



**Harpswell**  
**Aging at Home**

# **Adaptive Tools for Everyday Living**

*Try Them Before You Buy Them*

**Tool Table Available at**

**Selected HAH Events**

**and for**

**Loan to Organizations**

**Presented by the**

**Health and Wellness Committee**



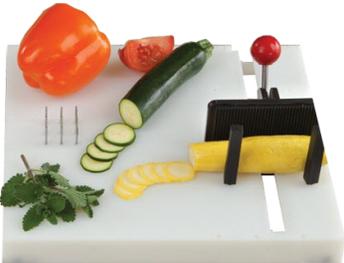
# Harpswell Aging at Home

The Health and Wellness Committee wishes to express its sincere thanks to the Bowdoinham Advisory Committee on Aging, Patricia Oh, and Bath Housing for their generosity in sharing their adaptive tool devices and tool lists with Harpswell Aging at Home.

Some of the adaptive tools in this guide **may** qualify for Medicare reimbursement if you have a physician's order for medical necessity. The physician may order an evaluation by an occupational therapist to determine the need. Such an evaluation is usually covered by Medicare. HAH does not guarantee that any of these items will be covered by Medicare or other medical insurance.

The items in this guide may be available in many stores. We have taken a sampling of some of the adaptive tools available in stores and on-line. We suggest you take the time to shop and compare.

Harpswell Aging at Home has an Adaptive Tool Table with a variety of items. It is available at selective HAH events and for loan to organizations and Senior Expos for display. Please contact us at [hah@hah.community](mailto:hah@hah.community) if your organization would like more information.

| Item   | Purpose  |
|--|--|
| <p data-bbox="120 159 331 191"><b>Kitchen Helpers</b></p>  <p data-bbox="253 583 558 615"><b>One-Touch Can Opener</b></p> | <p data-bbox="716 222 1503 331">One-touch can opener eliminates the need to crank a handle to open a can and eliminates the need to lift a can into a standing electric can opener.</p>  |
|  <p data-bbox="293 1035 518 1066"><b>Ring Can Opener</b></p>  | <p data-bbox="716 678 1516 787">Opens ring-pull cans, and breaks the seal on jar lids with ease. This gadget is friendly to those who have arthritis and do not have much strength.</p>  |
|  <p data-bbox="310 1241 501 1314"><b>Under Cabinet Jar Opener</b></p>   | <p data-bbox="716 1129 1503 1239">This opener will help open any size jar. Simply hold, push and twist. Especially helpful for people with limited hand and wrist strength.</p>  |
|  <p data-bbox="207 1654 607 1686"><b>One-Handed Cutting Board</b></p>   | <p data-bbox="716 1377 1495 1524">One-handed cutting board stands firmly on its suction feet. The jaws hold a bowl, grater or piece of food in place. Enables a person with tremor to cut firmly with confidence.</p>                      |
|  <p data-bbox="233 1923 578 1955"><b>Easi-Grip Carving Knife</b></p>  | <p data-bbox="716 1751 1495 1898">Keeps wrist at a comfortable right angle. There is also a carving fork and a bread knife built the same way that is available. Does not require a tight grip for use. Good for those with arthritis.</p> |



**T-Handled Rocking Knife**

Stable utensil cuts food with a rocking motion. The wooden handle is designed to be comfortable to hold. Allows leverage of arm to cut rather than exerting pressure through the wrist.



**Good Grip Silverware**

A solution for people with limited hand-to-mouth reach. Persons with hand arthritis, neurological impairments or generalized weakness will find these utensils comfortable, less stressful to hold and easily adaptable.



**Specially Designed Eating Utensils**

Weighted eating utensils can help people with essential tremor to enjoy eating without the mess. Rocker knives make it easier to cut food—especially useful for people with arthritis or wrist weakness. Specially designed utensils with an ergonomic grip can make eating simpler, less tiring, and more pleasant.

## Lights and Vision Aids



**Hands-Free Magnifier**

Hands-free full-page magnifier helps people who need magnification and want the convenience of seeing a large area without holding a book and lens.



**Prism Glasses**

These glasses allow you to lie flat on your back and read or watch television. They help you avoid neck cramps and eye strain. The Prism glasses turn your view to a downward 90° angle. Eliminating the need for head movement. Perfect for people with limited mobility, vertigo or having to rest lying flat.

**Manual Dexterity**



**Button Aid**

Allows people with difficulty manipulating buttons and zippers to dress with relative ease.



**Long-Handled Shoe Horn**

Long-handled 24-inch shoe horn is useful for people who have vertigo or limited mobility. No bending to insert a short-handled shoe horn. Some models come with a spring feature that makes the shoe horn even easier to use.

**Vehicle and Shopping**



**Seat Belt Grabber Handle**

Seat belt grabber. Easy reach seat belt handle. Allows you to reach the seat belt easily by adding 6" to your reach. Super sturdy and soft.



**HandyBar Vehicle Transfer Support Handle**

Easily slides into a door latch to give an extra “handle” to hold when getting out of a car. Weight capacity: 350 pounds. Also features a built-in window breaker and seatbelt cutter.

## Home Safety



**Reach Tools**

Reach tools vary in quality and construction. Some have “jaws” that close around objects; others use suction cups. Some have a magnet at the end of one pincher to help pick up small metal items. If possible, try any reach tool before you buy it. The mechanism to operate the pinchers varies from model to model. Some are easier to operate for people with arthritis or wrist weakness than others.