

Caroline's Assistive Device Tips

Hello my fellow LPO members. Here are some assistive devices that you can find around the home and in your community.

- To reach hangers that are too high when placed on a regular clothes rod, hook up shower curtain rings to form a chain, attach one end to the rod and then loop the hanger through the lowest ring. Caution: Match heavier garments with stronger rings.
- When going to the movies, ask for a child booster seat that the movie house supplies for free and use it like a stool for resting your legs. Caution: Booster seats are slippery. Do not stand up or down on them.
- To turn knobs on stoves, washers or other appliances, take a light, sanded, ruler shaped piece of wood and cut out a 2 inch U at the middle of one of the top widths. This tool is also helpful for fishing out laundry that is stuck at the bottom of the washer or dryer and can also be used to lift locks when inside manual car doors.
- Salad tongs are helpful for pulling up or down pants, socks or shoes. Caution: Advise the cook in the family that they might want to buy their own tongs!
- Due to short limbs, personal hygiene can be difficult, especially for children. A **disposable** decoupage sponge that comes with a handle is an easy solution for cleaning hard to reach places. These sponges can be purchased from craft stores in groups of 3-4. They can also be used to apply moisturizer or suntan lotion to hard to reach spots.
- Inflatable travel pillows make good head rests for the movies and any kind of transportation.
- To reach elevator buttons, carry a compact antenna from a broken radio or other object and use it like an extended finger.
- Use small present bags for carrying excess belongings in order to lighten and spread the load.