

Adaptive devices can provide assurance to someone with physical challenges, that an impossible task is achievable. Adaptive devices are used widely in occupational therapy from post-surgery, to managing daily life activities. Bathing, dressing, grooming, toileting, and feeding are self-care activities that are included in the spectrum of activities of daily living.

These devices can range from something intricate to something as simple as a piece of rope to pull a hatchback shut, or an old tennis ball with a hole in it to aid in holding a pen. Adaptive devices will keep a day moving forward and help an individual overcome real world barriers. Individuals deserve to have confidence and dignity to manage their daily routines. People have different abilities and unique needs. Individuals who have physical challenges or sensory impairments often benefit from a variety of adaptations to routines, materials, and the environment.

Some adaptive devices are custom built, and others can be purchased at medical supply stores or online. With creativity, devices do not need to be expensive and can provide simple solutions. A list of helpful devices that have proved beneficial for our members has been listed below. If you have any additional ideas, comments or feedback please email [info@mpssociety.org](mailto:info@mpssociety.org). Your input is valued!

## Daily Living

- **Ten-foot phone charging cord:** Perfect for hospital stays because plugs are behind the bed or not close enough to use the phone while charging.
- **Cushions:** Helps relieve pressure points and pains from contact. Available in a variety of styles for wheelchair or home use in gel and foam options for different needs.
- **Dressing stick:** Assists in getting dressed and reduces strain on back and hips during the process.
- **Easy on/off sock aid:** Your sock wraps around this device and you insert your foot and pull the device upwards, this is an invaluable tool for sliding socks on.
- **E-Z Grip nail clippers:** Fully rotating nail clippers help you get a more comfortable and safer trim on both fingernails and toenails.
- **Grabbers:** Assists in picking up items you have dropped or cannot reach such as laundry, cups in cupboards, or other items that need to be grasped.
- **Hands-Free blow dryer stand:** Attaches to the wall or mirror to hold and stabilize a hair dryer so you can style your hair without the challenge of holding the dryer. Works excellent to get the back of your head.

- **Inflatable hair washing basin:** This is very helpful during surgery recovery. There are two options, a bed-based version and one that attaches to the sink – both are equally valuable.
- **Extended handle brush or comb:** A lengthened handle helps style hair that is difficult to reach the back of the head.
- **Long handle hair washer:** Similar to a long handle brush or comb, but this device helps you scrub shampoo or conditioner during a shower.
- **Bottom Buddy:** This device is designed to grip tissue paper or pre-moistened wipes for a hygienic and thorough cleaning.
- **No-tie shoelaces:** Multiple styles are available and make slipping shoes on and off, and securing them in place easier without the awkwardness of a Velcro application.
- **Pill cases:** There are many options available such as multi-pill/day cases and timer pill cases with reminders.
- **Razor handle extension:** This device adds 15 to 20 inches in length to the razor handle. It was originally designed to help women who are unable to shave their legs independently.
- **Shoe horn:** Comes in a variety of lengths and styles and helps you put on your shoes without ruining the shoe integrity. Place the shoe horn in the shoe, then your foot. When your foot is properly placed, you remove the shoe horn.
- **Shower chair:** Chairs in the shower greatly reduce the risk of falling. There are endless styles, shapes, and sizes to help manage any personal challenges.
- **Zipper pull and button aid:** A two-in-one device that both hooks onto the zipper as well as loops through a button and pulls it through the hole.
- **Angled cutlery:** Curved knives and angled forks and spoons help individuals with weaker and/or painful grips.

## Work/School

- **Dragon Speech Recognition Software:** Voice to text software for daily computer tasks, papers, and more.
- **E-books** can be easier to manage than physical textbooks.
- **Livescribe Smartpen:** This program records audio from lecturers while you take notes.
- **Magnifying glass:** While a classic hand held magnifying glass can be extremely helpful, there is also a magnifying glass app for ios and android if you search the app stores.
- **Noteability:** An excellent note taking app that also records audio.
- **Scanning apps:**
  - **Scannable:** This app uses your phone to scan documents, white board images, receipts, etc. and shares or saves them.
  - **Office Lens:** Trims, enhances, and makes pictures of whiteboards and docs readable. You can use Office Lens to convert images to PDF, Word, and PowerPoint files, and you can even save images to OneNote or OneDrive.

## Vehicle Modifications

- **Hand controls:** Most vehicle features are controlled by the feet, hand-controlled modifications can be easily installed. This includes accelerator and brake pedals.
- **Panoramic/blind spot mirrors:** This is a wide mirror that greatly reduces blind spots for those with limited movement in their neck.
- **Pedal extensions:** An extension is added to the brake and accelerator for a vertically challenged driver. This allows an individual to safely reach controls from a seated position, while in their seatbelt.
- **Pillows/cushions:** These can be used to assist you with a clearer view of the road.
- **Car door latch bar:** If your vehicle has a “U” shaped loop or car door latch, you can insert this handicap vehicle aid in that opening and have a support device as you enter or leave a car.

Several of these items may be found online. Some resources include:

<http://www.drleonards.com/>

<https://www.bruno.com>

<https://www.travelscoot.com>

<https://www.wdrake.com/>