

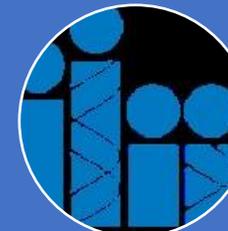
Exercise & Medical, Safety Equipment Resources

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When seeking exercise advice or medical equipment, remember to consult your doctor for appropriateness and safety. Some medical equipment may be available through your health insurance and prescription from your doctor. Equipment that is not covered by your health insurance can always be purchased privately; costs will vary. Additional recommendations for medical equipment can be local consignment stores, Wal-Mart, Target and local churches. Please make sure that you inspect all medical equipment for proper maintenance and safety before using and/or purchasing. For a listing of local medical equipment providers in your area, please look in the yellow pages under Medical Equipment.



Exercise Resources

 <p>Yoga -Internet or Community search for Chair/Adaptive</p>	 <p>Internet Video search for Modified Exercises</p>	 <p>Walking (around the house, outside, at the mall)</p>	 <p>Aquatic Exercise (community centers, gyms)</p>	 <p>HDSA (search Exercise for information/recommendations)</p>
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Medical Alert & Monitoring

Adaptive Equipment and Information



Medical Alert, Monitoring & Adaptive Resources

Services include jewelry to wear to identify the persons medical needs, and device to call/monitor for assistance without phone. Examples:

- *LifeAlert, Medic Alert, Phillips Lifeline, etc.*

Assistive technology is any device, software, or equipment that helps people work around their challenges. Some examples of assistive technology are text-to-speech and word prediction. Assistive technology includes low-tech tools, too, like pencil grips.

- *Internet Search of Assistive/Adaptive Devices*



Finding Medical Equipment



Insurance Coverage

- Insurance will cover some medical equipment
- For information about what is covered, contact your insurance provider or visit: *U.S. Department of Health & Human Services, Centers for Medicare & Medicaid Services*



Specialty Equipment

- Broda Chair (recliner)
- In Step Mobility (walkers)
- Motorized Wheelchairs, Scooters
- These may not be covered by insurance, but can be found via internet search for options and costs.



Medical or Equipment Stores

- Carry equipment and other medical supplies
- Internet search for Medical Equipment or Supply Stores serving your area.



Where to find more information:



Contact your medical providers for assessment, recommendations and prescriptions as needed for insurance coverage.



Talk with other HD families. They can offer the resources, equipment and companies that worked or didn't work for them.



Contact HD Social Worker
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