
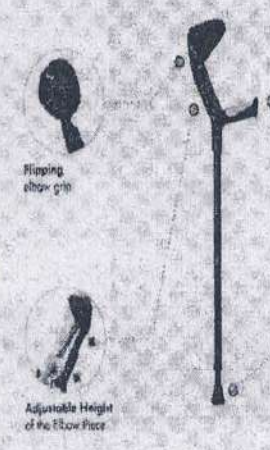


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दमक नगरपालिका



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प्रमुख प्रशासकीय अधिकृत

### सहायक सामग्री र मापदण्ड

ASSISTIVE DEVICE	DEFINITION	SPECIFICATIONS
<p>1. Axillary Crutches ISO Code: 12.03.12</p> 	<p>Devices providing support when walking that have a horizontal padded support that is placed against the upper body next to the armpit</p>	<ul style="list-style-type: none"> <li>Constructed from mild steel aluminium alloy tubes.</li> <li>Double molded hand grip with soft cushioning.</li> <li>Height-adjustment mechanism: double height adjustment (handgrip and shaft)</li> <li>Tips securely fitted and made from durable rubber</li> <li>Max/min adjustable height: 984/745 ± 5 mm</li> <li>Weight bearing capacity: 120kg</li> <li>Size: Large, Medium, Small</li> </ul>
<p>2. Elbow Crutches ISO Code: 12.03.06</p> 	<p>Devices, adjustable in height, providing support when walking that have a semi-circular support for the elbow, a horizontal hand grip, a single shaft, and one tip</p>	<p>Short- or long-term use for child or adult who needs support to balance or bear weight through their legs</p> <p>Cuff:</p> <ul style="list-style-type: none"> <li>closed/semi-circle</li> <li>hinged/fixed attachment</li> <li>Ergonomically molded handgrip</li> </ul> <p>Shaft:</p> <ul style="list-style-type: none"> <li>height-adjustable</li> <li>fitted with tip</li> </ul> <p>Height-adjustment mechanism:</p> <ul style="list-style-type: none"> <li>quick-release</li> <li>single height adjustment (shaft only)</li> <li>double height adjustment (cuff and shaft)</li> </ul> <p>Complete assembly with appropriate tip for environment Tips securely fitted and made from durable rubber</p> <p>Three to four different sizes to fit children and adults (e.g. child, youth, adult, tall adult)</p> <ul style="list-style-type: none"> <li>Bariatric range for users over 120 kg</li> </ul>

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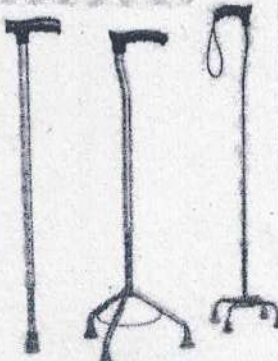
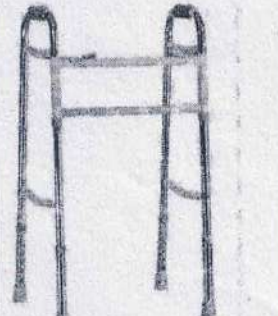

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3.	Walking sticks/canes ISO Code: 12.03.03 	Adjustable/non-adjustable mobility device with a handgrip  Types: L-stick Tripods Quadri pods	<ul style="list-style-type: none"><li>• Constructed from mild steel aluminum alloy tubes.</li><li>• ABS handle with comfortable grip.</li><li>• Height-adjustment mechanism: Telescopic, quick-release</li><li>• Soft gel on handle top</li><li>• Tips securely fitted, non-slip, and replaceable or interchangeable</li><li>• Weight bearing capacity: 110kg</li><li>• Size: Large, Medium, Small</li></ul>
4.	Walking Frames Walker ISO Code: 12.06.03 	Frame that helps a person to maintain stability and balance while walking or standing, with either four tips (ferrules) or two tips and two castors	<ul style="list-style-type: none"><li>• Rigid steel frame</li><li>• Foldable with net height of 10 cm</li><li>• Foam hand grips for extra comfort.</li><li>• Width/ folded depth: 52cm/10cm</li><li>• Height: From 79 to 91.5 cm</li><li>• Weight bearing capacity: 3.3kg/125kg</li><li>• Size: Large, Medium, Small</li></ul>
5.	Rollator 		Short- or long-term use for adult who is frail or needs support to balance or bear weight through their legs Specific characteristics 1. Pushed in front of user 2. Frame: <ul style="list-style-type: none"><li>• folding or rigid</li><li>• height-adjustable handgrips</li><li>• four wheels</li><li>• seats</li></ul> 3. Height-adjustment mechanism: <ul style="list-style-type: none"><li>• telescopic</li><li>• quick-release</li></ul> 4. Handgrips: <ul style="list-style-type: none"><li>• molded grips</li></ul> Requirements for standard configuration <ul style="list-style-type: none"><li>• Two handgrips</li></ul>




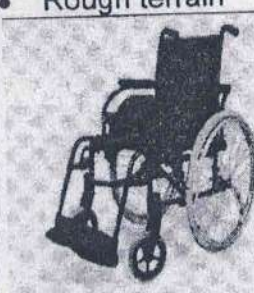
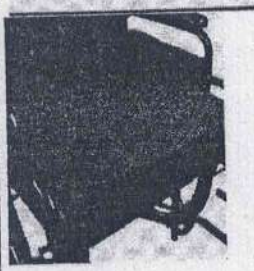
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		<ul style="list-style-type: none"> <li>• Four wheels with diameter 100 mm</li> <li>• Driving and parking brakes</li> <li>• Fold-down seat May include basket Size range to fit all adults Bariatric range for users over 120 kg</li> </ul>
<p>6. Manual Wheelchairs ISO Code: 12.22.03</p> <p>Types:</p> <ul style="list-style-type: none"> <li>• Active</li> <li>• Semi-active</li> <li>• Rough terrain</li> </ul>  	<p>Intended to be self-propelled by the users by pushing rims or wheels. Can be used indoor/outdoor and on various types of terrain.</p>	<p><b>1. Active wheelchair</b> Wheelchair with folding or rigid frame, three or four wheels with large rear wheels, seat and backrest, armrests and footrests</p> <ul style="list-style-type: none"> <li>• <u>Frame</u>: frame with mechanism(s) to fold or dismantle</li> <li>• <u>Backrest</u> or back posts with adjustable height or supplied with range of back posts with fixed height.</li> <li>• <u>Footrests</u>: with adjustable height to accommodate people with shorter and longer legs. Two flip-up, swing-away or removable footrests on folding frame</li> <li>• <u>Rear wheels</u>: quick-release or removable without tools</li> <li>• <u>Puncture-proof</u> or pneumatic rear tyres and front castors</li> </ul> <p><b>2. Rough terrain wheelchair</b> Wheelchair with folding or rigid frame; three, four or more wheels, with two larger drive wheels; seat and backrest; and footrests behind front castors</p> <ul style="list-style-type: none"> <li>• May be lever-propelled</li> <li>• Longer wheelbase than active wheelchair; larger overall length than transport wheelchair with large rear wheels</li> <li>• Low center of gravity to ensure stability</li> <li>• Rear wheels and castors appropriate for outdoor rough terrain</li> </ul> <p><u>Frame</u>: frame with mechanism(s) to fold or dismantle, push-handles can be integrated into frame, supplied as an add-on component or omitted, integrated stability options for feet, backrest or back-posts with adjustable height or supplied with range of back-posts with fixed height</p>



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			<p><b>Backrest:</b> tension-adjustable backrest or rigid backrest that can be adjusted independently from back-posts, quick-release mechanism to be removed to allow folding</p> <p><b>Footrests</b> with adjustable height. Two flip-up, swing-away or removable footrests on folding frames.</p> <p><b>Rear wheels (manual propelling):</b> with push-rims or lever-propelled and quick-release or removable without tools for rigid frames for transport; optional for wheelchairs with folding frame. Wider or larger-tread tyres</p> <p><b>Puncture-proof</b> or pneumatic, rear tyres and front castors</p> <p><b>Rear and front wheels (lever propelling):</b> size and width of front and rear wheels appropriate for rough terrain and wheelchair design, three or multiple wheels, puncture-proof or pneumatic wheels</p> <p><b>Cushion:</b> Supplied with cover that meets general design requirements; for users with incontinence, a water-resistant cover or lining to protect cushion should be supplied</p> <ul style="list-style-type: none"> <li>• overall height approximately 70–120 mm</li> <li>• allows full or deep offloading or immersion (sinking into) and envelopment (conforming to shape) 40–45 mm) or deeper</li> <li>• different length options or adjustable in length</li> </ul>
7.	<p>Wheelchair with postural support (CP wheelchair)</p> 	<p>Intended for Child or adult with intermediate or advanced posture support needs who requires variable tilt or recline, or larger range of static tilt or recline than available on manual wheelchairs</p> <ul style="list-style-type: none"> <li>• For users who self-propel or need to be assisted</li> </ul>	<ul style="list-style-type: none"> <li>• Rigid frame or frame with mechanism to fold</li> <li>• Three or four wheels, push-handles,</li> <li>• Range of integrated or included postural support device and posture support cushion</li> <li>• Large-range adjustable recline and large-range adjustable and variable (dynamic) tilt</li> <li>• Rear wheels and front castors appropriate for indoor and outdoor mixed terrain</li> </ul> <p>Requirements for standard configuration</p> <ul style="list-style-type: none"> <li>• integrated mechanism or adjustment options to prevent tip-over when chair used with tilt or recline</li> <li>• Footrests with adjustable height; available in at least two adjustment ranges on all sizes of</li> </ul>



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			<p>wheelchair to accommodate people with shorter and longer legs; two flip-up, swing-away or removable footrests for wheelchairs with folding frames</p> <ul style="list-style-type: none"> <li>• Mechanism or adjustment options available to maintain backwards stability with maximum combined seat and backrest configuration adjustments</li> <li>• For self-propelled wheelchairs: adjustment options to improve reach to rear</li> </ul> <p><u>Rear wheels:</u></p> <ul style="list-style-type: none"> <li>• quick-release or removable without tools on rigid frames for self-propelled wheelchairs</li> </ul> <p><u>Castors:</u></p> <ul style="list-style-type: none"> <li>• Puncture-proof or pneumatic rear tyres and front castors</li> </ul> <p><u>Back rest and support</u></p> <ul style="list-style-type: none"> <li>• Height adjustable or available in different lengths to optimize trunk support (at least at shoulder height or higher)</li> <li>• Rigid seat and backrest: removable without tools on folding frame.</li> <li>• Headrest attached to back of backrest and with adjustable forward and backward, sideways, height and angle; must be able to support head behind, in line or in front of back support as required.</li> <li>• Pelvis strap (positioning belt) with adjustable length</li> <li>• Adjustable and removable knee separator pad (medial knee support); may be integrated in cushion; standard on child size and optional on adult size</li> <li>• Calf or foot straps with adjustable length</li> <li>• Tray table or flip-up or removable armrests with adjustable height</li> <li>• Outside (lateral) thigh or knee pads (supports) for seat, shoulder harness and chest strap</li> </ul>
8.	Tricycles ISO Code: 12.18.09	Trikes or three-wheeled cycles for greater mobility and mostly for outdoor use	<ul style="list-style-type: none"> <li>• Disability hand operated tricycle, heavy duty which includes seat with backrest, footrest platform, single handed steering.</li> <li>• Body parts made of steel</li> <li>• Overall dimension: Length: 1,750mm, Width: 720mm, Height: 1,000mm, Weight: 38kg</li> </ul>



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			<ul style="list-style-type: none"> <li>• Seat size: Width: 400mm, Depth: 380mm, High: 650mm</li> <li>• Frame tube: diameter: 25.4mm, thickness: 11.5mm; Powder coated or stainless steel</li> </ul> <p>Note: Locally manufactured item available in Nepal.</p>
9.	<p>Modified shoes/ Orthopedic shoes/ Footwear for diabetes /neuropathic foot ISO Code: 06.33.30</p>	<p>Orthopedic shoes are specially designed footwear intended to provide support, proper alignment, comfort, and relief for individuals with various foot and lower limb conditions or deformities.</p>	<p>Orthopedic shoes come in various styles and can accommodate a range of foot conditions, from common problems like bunions and hammertoes to more serious conditions associated with arthritis or diabetes</p> <p>Specification Materials most include leather, foam rubbers, cellular polymers having long durability and comfortable wearing with ease.</p> <p>Size: Individual measurement should be taken</p> <p>Note: Locally manufactured item available in Nepal.</p>
10.	<p>Club foot shoes/ Foot abduction braces</p>	<p>Device used in the treatment of club foot</p>	<p>Individual measurement should be taken at the referred center Note: Locally manufactured item available in Nepal.</p>






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11.	<p>Ankle-Foot Orthotics (AFO) / Orthosis for foot drop          ISO Code: 06.12.06</p> 	<p>Orthosis that encompasses the ankle joint and the whole or part of the foot</p>	<p>Externally applied customized appliances/ device used to support, assist, or correct the weakened segment of the lower extremity in the subtalar region, ankle, and foot.</p> <p>Specifications:</p> <ol style="list-style-type: none"> <li>1. Made of durable and elastic polypropylene.</li> <li>2. Suitable for all types of shoes, can be used while wearing shoes</li> <li>3. Help with dorsal flexion</li> <li>4. Light weight, strong durability and load bearing</li> <li>5. Colors and details can be customized</li> </ol> <p>Size: Individual measurement should be taken at the referred center</p> <p>Note: Locally manufactured item available in Nepal.</p>
12.	<p>Hip Knee Ankle Foot Orthotics (HKAFO)/ Caliper</p>  <p>Knee Ankle Foot Orthosis(KAFO)          ISO Code: 06.12.12</p>	<p>Orthosis that encompasses the knee and ankle joints and the foot</p>	<p>A KAFO is a device that is used to control instabilities in the knee and lower limb by maintaining proper alignment and controlling motion.</p> <p>Specification</p> <ol style="list-style-type: none"> <li>1. Made of durable and elastic polypropylene.</li> <li>2. Suitable for all types of shoes, can be used while wearing shoes</li> <li>3. Help with dorsal flexion</li> <li>4. Light weight, strong durability and load bearing</li> <li>5. Colors and details can be customized</li> </ol> <p>Size: Individual measurement should be taken at the referred center</p> <p>Note: Locally manufactured item available in Nepal.</p>



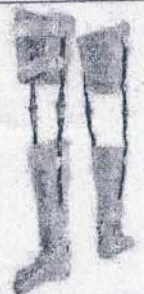


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<p>13. Lower Limb Prosthesis</p> 	<p>Upper/ Lower limb prosthesis:          The device that replaces part of the upper and lower limb</p> <p>ISO Code: 06.24.09          ISO Code: 06.24.15          ISO Code: 06.18.15          ISO Code: 06.18.09</p>	<p>Size: Individual measurement should be taken at the referred center          Note: Locally manufactured/customized item available in Nepal.</p>
<p>14. Upper Limb Prosthesis</p> 	<p>Upper/ Lower limb prosthesis:          The device that encompasses or support the part of upper and lower limb</p>	<p>Size: Individual measurement should be taken at the referred center          Note: Locally manufactured/customized item available in Nepal.</p>



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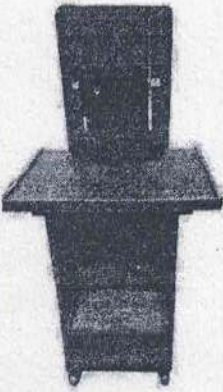

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<p>15. CP Chair ISO Code 18.09.39</p> 		<ul style="list-style-type: none"><li>• CP Chair (with adjustable incline &amp; tray) Hardwood &amp; ply board constructed, naturally finished Chair reclines through an arc and can be adjusted to any desired position.</li><li>• Comes with adjustable foam padded headrest which can be formed &amp; reformed as needed.</li><li>• High back supports &amp; holds the child with wide belt.</li><li>• Laminated activity Tray size 56cm x 63cm with polished wooden raised edges, holds the items from falling.</li><li>• Adjustable Seat &amp; Foot board are 30cm wide and suits the small children. Mounted on ball bearing castors.</li><li>• Knee separator</li></ul> <p>Size: Individual measurement should be taken. Note: Locally manufactured item available in Nepal.</p>
<p>16. CP standing frame</p> 		<ul style="list-style-type: none"><li>• Weight: 35kg</li><li>• Material: PVC+ Wood and steel frame+ Soft cushion + Vinyl nylon straps</li><li>• Suitable age: 5-15 years old children (90cm - 130cm)</li><li>• Height Adjustable for Customized Support</li><li>• Provides Proper Standing Positions</li><li>• Improves Posture, Trunk Control, and Balance</li><li>• Supports Weight-Bearing Exercises and Lower Limb Strengthening</li><li>• Durable Construction for Longevity</li></ul> <p>Size: Individual measurement should be taken Note: Locally manufactured item available in Nepal.</p>



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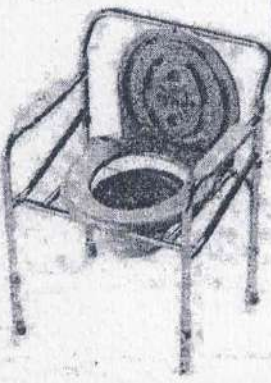


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17.	Toilet Chair/ Commode chairs ISO Code: 09.12.03 	Chairs, with or without castors, with a built-in collection receptacle used for toileting away from the bathroom	<ul style="list-style-type: none"><li>• Foldable</li><li>• Fixed or removable backrest Seat with aperture</li><li>• Removeable collection bucket (pan)</li><li>• User capacity 100 kg</li><li>• Height adjustable</li></ul>
18.	Glass for low vision (High power spectacles, Distance glass) ISO Code: 22.03.06 	Distance glasses focus on things that are further away in positive selected power grades	Individual need as per prescribed by technical person
19.	Magnifying Glass ISO Code: 22.03.09 	Convex lens that is used to produce a magnified image of an object	Individual need as per prescribed by technical person



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20. White Cane ISO Code: 12.39.03		Devices for navigation or identification of the surroundings used by a person with a visual impairment	<ul style="list-style-type: none"><li>• Aluminum alloy</li><li>• Made of high quality 4 section aluminum construction.</li><li>• Canes fold and unfold with ease, good to storage in your bag.</li><li>• Cane shaft is covered with red and white reflector tape for nighttime visibility.</li><li>• It comes with standard wrist strap and reinforced nylon tip</li><li>• Weight of 0.53 lb.</li><li>• Length range: Tall adults: 145 cm ± 5 cm Adults: 120-140 cm ± 5 cm Children: 70 cm ± 5 cm</li><li>• Plastic or rubber handgrip of length 20 cm and diameter 2.5 cm and wrist loop</li></ul>
21. Semi-Digital and Digital hearing aids with program and volume control ISO Code: 22.06.15		Devices worn behind the ear to amplify sound.	<p>Amplification frequency response and maximum output (OSPL) that meets requirements of standard prescription formulae (e.g. Desired Sensation Level v.5 or National Acoustics Laboratories NL2)</p> <p>Frequency range should be 200-4500 Hz (minimum)</p> <p>Digital Hearing aids with programs, memory, noise cancellation and volume control etc. Suitable for any severity of hearing loss from moderate (40 dB) to profound (90 dB) degree.</p> <p>At least two preset hearing programs Preconfigured (stock or disposable) ear inserts in variety of sizes or custom made earmolds</p>

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22	Air Mattress / Pressure relief mattress ISO Code: 04 33 06 	Effective alternating pressure system and is an ideal for prevention and bedsores treatment of patients at low risk of pressure ulcers.	<ul style="list-style-type: none"><li>• Composed of 2.5"-high bubble cells overlay mattresses and easy to install.</li><li>• Simple to operate , portable and light-weight, this mattress useful for pressure ulcer prevention and treatment.</li><li>• On/Off switch &amp; rotary dial for pressure setting.</li><li>• Comfortable, Perfect finish, Robust design,</li></ul> <p>Air output: 6 - 7 liter/min. Pressure: 40- 100 mmHg Cycle time: 5 to 6 min. Size: 26.5cm (L) x 11cm (W)x 12.5cm (H) Weight: 1.5 kg</p>
23	KT Brace(Knight Taylor Brace)	knight-Taylor thoracolumbar orthosis. Helps control generalized back pain by providing a three-point pressure system that limits forward, backward and side-to-side motion in the lumbar and thoracic areas of the spine. Use For: Severe osteoporosis, kyphosis, post fusion in the thoracolumbar area	Fully cushioned rigid frame; Tapered pelvic and thoracic bands, paraspinal and lateral uprights, Measure by circumference of the hips Corset-type abdominal front with truss buckle fastening, side lace adjustment. Provides reliable stability for the spine; Each size is available in 17-, 19-, or 21-inch posterior uprights Sizes: Small (29 to 32 inches), Medium (33 to 36 inches), Medium-Large (37 to 40 inches), Large (41 to 44 inches)
24	Elephant Boots 	Used for acute ankle sprains, soft tissue injuries, post operative use for Achilles tendon repair, stabilizing calf, foot and ankle injuries.	Item Type: Walking Boot Material: Plastic parts, foam  Uses: Can preserve and treat broken toes, metatarsal injuries, sprains, bunions, post operative recovery or any other type of toe, foot or ankle injury. Helps you immobilize your foot and walk during the recovery process.



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25	Hand Exerciser 	Usage: strength and dexterity, musicians, climbers, rehabilitation	Finger and	Resistance Levels: Light (1-3 lbs), Medium (4-6 lbs), Heavy (7-9 lbs) per finger Material: ABS plastic, silicone, stainless steel springs Design: Individual finger resistance with separate buttons
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- नोट: यो सहायक सामग्रीको मापदण्ड Priority Assistive Products List को अनुसार रहेको छ ।

**सन्दर्भ दस्तावेज**

- सहायक प्रविधि सामग्री सेवा सम्बन्धी राष्ट्रिय मापदण्ड (२०७८)

<https://edcd.gov.np/resource-detail/national-standard-on-assistive-technology-2078>

- प्राथमिक सहायक सामग्री सूचि सम्बन्धी कार्यसञ्चालनका लागि मार्ग निर्देशन २०७८

<https://edcd.gov.np/resource-detail/operational-guideline-for-the-priority-assistive-product-list>

- Priority Assistive Product List of Nepal, 2078 BS:

[https://cdn.who.int/media/docs/default-source/assistive-technology-2/priority-assistive-productslist/nepal\\_nationalpriorityassistiveproductlist22ef6d46ef7a4079a5d2e279010a27fd.pdf?sfvrsn=9b669404\\_7](https://cdn.who.int/media/docs/default-source/assistive-technology-2/priority-assistive-productslist/nepal_nationalpriorityassistiveproductlist22ef6d46ef7a4079a5d2e279010a27fd.pdf?sfvrsn=9b669404_7)

- Assistive product specifications and how to use them, 2021:

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*Pr. Sr. CSR officer*

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Karna Foundation Nepal.