Commonly Used ADL Equipment

Michelle E. Nemeth PT, CCRP

Crawford Research Institute – Shepherd Center

CATEA/mRERC – Georgia Institute of Technology
Feeding equipment

- Commercially available equipment for feeding
  1. U-cuff
  2. Long straw
  3. Plate guard
  4. T-handle cup
  5. Built up foam
T-handle cup used with tenodesis

- Lightweight
- Anti-spill lid with straw hole
Other options for cups
Dining with dignity
Feeding equipment

Dining with dignity
Padded Laptray
Scottie lap tray

Tray for patients to put on lap for a flat eating surface
Adapting toothbrush

- Electric toothbrush with u-cuff
- Might be heavier to hold, but can generate more power to brush
- Have patient look for lighter weight electric toothbrushes (battery operated, not on a charger)
Electric toothbrush

- Building up the on/off button to make easier
Raised Bumpers used to modify recessed or flush mount buttons
Grooming Continued

- **Shaving**: U-cuffs attached to electric razors
- Or straight razors placed in homemade u-cuffs or in quad glove
Hair care

- **Comb Hair:** adapted brushes, hairdryer holders
- You can also put a straight iron in the hair dryer stand
Applying foundation
Rubber bands can help
As tenodesis gets stronger you may not need rubber bands.
Grooming

Sammons Preston- adapted nail clippers
Long cotton swab in u-cuff
Equipment for writing include:
- Wanchiks
  - Long
  - Short
Communication

- U-cuff with right angle pocket
- Built up foam
Other writing equipment

- Pen again- is useful for strong C6’s
Mouthsticks
Mouthstick holders
Mouthstick holder

Ideal for patients who are using more than one mouthstick at a time such as while painting
Other Communication devices

- Velcro to lap tray
Typing ideas

- Pencil in u-cuff sometimes easier than typing splint
Typing Splint
Communication

- Universal holder for the telephone
Sip and Puff phone
Cell Phone Adaptations

- Universal holder
- Velcro
- Patients are now using I-phone with touch screen
Plexiglass straw – to make hitting cell phone buttons easier
Dressing “Hook” Splints

Splint fabricated from orthoplast has a “hook” that can be used to pull pant material.
Loops stay inside the pants and a second larger loop is attached when the person is dressing.
Sock Aid

Putting sock on aid

Starting sock over foot

Pulling sock aid out
Adapting Shoes

Webbing riveted to heel of shoe

Creating a loop to pull
Low-tech Assistive Devices for Bathing

Plexiglas table

Lever control
Adapted Bathing Sponges

Sponges adapted with splinting material
Adapted Bathing Sponges Cont’

Back scrubber with thumb loops

Long handled sponge adapted with splinting material
Adapted Bathing Sponges, Cont’
Transporting Supplies

In a fanny pack under the chair.

In a back-pack
Transporting Supplies:
Case Logic Bags

www.casellogic.com
Bathroom Equipment:

- Roll In Shower Chairs
- Padded Tub Benches
- Raised Padded Toilet Seats
- Grab Bars
- Waterproof Tub Cushions
Low-Tech Commercially Available Products

- Ov Glove
- Available on Amazon.com

- One Touch Can opener
- Available at OneTouchOpener.com
Low-Tech Commercially Available Products

- Electric Jar Opener
  - Works with a touch of a button
  - Available at Amazon.com

- Push/Pull Helper
  - Available at sammonspreston.com
Tricks in the Kitchen

- Use lap tray with dycem (shelf liner)
- Keep dressing stick nearby

- Roll under sink
- Trash can nearby that slides out easily
Tricks in the Kitchen

- Pull out drawers
- Hook and lean

- Use dressing stick to lift hot lids
- Convection stove
Tricks in the Kitchen

- Use a wooden block under a can opener
- Use dressing stick on oven racks
- Move item to oven door to cool
Low tech adaptations

Adaptive light switches for a mouthstick