

First half page all about purpose of adapted devices. You should contact your OT if you have specific questions about home safety or mobility equipment that may be available through ALS Canada's loan cupboard [www.als.ca/equipment](http://www.als.ca/equipment)

These devices are all private purchase. They may not work for every person. They are not available through the loan cupboard. These are the places that you can go for more information:




Parsons

Home healthcare stores




Online stores (use caution, use the following keywords: )

Dollar store

**DRESSING** - Adapted clothing uses hidden elastic, magnets, and velcro to save time and energy while dressing independently, or with assistance. Some options for adapted clothing available in Canada include: [Silverts](#), [IZ Adaptive](#), [Adapted Clothing On-the-Net](#), [Tommy Adaptive](#), [GeriFashions](#)





|  |   |   |  |
|--|---|---|--|
|  |  |  | <b>Also consider:</b><br><br>Shirts with loose arms and necklines<br>Elastic waistbands<br>Tank tops with built-in support<br>Dresses/Skirts<br>Stretchy materials<br>Open-front styles like cardigans and hoodies |
| Weather resistant capes and ponchos  | Magnetic closures   | Open back style (for assisted dressing)   |  |

There are also tools to make dressing easier, such as:

|   |   |  |   |
|---|---|--|---|
|  |  |  | <b>Also consider:</b><br><br>Adapted Shoelaces (velcro, elastic)<br><br>Slip on shoes with back strap<br><br>Sitting down while |
|   |   |  |   |

|             |                        |             |          |
|-------------|------------------------|-------------|----------|
| Button Hook | Long-Handled Shoe horn | Zipper Pull | dressing |
|-------------|------------------------|-------------|----------|

**Cooking and Eating-** combination of kitchen gadgets and adapted grips can help to maintain independence in the kitchen.

|   |  |   |   |
|---|--|---|---|
|  <p><b>Lightweight grips</b></p> |  <p><b>Rubber jar openers</b></p> |  <p><b>Plate bumper/guard</b></p> | <p>Also consider:</p> <p>Using a pizza cutter instead of a knife</p> <p>Electric can opener</p> <p>Food processor</p> |
|  <p><b>Clip-On cutlery</b></p>  |  <p><b>EazyHold grips</b></p>    | <p>Faucet turner</p>  | <p>Lightweight mugs/cups with handles</p> <p>Adapted cutting board</p>  |

**Bathing and Personal Care** - can help independence or assistance.

Contact OT if you need bath safety equipment for transfers.

|                        |                       |                     |                     |
|------------------------|-----------------------|---------------------|---------------------|
| Bidet                  | Adapted nail clippers | Wash mitt           | Electric toothbrush |
| Up-lift commode assist | Toilevator            | Long-handled sponge | Electric razor      |

**Leisure activities: \*AAC plug**

|           |            |        |   |
|-----------|------------|--------|---|
| Popsocket | Book stand | Stylus | If you are having difficulty using your |
|-----------|------------|--------|---|

|                     |  |  |  |
|---------------------|--|--|--|
| <b>Pencil grips</b> | <b>Height-adjustable overbed table</b> |  | <b>cell phone or computer, please reach out to your OT. You may benefit from alternative access methods for your computer.</b> |
|---------------------|--|--|--|

## Getting around

|                          |                         |                  |                             |
|--------------------------|-------------------------|------------------|-----------------------------|
| <b>High seat cushion</b> | <b>Furniture Risers</b> | <b>Bed Rails</b> | <b>Key turner</b>           |
| <b>Wedge Cushion</b>     | <b>Swivel Cushion</b>   | <b>Handy Bar</b> | <b>Adapted door handles</b> |

- Home health stores
- Pharmacies/Walmart
- Parsons ADL
- Online (Amazon; search arthritis adaptive products)
- Hardware stores DIY approach (pipe insulation, hair curlers or duct tape for custom grips)