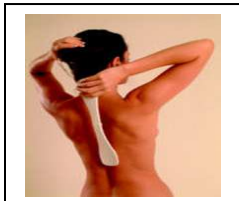


## Single Handed Equipment

Everyday tasks can become very difficult if you have the use of one hand only. There is a great deal of equipment that can help independence and make life easier in this situation. For more information see Fact Sheets "Eating and Drinking Equipment" and "Great Gadgets for the Home" or talk to your Occupational Therapist.

### IN THE BATHROOM



Long handled brushes and sponges can be used to access hard to reach places. Soap on a rope or a wash mitt with soap inside it can help with managing soap with one hand. A nailbrush can be attached to the sink/shower with suction cups.

There are also long handled aids to assist in applying creams and lotions. Flip top or pump action shampoo and conditioner bottles may be a helpful alternative to screw top bottles.

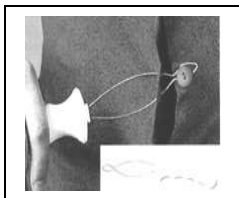
### GROOMING



A mounted nail clipper is a nail clipper that is mounted to a block of wood with an extension handle. This allows trimming of finger and toe nails with the use of one hand only. Nail files and hair dryers can also be stabilised in specific wood mounts or wall mounts.

having with one hand is often easier and safer with an electric shaver. Flip top or pump action toothpaste may be easier to handle than screw lids. Also, toothbrushes may be attached to the sink with a suction cup for cleaning dentures.

### DRESSING



When dressing, it is easier to start with the affected side first. When undressing, it is easier to start with the unaffected side. A dressing stick can help to reach clothing in difficult places. Some garment features to look for when buying clothing in difficult places. Some garment features to look for when buying clothes include: front openings, elasticised waists and cuffs, wide neck openings and armholes, and stretch fabrics.



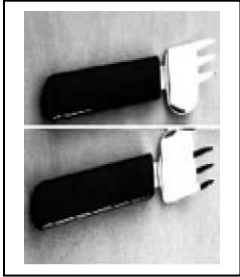
Zipper pulls are wire hoops that attach to the zip to make it easier to manipulate. Earrings with hinged posts, or loops can be manipulated with one hand. For women, a bra with front closure is often easier to put on. Larger buttons are easier to manage than small ones, and buttonhooks may also be used to assist in doing up buttons. Alternatively buttons can be replaced with Velcro or press-studs. Elastic watch bands can stretch over your wrist and do not have to be fastened and unfastened. Shoes with Velcro or zipper fastenings may be easier to manage. Elastic shoelaces stretch and do not need to be undone and re-tied. A long handled shoehorn can be used to assist in putting shoes on.

### OPENING CONTAINERS



There are several aids that stabilise jars and bottles, leaving one hand free to open the jar. Some sit on the table top, whilst others are attached to the bottom of the table top, whilst others are attached to the bottom of higher shelving. A hand held electric can opener may be used single handed with practice. A wall mounted can opener with a stand for the can may be used with one hand. There are also devices to assist in opening ring pull top cans one handed.

Scissors may also be used to open cartons and containers. Left-handed scissors are available or you can stabilise packages between your knees while sitting.



**EATING AND DRINKING**

Angled spoons can make it easier to eat with one hand as can knife and fork combinations such as splades. Rocker knives make it easier to chop meals by using a rocking rather than a sawing motion. Plate guards prevent food from falling off the edge of the plate. More information can be found in the “Eating and Drinking” fact sheet.

**MEAL PREPARATION**

Trolleys/utility carts may be used instead of carrying items.

Select foods that have minimal requirements for preparation (eg. Frozen vegetables, pre-crushed garlic, and pre-diced meats).



A chopping board with a knife blade attached can make slicing easier. Chopping boards with attached clamps or vices can hold food or other items in place. For example they may steady jars or containers whilst opening, or stabilising food as it is peeled.

Spiked vegetable boards secure the food whilst peeling, cutting or grating. Alternatively auto choppers or food processors can be used to chop food.



Vegetable peelers can be clamped to the tabletop for single-handed use. A grater stand will stabilise the grater while grating the food. Non-slip mats can be used to stabilise items while preparing a meal.

A colander or strainer placed in the sink may be useful for draining cooked foods. If heavy saucepans are troublesome, consider using a microwave cooking or devices such as rice cookers, steamers and crock pots.

A wooden bowl holder can be made to secure a bowl while you stir. A wide base bowl with a rubber base or heavier bowls are more stable for stirring.



Stovetop saucepan holders prevent movement of the saucepan whilst stirring the contents. These are magnetic based wire loops, or flexible plastic wires on suction cups that slip over the handle, stabilising the pan. Gas gun lighters may be used to light gas stoves.

**NEED TO KNOW MORE?**

Telephone, fax or email your enquiry to obtain further information from one of the therapists about products. Alternatively, you can make an appointment to trial the equipment at our display centres or through our outreach service. Please phone LifeTec Queensland for further details.

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