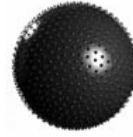


## Welcome to Aktiv Vardag



Functional aids can often make every day activities easier and are sometimes the only way to be able to perform daily activities. You do not always need to have impaired abilities to need aids. Aids can be just as important to prevent accidents and to help prevent injuries that sometimes are associated with age.

Since there are a lot of different kinds of manufacturers of aids it can be difficult to get an overview of what to find on the open market. Usually, it takes both time and effort to purchase aids from the different manufacturers and suppliers. It can also be difficult to decide which products you really need, and sometimes even how to use them.



The products you order from our website will be sent to your post office or home address. The only additional cost is transportation of your purchased products and if you prefer to pay by invoice.



### Welcome !

Please visit our website [www.aktivvardag.se](http://www.aktivvardag.se) to find out more about the products, various exercises, and to order products that suits your needs. You are welcome to contact us by email at [info@aktivvardag.se](mailto:info@aktivvardag.se) or phone: +46 8 519 72 280.



Sincerely yours,

Sofia Biderholt

Occupational Therapist and CEO  
for Aktiv Vardag AB

Box 7239,S-18713 Täby, SWEDEN

### About Aktiv Vardag AB

Aktiv Vardag (Active Everyday Life) is a Swedish company that provides functional aids for people with impaired ability in order for them to participate in and perform activities of the daily life. Aktiv Vardags strategy is to buy aids with high quality from different manufacturers. We then present them on our website to make it easier for you to see what kinds of aids available on the market, how to use the aids and how you can purchase all products from one website. We also provide equipment and directions for exercises for people, who need to improve their physical condition as well as cognitive abilities.

In order to be able to give professional and correct advises, it is important to have thorough knowledge of physical and cognitive impairments. In addition, it is also important to have experience of working with people with impaired abilities as well as experience of the products. We have the possibility to give information about impaired abilities, advises about rehabilitation, functional aids, and strategies to make tasks in your every day life easier.

#### Kontakt

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