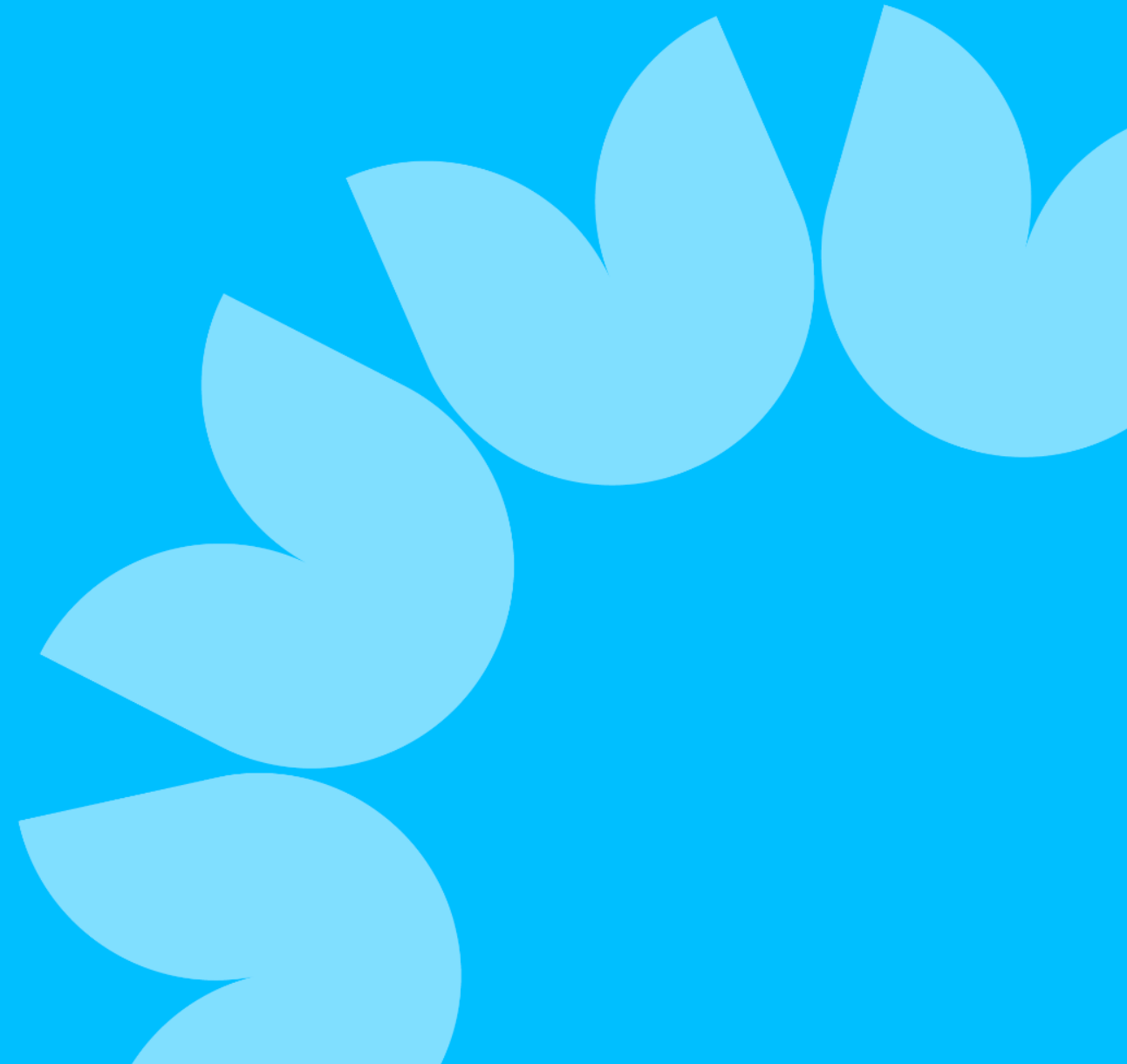


OT Tips – Buckingham Bra Angel

In Bed



Parkinson's
UK Scotland





Parafricta mobility assi sheet

£75.00



Sit and slide sheet

£58.33

"This glide sheet let's me move from sitting to sleeping position easily. I turn to my side and push myself down the bed. It also helps me to move from my back to my side during the night."



"A bed grab rail helps me get out of bed in the morning when I am unmedicated and feeling very stiff. It also prevents me rolling out of bed and injuring myself."



Waterproof towelling pillowcase - pair

£20.00