Daily Living Aids
In addition to the artificial limbs amputees require, there is a variety of aids for daily living that can make many tasks easier. *Daily Living Aids* is designed to give you an idea of the aids available to assist with day-to-day living.

To find local stores that sell daily living aids, look in your Yellow Pages under the following sections: home health services and supplies, medical supplies, surgical supplies and surgical appliances. In smaller communities, there may not be a daily living aids store and you may have to try the closest large centre. Patterson Medical and Maddak, Inc. in the United States also sell many daily living aids and will ship them directly to your home. You may contact Patterson Medical toll-free at 1 800 665-9200 and find more information on their products by visiting their website, pattersonmedical.ca. For more information on Ableware from Maddak, Inc., visit their website, maddak.com.
In the Kitchen

Food Preparation

The Quick Shake Container by Tupperware has a removable blender insert, which ensures quick, thorough mixing.

The Persona Toss and Chop makes one-handed food preparation easy.

The Clamp-On Vegetable Peeler is ideal for arm amputees.

The suction feet on this grater hold it in place.

This one-handed food preparation board has a patterned surface and raised edges to keep food from slipping.
The **Fruit and Veggie Scrubber** firmly attaches to any sink.

The **Deluxe One-Handed Paring Board** is a plastic cutting board that has prongs to hold food for slicing and a vise to hold a variety of items.

This pan holder is a coated steel rod frame with suction cups that attach to the stove top.

The **Cutting Aid and Knife** is ideal for cutting bread in even slices.

This bowl holder holds a stainless steel bowl while mixing. To pour, you may lift the bowl from the frame or lower the bowl into the slots to hold steady for scraping.

The **Pasta Pro** has a locking lid that allows you to drain the pot of water.
Utensils

The **Sure Hand Bendable Utensils** can be bent to the right or left at any angle.

Foam padding can be cut as needed from a continuous length to build up utensils.

**Pediatric Flexible Utensils** are versatile utensils that may be repeatedly angled or positioned.

A stainless steel roller knife/fork combination is suited for one-handed use.

This universal cuff is made of leather with an elastic strap. Holds various utensils.

This lightweight rocker knife features an easy-to-grip handle.

This fork has a cutting edge along the side and can cut softer foods and some meats. Available for either right- or left-handed use.

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Dishes

Divided dishes with high walls and rims make scooping easier. Compartments keep food separated.

A variety of food guards are available that attach to regular plates. They prevent food from sliding off the plate.

Plates with sides a little higher than a regular plate, or with one side scooped, make eating with one hand easier.

Three suction cups fixed on the base of this scoop dish provide a stable, non-slip eating surface.

Jar, Bottle and Can Openers

The 3-in-1 Opener is a multi-functional tool that can open plastic and metal twist-off caps, tab-top cans and pry-off bottle caps.

The JarPop is a plastic opener that, when gently levered against the rim of a lid, releases the vacuum inside the jar, taking the hard work out of twisting the lid.

The Spill-Not Jar & Bottle Opener is ideal for one-handed operation.
**Handy Helpers**

This jar lid opener installs under a counter or cupboard.

This wall-mounted can opener is designed for one-handed use.

The comfortable L-shaped handle of the **Uni-Turner** increases leverage to aid in operating most irregularly shaped knobs and controls.

The **Jug Kettle Tipper** is a coated wire cradle that features a stop, which helps prevent spilling.

The **EZ Squeeze One-handed Can Opener** removes lids quickly and easily with only one hand.

A milk carton holder is designed to allow the handling of a heavy or slippery milk or juice carton with one hand.
Bath and Shower Boards and Seats

Shower seats may be beneficial for those who do not stand, but prefer to sit in the shower or bathtub. These seats, which have rubber tips or suction cups at the end of the legs, can be placed directly in the bathtub or shower. A similar item is a bath board that fits on bathtubs of various widths.

Grab Bars and Grips

Grab bars or rails aid with getting into and out of the bathtub or shower. Also for those leg amputees who take a shower, either with or without prostheses, grab bars help with maintaining balance and turning around in the shower.
Easy-to-apply strips prevent slipping in the bathtub or shower.

The Dri-Dek Nonslip Shower Surface are tiles that snap together to create a non-slip surface of any size.

Padded toilet seats provide elevation, support and comfort.

A bidet can help by offering the following features:

- Front and rear washing
- Adjustable water temperature
- Warm air drying
- Remote control
A raised toilet seat with safety/hand rails is useful for those who need assistance rising and sitting.

Cleansing Aids

A sponge or terrycloth mitt is useful to put over the residual limb to wash the other side of your body when taking a shower.

The Etac **Hair Washer** is ergonomically designed to reach the entire scalp. It is the ideal washing aid for people with limited upper extremity range of motion.

A hand-held shower may aid in cleansing hard-to-reach places.

An angled sponge is useful for washing your back or reaching other body parts not easily accessible.
Personal Grooming

A stand holds a hair dryer steady for one-handed styling and drying.

Two suction cups on the bottom of these emery boards and nail clippers keep the units stationary while filing or cutting your nails.

There are various personal care items available with Velcro straps, which can attach to a residual or artificial limb.

The E-Z Spray Handle is a lightweight but sturdy plastic adapter for most household and personal care aerosol cans.

This foot care kit contains foot care essentials for hygiene, inspection and care of the lower leg, ankle and foot.
This toothpaste dispenser squeezes the tube flat from the bottom up, making it ideal for one-handed use. It can also be used for ointments, lotions and other household products.

A suction brush, which attaches to the side of the sink, assists with nail cleaning.

**Shower Legs**

The Fillauer *Shower Leg* is a lightweight, water-resistant below knee shower leg with a soft, rubberized oval foot.

The *Aqualimb* by Endolite is a below knee shower leg. It is a one piece design, eliminating the need for any customizing, but must be fitted by a prosthetist.
Arm amputees often find buttons on jackets and shirts, or laces on shoes, difficult to manage one-handed. Intricate and delicate movements are tricky even with the aid of an artificial limb. There are devices to help make dressing less cumbersome. In addition, modifications can be made to an item of clothing. A few examples are:

- Velcro spots under buttons on a shirt or blouse instead of conventional button holes
- A Velcro strip instead of a zipper in the fly of trousers
- Velcro on jacket cuffs
- Cuff links made of elastic thread between two buttons, letting you slide your hand in and out without undoing the buttons
- Toggle buttons on outerwear, which are easier to manage than stiff, flat buttons

### Dressing Aids

To assist the amputee in buttoning clothing, various button hooks are available.

Dressing sticks are useful for anyone who has the use of one arm or hand.

Easy-to-use sock and stocking aids help with pulling on socks and stockings.
The **Zip-It Zipper Pull** has a hook on the end that attaches to a zipper tab. Its uniquely shaped handle makes this device easy to grasp and use. The ring zipper pulls have snap hooks that attach to a regular zipper tab, making zipping and unzipping easier.

Thread lace ends through the plastic **Lace Lock**, adjust tightness and slide the plastic knob on top to lock the shoelace into position.

**Spyrolaces** stay tight and comfortable.

Shoes with Velcro fasteners rather than laces may be easier for the arm amputee.

This shoe remover facilitates easy shoe removal without bending over.

**Shoe Aids**
Lace shoes with elastic laces just once and they’re ready to be put on and removed without tying again.

Durable stainless steel shoehorns feature a plastic hand grip with a curved hook for pulling up socks and garments.

This lace tightener allows arm amputees to tighten skate laces (or shoes or boots) with one hand.

Household Aids

Furniture and Appliance Helpers

Regular knobs, which are often rounded, can be difficult to grasp. There are many devices that attach to door knobs to make them easier to grasp and turn with an artificial limb.

Furniture raisers and extenders increase the height of a chair or bed.
This lamp switch extension lever has a large three-spoked knob that is very easy to turn and install.

A plug puller attaches permanently to plugs and is easy to install.

A lightweight reaching aid can help those with shortened limbs, or who use a wheelchair, reach things.

Light wall switch extenders are useful in helping amputees manipulate light switches.

There are also “clap on, clap off” lighting systems available, such as The Clapper.

A floor switch turns lamps on and off when you lightly press down on it with your foot.

Home Office

The Easy Glide Writer fits any size pen or pencil and slides easily along a writing surface using upper arm strength.
Easy to grip, the **Pen and Pencil Holder** helps control writing.

The **One-Handed Envelope Opener** has a letter opener attached to the face of the unit that contains a guarded razor for cutting envelopes.

An electric stapler (above) and a three-hole punch with an extension handle (below) can help arm amputees manage their papers.

This flexible, adjustable telephone extension arm lets you speak and listen without holding on to the hand set.

Large buttons on this telephone make dialing easy for those who have difficulty with the buttons on touch-tone telephones.

This phone is sitting on a **Dycem** pad. Dycem is a non-slip plastic that is useful for holding items in place.
This arm amputee uses a hands-free headset.

Many types of computer mice are available. This one has a roller ball.

Fiskars Softouch scissors have a cushion grip designed to eliminate pressure.

The “bladeless” cutter of these rolling scissors can be used in either the right or left hand.

These keyboard designs may be good choices ergonomically compared to a standard flat keyboard.
A foot rest or stool can be useful for leg amputees to rest their artificial leg(s) on to avoid dangling of the artificial leg(s).

**Out and About**

The **E-Z Key** provides extra leverage to turn keys and start motors.

The **Hole-In-One Key Holder** allows users to grasp the holder around the outside or slip fingers through the hollow center, providing added leverage for turning keys.

The **Grip-it Multi-Purpose Tool** is an ergonomic, light-weight handle with a carrying hook that allows individuals to lift and carry items with reduced stress on hands, tendons and fingers.

Add to any shaft, pole or tool to improve leverage. Also makes gripping with an artificial limb easier.
The **Book Butler** is a reading stand/book holder.

Easy-to-use and versatile, this easel-style book holder has nine height adjustments. Two adjustable clips hold reading materials open and in place.

The **Automatic Card Shuffler** is battery operated and shuffles two full decks of cards.

For the arm amputee who enjoys playing cards, many types of card holders are available.

This embroidery holder can be clamped to a table top or wheelchair frame to crochet or embroider with only one hand.
This hands-free leash provides security when walking the dog.

This bowling ramp is placed in front of a lane and lined up for a direct path to the pins.

The clamp-on fishing pole holder keeps a good grip on the pole, making the reel available for one-handed operation.

**Mobility Aids**

**Housing Modifications**

Offset door hinges add two inches to the width of a doorway for extra wheelchair clearance.

If stairs are too difficult to manage, installing a stairlift may be a good idea.
Walkers and Canes

The **iWALKFREE** is a hands-free alternative to standard crutches. The crutch straps directly onto the leg.

Folding canes are a great option when travelling, since you can stow them easily on a bus or plane.

The Sure Foot and Sure Step Canes allow the user to walk on beaches, pebbles and soft grass where standard tipped canes can be unsafe.

These custom-made crutches have the following design specifics:

- Made from titanium, a strong and lightweight material
- Double tips provide maximum stability – one tip is always on the ground to minimize slipping or sinking into soft surfaces
- Underarm and hand holds made from tough plastic
- Crutches are filled with foam to keep water out of the interior, ensuring no mess when crutches are laid down after getting wet

This three-legged cane provides stability for children.

Walkers can have brakes for added security.
Wheelchair Aids

Walkers are also available for children.

This retractable ice pick can be attached to the bottom of a crutch and prevents the user from slipping on snow-covered, slushy or icy surfaces.

The Charlet Moser Spiky Plus is a rubber slip-over mini crampon and fits all types of footwear.

The Yaktrax Walker is a lightweight traction device.

Miscellaneous

The Charlet Moser Spiky Plus is a rubber slip-over mini crampon and fits all types of footwear.

This durable plastic drink holder has two slots to accommodate both one or two-handled cups.

This glove protects the palm from scarring, hypersensitivity, pain and nerve damage.
This side tray is hinged to allow the tray to flip up out of the way for easy transfers and mobility.

This wheelchair pack fits any wheelchair with or without push handles.

The ROHO High and Low Profile Cushions prevent and assist in the healing of ischemic ulcers and tissue breakdown for those unable to independently shift weight.

EZ-ACCESS Roll-up Ramps are compact, portable ramps which set up in seconds to safely bridge gaps over steps and curbs.

The EZ-ACCESS Suitcase Ramp quickly folds up for easy transport. The convenient handle makes it as easy to carry as a suitcase.