

GETTING DRESSED AN EASIER WAY

Do you have trouble putting on shoes because you cannot reach your feet? Use a paint stir stick as a shoehorn. To avoid getting splinters in your foot, wrap scotch tape around the end of the stick.

Do you have difficulty putting on pants because you cannot reach your feet? Screw a large utility hook into the end of a 12 inch to 24 inch dowel stick that is 1 inch around. While sitting, place the hook in a front belt loop or pocket on the pants. Then, using the stick, guide the pants up.



SIMPLIFY YOUR WORK & CONSERVE YOUR ENERGY

- Plan your work daily and work according to your plan.
- Spread heavy and light tasks throughout the day and throughout the week.
- Avoid unnecessary tasks.
- Avoid rushing — what you don't get done today will always be there tomorrow.
- Whenever possible, use both hands to do a task.
- Lay out work and storage areas within normal reach.
- Avoid all unnecessary bending, stretching, reaching, and walking.
- Whenever possible, slide — do not lift or carry.
- Sit to work whenever possible.
- Work in a well-lit area with comfortable temperature.
- Wear comfortable clothes.
- Avoid holding objects for long periods of time.
- When cooking, use prepared foods whenever possible.
- **And most important:** Always balance work with rest.

(Taken from The Arthritis Helpbook Kate Lorig, RN, Dr.PH & James F. Fries, MD/ Addison-Wesley Publishing Co.)

LEARNING MORE

For more detailed information or to answer specific questions concerning how to make your life easier, an occupational therapist can be helpful.

For more information about DHEC Home Health Services, contact your local DHEC County Public Health Department.

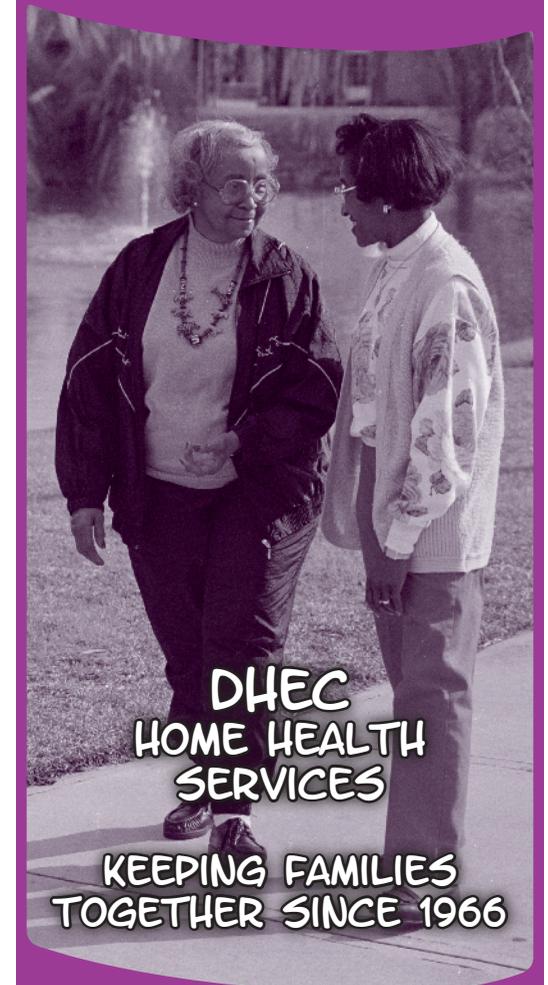


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*Promoting and protecting the health of the public
and the environment*

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Making Life Easier...



**DHEC
HOME HEALTH
SERVICES**

**KEEPING FAMILIES
TOGETHER SINCE 1966**

MAKE LIFE EASIER FOR KITCHEN ACTIVITIES



Get a better grip on knives, forks, and spoons

Wrap the handle with one of the following: aluminum foil, masking tape, the foam part of a hair roller, pipe insulation, or a round pot scrubber.



Safely removing items from the oven

Use large insulated potholder mitts that have been made with heatproof material.



Inserting and removing an oven rack

Using a paint stir stick, place 1/2 inch to 1 inch V-shaped notches on the end and half way up one side of the stick.



Picking items up off the floor

When bending over is a problem, use sturdy, long handled barbecue tongs.

Peeling and chopping vegetables using one hand

Insert two stainless steel nails about 1 inch apart into a wooden

cutting board so the nails stick out of the top of the board. Screw suction cups to the bottom of the board. To use, press the board onto the countertop and very carefully place the vegetable, such as a carrot or potato, on the nails.

Safely handling cups containing hot beverages

Use a well-insulated travel mug that has a lid.

Opening jars with screw top lids

Use a rubberized jar opener. To make opening easier, place the jar in an open drawer that is waist high. Then lean against the drawer while opening the lid with the jar opener.

BATHE AND GROOM AN EASIER WAY

If you have trouble holding a washcloth, use a wash mitt.



Is reaching your feet or back a problem when bathing? Using a 12 inch to 24 inch wooden dowel that is 1 inch around, stick a large thick sponge on one end using waterproof glue.



Do you have trouble combing or brushing your hair because you cannot raise your hands to your head? Tape a comb or brush at a 45 degree angle to the end of a paint stir stick.

Do you have difficulty holding onto a toothbrush? Wrap the handle with aluminum foil or use the foam part of a hair roller. To make it easier to squeeze a tube of toothpaste, lay the tube on the counter and push with the heel of your hand.