



## Finding support on Mable



Easy English

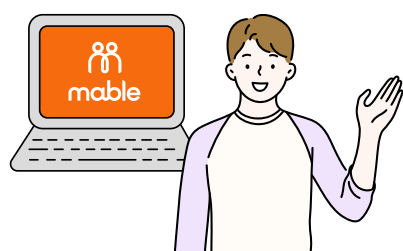
## Finding support on Mable

### About this guide

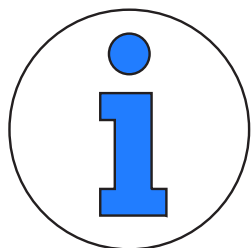
This guide tells you what support you can find on Mable.



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.



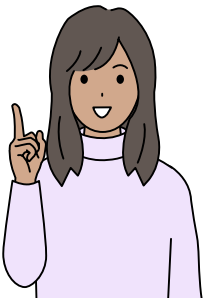
## Get help with this guide

Someone can help you

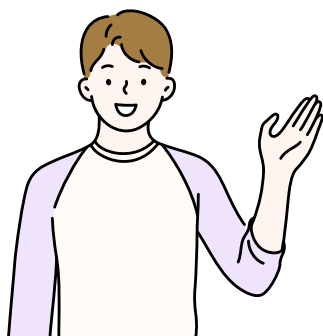
- read this guide



- know what this guide is about



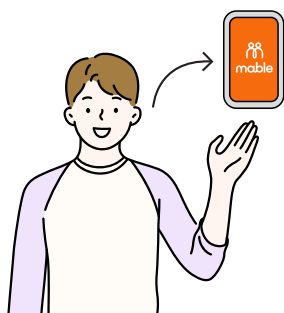
- find out more.



## Support at Mable

People have different needs.

Mable has **independent support workers** to help people meet their needs.



Independent support workers do not work for Mable.

Independent support workers use Mable to tell people how they can help.



Independent support workers help people:

- with daily needs



- do things on their own.



Independent support workers can help

- people with a disability



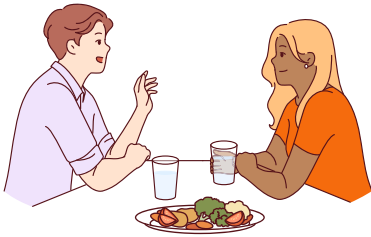
- older people.



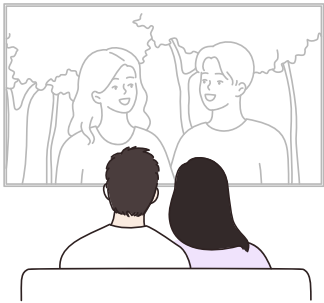
### **Types of support**

There are many ways an independent support worker can help you.

- play a sport



- go to lunch or dinner



- see a movie or show



- visit friends and family



- do a hobby



- do a class.



### **Domestic support**

An independent support worker can help you

- vacuum



- mop



- wash your dishes



- iron



- do the laundry



- make your bed



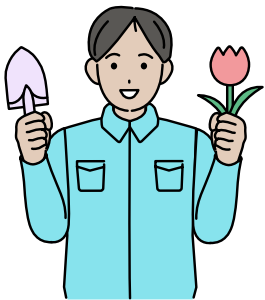
- plan your day



## Gardening

An independent support worker can help you

- weed
- mow the lawn



- plant new plants



- cut branches.



## Home Maintenance

An independent support worker can help you

- change a lightbulb







- change the smoke alarm battery



- fix cupboard doors



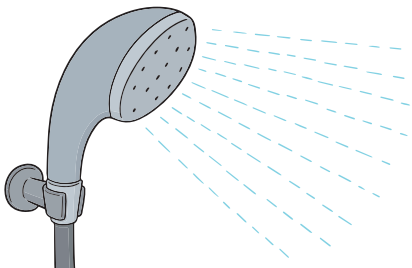
- fix furniture that needs small repairs.



## Personal care

An independent support worker can help you

- eat



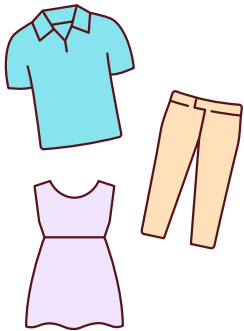
- shower



- go to the toilet



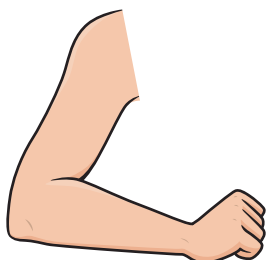
- brush your teeth



- get dressed

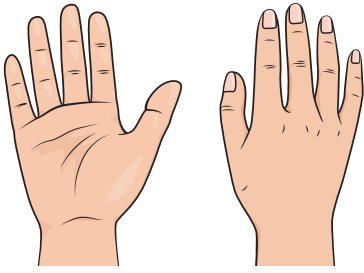


- exercise.



Independent support workers can give you a light massage on your

- arms



- hands



- legs



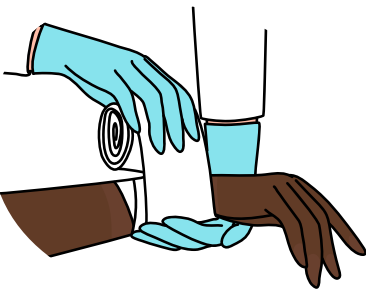
- feet.



## **Nursing services**

A nurse can help you

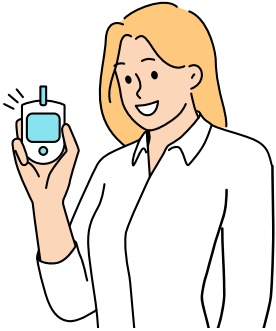
- take medicine



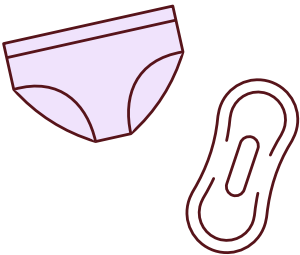
- take care of wounds and cuts



- check your insulin



- check your blood sugar levels



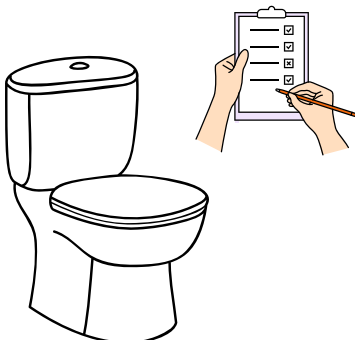
- with **continence** care.



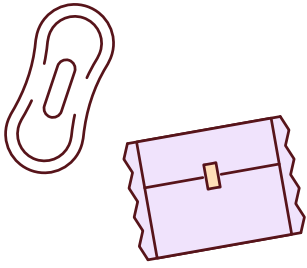
Continence care helps to control your bowel and bladder.

Continence care can be

- bladder training exercises



- a plan for going to the toilet



- the use of single-use pads.

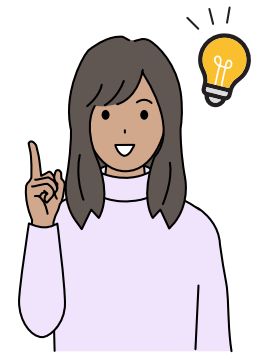


## Speech therapy

Speech therapy helps people find the best way to **communicate**.

Communicate means to share

- thoughts



- ideas



- feelings.

# Hello

People can communicate with:

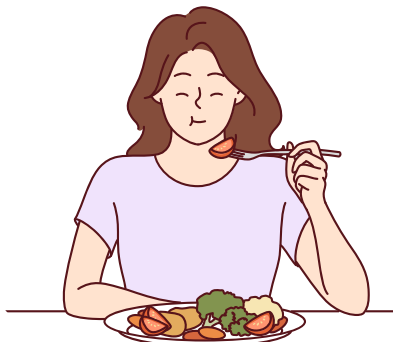
- words



- signs



- symbols.

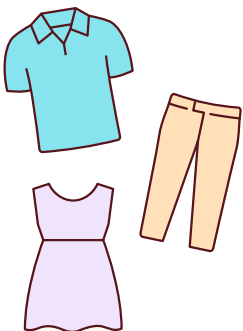


## Occupational therapy

Occupational therapy can help people be better at everyday things.

Occupational therapists can help you

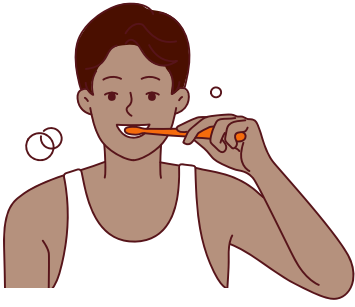
- feed yourself



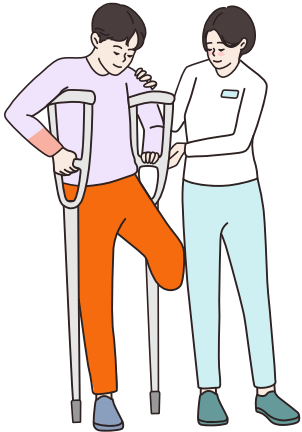
- dress yourself



- wash



- clean your teeth



- move around more easily.

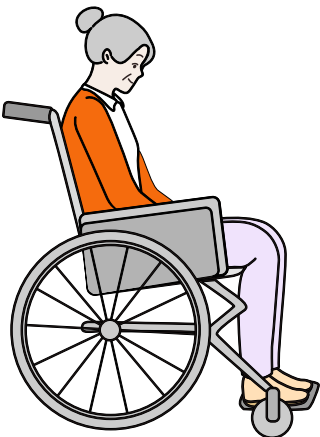


## Physiotherapy

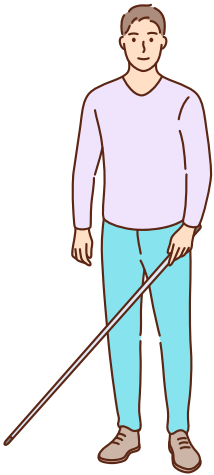
Physiotherapy makes it easier for people to move their body.

You might get physiotherapy if you have

- been injured



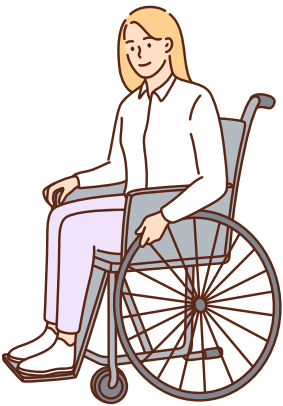
- a **physical disability**



A physical disability is a disability that impacts part of the body.

Some physical disabilities are

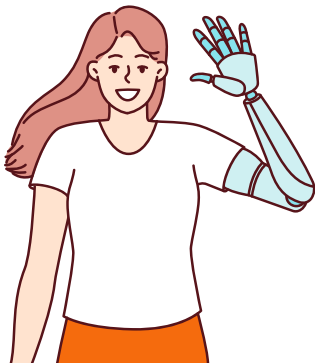
- multiple sclerosis



- muscular dystrophy

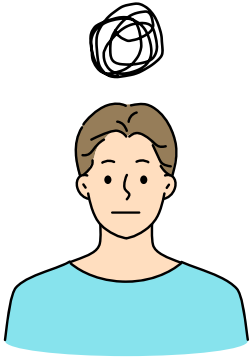


- cerebral palsy



- loss of limbs





## Mental health support

You can get mental health support if your mental health condition is

- permanent



- affects your ability to do everyday things.



Some mental health conditions are:

- schizophrenia



- post traumatic stress disorder



- obsessive compulsive disorder



- bipolar disorder.



## Word list

### Independent support workers

Independent support workers do not work for Mable.

Independent support workers use Mable to tell people how they help people.



Independent support workers help people with

- daily needs
- do things on their own.



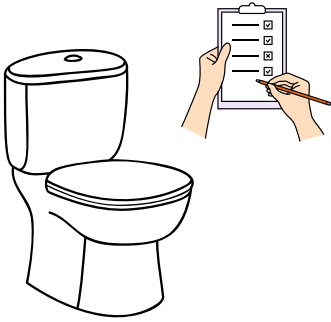
### Continence care

Continence care helps to control your bowel and bladder.

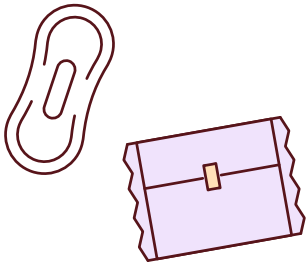
Continence care can be:

- bladder training exercises





- a plan for using the toilet



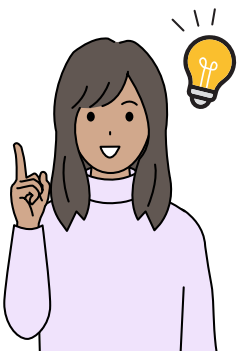
- the use of single use pads.



## Communicate

Communicate means to share

- thoughts

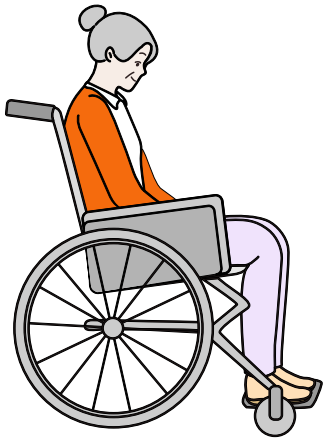


- ideas

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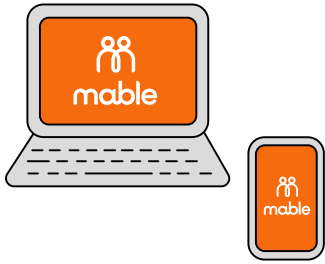


- feelings.



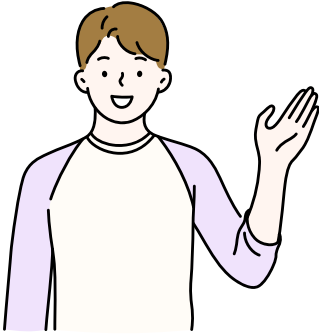
### **Physical disability**

A physical disability is a disability that impacts part of the body.



## About Mable

Mable is a website and app.

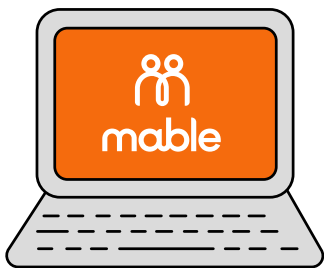


It helps people find independent support workers.



You can contact Mable.

Phone: 1300 73 65 73



Website: [www.mable.com.au](http://www.mable.com.au)



Email: [support@mable.com.au](mailto:support@mable.com.au)



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