



Going shopping

Mable



Easy English



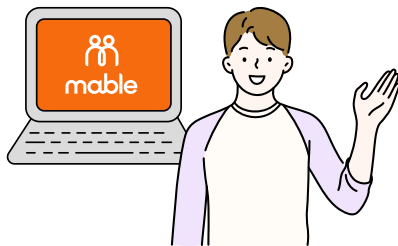
Going shopping

About this guide

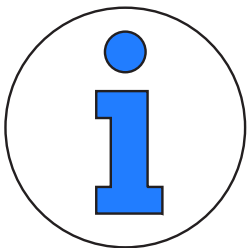
This guide tells you how to go shopping if you have a disability.



This guide is written by Mable.



Mable is where you can find independent support workers online.



Contact information is at the end of this guide.

Hard words

This guide has some hard words.



The first time we write a hard word

- the word is **blue**
- we write what the hard word means.

There is a list of the hard words at the end of the guide.

Get help with this guide

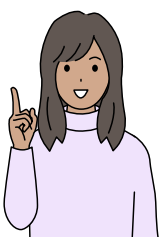
Someone can help you



- read this guide



- know what this guide is about

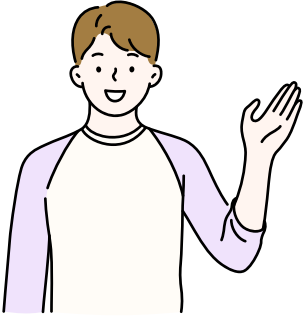


- find out more.

Bring a support person

A support person is someone who helps you.

They can be a



- support worker



- friend



- family member.



A support person can help you

- carry things



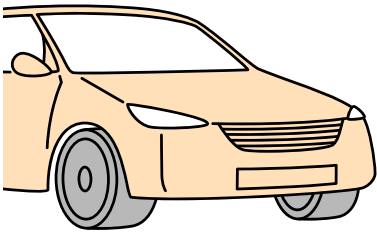
- find what you need



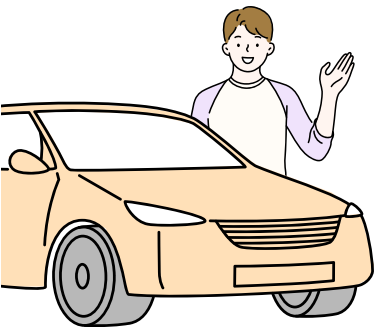
- feel more comfortable.

Plan your transport and parking

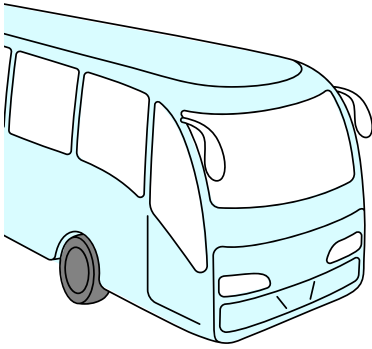
You can check



- where to park



- drop-off zones



- public transport options.



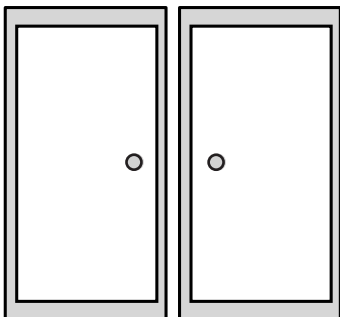
Look online or call the shopping centre to ask.



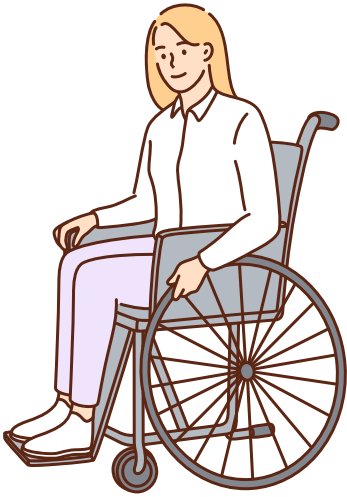
Check if the shop is accessible

Accessible means it is easy for people with disability to use.

Some shops have



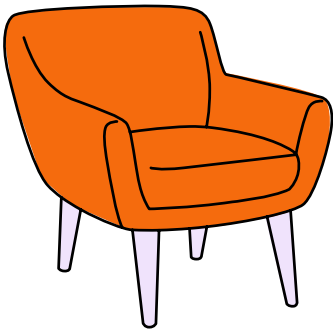
- wide doors



- space for wheelchairs



- accessible change rooms



- seats to rest.

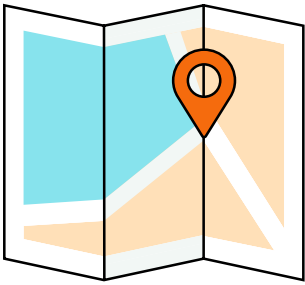


You can ask if the item you want is in stock.



Use a shopping centre map

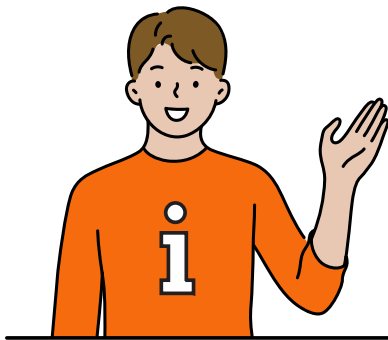
Big shopping centres can be confusing.



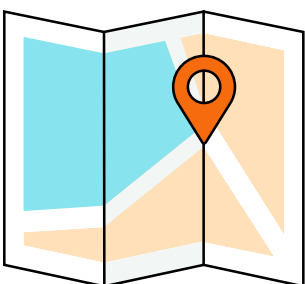
You can find a map of the shopping centre



- on their website

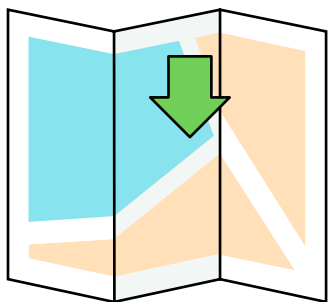


- at the information desk.



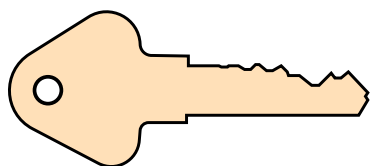
Check

- where the shops you want are



- the best entrance to use.

Get an **MLAK** key



An MLAK key opens locked toilets and lifts for people with disability.

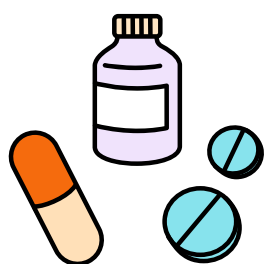
You can buy it online at MasterLocksmiths.com.au.



Wear easy clothes

Wear clothes that are easy to take off and put on.

This helps if you want to try on clothes in the shop.



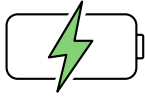
Pack what you need

You can bring

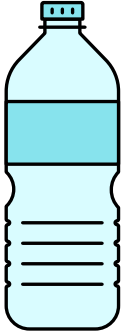
- medicine



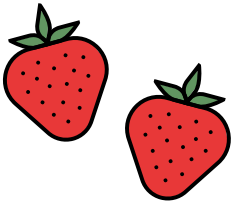
- glasses



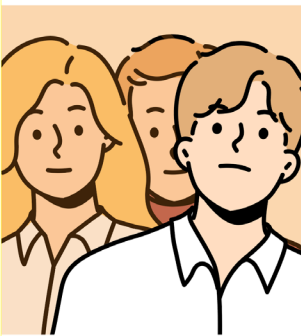
- phone charger or power pack



- water



- a small snack.



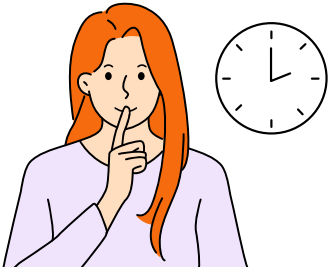
Go at a quiet time

Shops can get busy and crowded.

You can



- call ahead to ask when it is quiet



- visit during **quiet hours**.

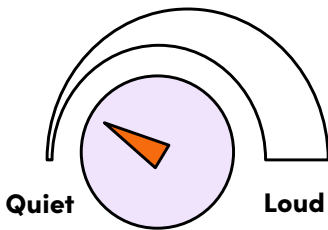


Quiet hours are special times for people who like a calm place.



During quiet hours, shops have

- lower lights



- no loud music



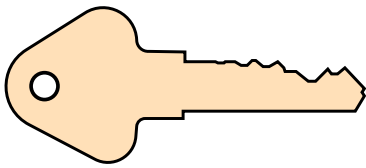
- no announcements.



Word list

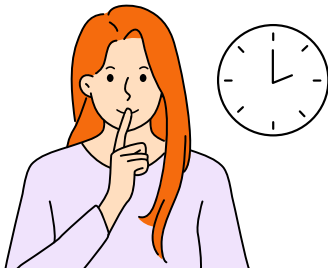
Accessible

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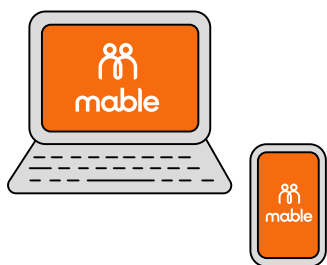
MLAK key

An MLAK key opens locked toilets and lifts for people with disability.



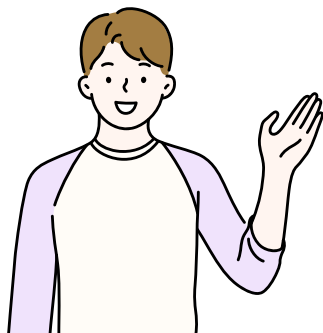
Quiet hours

Quiet hours are special times for people who like a calm place.



About Mable

Mable is a website and app.

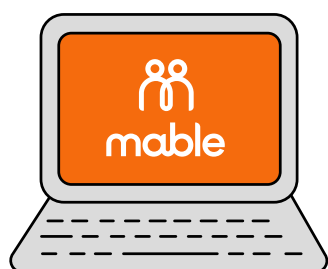


It helps people find independent support workers



You can contact Mable.

Phone: 1300 73 65 73



Website: www.mable.com.au



Email: support@mable.com.au



Mable's office hours are Monday to Friday,
8 am to 6 pm (Sydney time)