



Mary had for long been unsteady on her feet and afraid of falling. With the Ergogrip support bar, she now feels safe and self-reliant carrying out her daily routines.

With a firm grip on everyday life

With backgrounds as physiotherapists, Aase Rokne and Bibba Benum had seen numerous people struggle with their balance and the resultant fear of falling. In a pursuit to revolutionise care for the elderly and empower them to feel safe and self-reliant in their everyday lives, the two set out to design a support bar that would restore the user's feeling of mastery and dignity. The result? Ergogrip – offering a firm grip on everyday life.

By Julie Lindén | Photos: Ergogrip

“We were invited to take part in a project that set out to ease the work for carers in retirement homes,” says Rokne about the process that spawned the idea of a support bar for the elderly and people with unsteady balance. “We realised this kind of support bar around bathroom sinks would aid individual care tremendously, as it meant users would be free to move and care for their personal hygiene on their own terms. Seeing how the product could help improve quality of life encouraged us to create a universal design that could be easily attached – offering real security for those afraid to fall, but also other users.” The Ergogrip support bars have been tested by carers, users and ergotherapists, ensuring the products’ user-friend-

liness and adaptability, and engineers have also played part in the development process. After numerous testing phases a selection of designs was chosen for production, and the result is – as Rokne confirms – nothing short of revolutionary. “It’s safe, it can handle any weight and meets all demands of hygiene, and its universal design supports use by everyone. It’s also a valid point that the bar makes life easier and safer for nurses and carers,” says Rokne.

The Ergogrip bar’s crescent shape allows users to gain a firm grip all the way around the sink, offering many different grip opportunities. The bar can also be used for lighter exercise. “There are plenty

of exercises that can be carried out with the bar. These help users to get by on their own and be self-reliant as long as possible. Thus they gain mastery and freedom of their own lives,” says Rokne, adding: “We see a restoration of dignity and privacy in older people, and it’s a beautiful thing to witness.”

Ergogrip is currently implemented at retirement homes and hospitals, with hopes that it will soon be used even more during at-home rehabilitation.



For more information, please visit:
www.ergogrip.no