## Give Yourself a Hand

**Tools for Everyday Life** 

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# Objectives

### The attendee will learn

- How mobility devices can make life easier
- How each person can maximize personal safety.
- The large variety of assistive devices available.
- How to access these pieces of
  equipment
  Madonna Rehabilitation Hospital

# When do I need equipment?

- Be proactive!
- Coordinate with your therapist.
- Ask questions.



## Self care Aids



#### **Upper Body Dressing:**

- Dressing stick
- Bra adaptations/strategies

#### Lower Body Dressing:

- Reacher
- Sock Aid
- Shoe horns
- Foot funnel
- Adapted shoe closures
- Curling shoe laces
- Elastic shoe laces

#### Toileting:

- Toilet aid
- Bidet
- Adjusting commode seat for easy access for hygiene
- Pant clips
- Urinal
- Commode









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## Self Care Aids

### Bathing:

- Long handled sponge/loofa
- Soap on rope
- Soap dispensers

### Grooming:

- Suction cupped denture brushes
- Modified toothpaste dispensers
- Self standing lighted, magnifying mirrors
- Hair dryer stand





### Home Access

#### • Entry:

- Hand rails
- Automatic door openers
- Adapted keys/locks
- Wireless remote entry
- Threshold ramp

#### • Living room:

- Furniture risers
- Lift recliner
- Touch lamp or Touch lamp converters

#### Kitchen:

- Chopping aid—such as videla or pampered chef
- 1 button can openers
- Mixing bowls w/ grip bottom
- Dicem
- Dining: plate guard, weighted utensils, built up handles, rocker knife,











## Home Access

#### Laundry Room:

- Rolling cart
- Long handled mirror
- Accessible storage
- Push button soap dispenser

#### Bedroom:

- Bed risers
- Bed rails
- Straps
- Incontinence pads
- Commode next to bed—liners—ie.
  Carebags for easy clean up
- Environmental controls for wireless ren access to fan, light, window coverings.
- Communication with caregivers—baby monitor, whistle, bell, wireless door bell Safe Presence Caregiver Communicate

#### Bathroom:

- Commodes, toilet risers, toilet safety frame, elevated toilet.
- Grab bars-permanent vs. portable
- Shower chairs, tub benches, extended tub benches, rolling shower commode chairs, tilt in space shower commode chairs, shower bed.







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### **Environmental Control**

Remote Control for AudioVisual devices:

- Universal remote
- Mini Relax
- Large buttons/contrasting
- Switch activated
- Voice activated
- X-10 Technology
  - Access to lights, fans, other plug-in devices









# Computer Access

- Accessibility features available on Mac and PC.
- Alternative mouse and/or keyboard:
  - Track ball
  - Switch activated mouse
  - Joystick
  - Mouse Emulator via power wheelchair

### **Alternative Access:**

- Voice control
- Head tracking
- Eye gaze tracking

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# Computer Access

- Mobile Technology:
  - iOS, Android, etc.
  - Tablets, smart phones
- Accessibility features for iPad/iPhone
  - Voice over
  - Rotary dial
  - Modified touch screen commands
  - http://www.apple.com/accessibility/ipad/vision.ht ml
- Portability considerations access, and positioning
  - Mounts
  - Stands
  - Consider versatility—access from various positions.
  - Adaptive equipment
- Large variety of apps with infinite purposes.
  - Examples: medication management, orgainization, calendars, reminder alarms, dictation, etc.









# **Ambulatory Devices**

- Ambulation
  - Single point cane
  - Four point cane
  - Walker
  - Rolling walker





# Manual Mobility Devices

Manual wheelchair

•Tilt in Space Wheelchair







# Power mobility devices

- Basic power wheelchair
- High end power wheelchair







# How do I get what I need?

- Speak with your doctor.
- Schedule a PT or OT evaluation
- Discuss needs and concerns at evaluation.



# Questions?

