

*Daily Activities Made Easier for  
People with Amyotrophic Lateral  
Sclerosis (ALS)*



Written by  
Amy Olney, MOTS  
With help from:  
Richard Olney, M.D.  
Miriam Crennan, OTR/L  
Julie Scurich, OTR/L  
Margaret Cotts, MA, ATS  
Mike Mansfield, CRTS

Edited by:

Jennifer Brand, MPH  
Director, Patient Services, The ALS Association, National Office

Linda Lorentzen, OTR/L  
Patient Services Coordinator, The ALS Association, Minnesota Chapter

Patricia L. Seventko, OTR  
Hoenselaar ALS Clinic, Henry Ford Hospital, Detroit, MI

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Images of the Sonicare Advance 4100 Toothbrush and brush heads, Breath RX Tongue Scraper, Breath Remedy Tongue Scraper, Reach Access Daily Flosser and Refill Heads, Norelco Reflex Plus Rechargeable Cord/Cordless Razor, Remington Titanium Microscreen 2 Screen Shaver, Safety 1<sup>st</sup> Slip-Resistant Bath, Dove Body Wash, Earth Therapeutics Hydro Body Sponge, Ramie Bath Mitt, Depend Disposable Protective Underwear, First Years Safe & Sound Monitor, EZY Dose Delux Medtime Planner, and EZY Dose Jumbo Weekly Pill Reminder: (c) 2005 [drugstore.com](http://drugstore.com), inc. All rights reserved.

Special thanks to the healthcare providers, staff, and many clients at the ALS Treatment and Research Center at the University of San Francisco and at the outreach clinic in Monterey, California.

**~ Note to the reader ~**

This manual is for educational purposes only. The information provided in this manual is not intended to replace professional medical assessment or management of ALS. A doctor, occupational therapist, physical therapist, and other qualified healthcare providers must be consulted before starting any treatment.

The table of contents, possible problems and solutions, and products are in no particular order. ALS progresses uniquely in each person and the sections of this manual can be used at each stage of the disease as they pertain to each person. Individuals with ALS using this manual are strongly encouraged to be evaluated by a knowledgeable occupational therapist. The occupational therapist will make equipment suggestions based on an individual's abilities. Once the appropriate type of equipment is identified price comparisons between different durable medical equipment (DME) companies can be made to ensure the best price possible. Many examples of products available have been provided. The prices of the products were taken from the sources in April 2005 and are subject to change.

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~ **Note from Author** ~

*Daily Activities Made Easier for People with ALS* has been an enjoyable project to create. Collaborating with my father, Dr. Richard Olney (neurologist) his co-workers and his clients to write this manual gave me the opportunity to truly understand the many professional and personal levels of ALS. It has been a gift for me to see how my father has impacted the patients that he treated, the neurology fellows and residents he trained, and the staff at the ALS Treatment and Research Center that he hired.

My father is a humble man who never boasts about his accomplishments so, as his daughter, I usually learn about them from other people. By interacting with his peers and patients, I have heard many stories about his kindness, calm and gentle demeanor, patience, attention to detail, and his determination to provide the best patient care possible. I love hearing these stories and now feel I have a clear understanding of my father's professional life and why he dedicated his life to this devastating disease.

Ironically, my father was diagnosed with ALS. He is an amazing role model in how he faces his own challenges with ALS and the everyday obstacles the disease presents. I hope to follow in my father's footsteps in my future career as an occupational therapist by providing quality patient care and by helping people with ALS and their loved ones. My hope is that this manual will provide people with ALS and their caregivers some practical tips that may make their everyday activities easier so that they can spend more of their energy on living.

~ **Foreword** ~

I am pleased and honored to write the Foreword to *Daily Activities Made Easier for People with ALS*, which has been conceived and written by my daughter, Amy Olney. Her longstanding interest in entering a health profession was focused on occupational or physical therapy by the time she entered undergraduate college. She spent many hours performing volunteer work in both areas during her undergraduate years. I am quite pleased that her experience in the ALS Center, which I founded at The University of California San Francisco (UCSF), contributed significantly to her interest in occupational therapy. In our ALS Clinic, the physical and occupational therapists see each patient together, making more efficient usage of each patient's time. Amy was attracted to the functional orientation of occupational therapy.

Amy realized the need for this manual while she was working on her Masters in Occupational Therapy. At the end of her first year of graduate school, I was diagnosed with ALS. She saw first hand the many types of equipment and devices that were useful to me in maintaining independence with activities of daily living. From my experience in managing people with ALS and with my long-standing interaction with an occupational therapist (Miriam Crennan, OTR/L), we knew a lot about the range of equipment and devices that were available. Amy realized that no manual was available to bring together this wide range of information. *Daily Activities Made Easier for People with ALS* provides more detailed and practical information than *Living with ALS: Functioning When Your Mobility Is Affected*. Thus these two manuals are complementary. People with ALS, who have access to ALS Centers, will be routinely receiving this information on an as-needed basis. However, many people with ALS are likely to appreciate this overview. This manual is likely to be even more important to people with ALS who do not have regular access to ALS Centers. *Daily Activities Made Easier for People with ALS* may be the primary source for practical information to this latter group of people.

Richard K. Olney, M.D.  
Founding Director, ALS Treatment and Research Center  
at University of California San Francisco

## ~ Introduction ~

Amyotrophic Lateral Sclerosis (ALS) progresses at various speeds and impacts body parts in a different order in each individual. However, over the entire course of the disease, many people experience similar symptoms that no longer make performing everyday activities, such as eating, tooth brushing, and dressing simple and quick routine tasks. Many people with ALS do not know about the variety of equipment and tools available that may make these daily activities easier. This manual is for educational purposes only. The information provided in this manual is not intended to replace professional medical assessment or management of ALS. Your doctor, occupational therapist, physical therapist, and other qualified healthcare providers must be consulted before starting any treatment.

By using the manual, people with ALS can be their own advocates in maintaining their quality of life. They can use the manual to find equipment and/or tools to make their everyday activities less difficult. This manual supplements The ALS Association's *Living with ALS Manual 4: Functioning When Your Mobility Is Affected*, by providing concrete and specific information on adaptive equipment that can help people with ALS preserve independent functioning.

This manual is organized by daily activities. Under each daily activity, the manual discusses what aspects of that task people with ALS may have difficulty with and provides possible ways to make the challenges smaller or to compensate by using adaptive equipment. The manual displays pictures and/or descriptions of potential equipment solutions, pros and cons of the equipment, where to purchase it, and the approximate cost. The purpose of the manual is to provide people with ALS with an educational resource that encourages them to take an active role in working with their health care professionals in maintaining their own quality of life.



~ **How to research and purchase products** ~

Consult your health care provider before purchasing any piece of equipment. If possible, it is important to have an evaluation of your physical abilities by an occupational and/or physical therapist and then follow their recommendations regarding the types of equipment that compensate for your weakness. The therapists and physicians are able to complete a prescription if required for equipment.

If you are using a reputable durable medical equipment (DME) dealer, they will be able to educate you on what items are covered through your insurance policy. Some insurance companies contract with DME companies; if so, you must purchase through them, or insurance will not cover the item, or it will be covered at a lesser rate.

You may choose to purchase recommended equipment through a website or catalog. Remember that while the cost may be less, you must add the shipping cost as well as the cost of the return shipping, should the equipment not work.

The ALS Association's local Chapters may have loaner pools of equipment. You may choose to check with your local Chapter to see if the equipment that is recommended is available on a short or long term loan.

~ **Insurance** ~

## **What will my Insurance plan cover?**

Written by Julie Scurich, OTR/L

In order for durable medical equipment (DME) to be covered by any type of insurance, a prescription for the equipment must be written by a doctor. Exactly what type of equipment is covered and how much insurance will pay depends on the type of insurance coverage an individual has and the specific details of the plan. **It is important to read the details of the insurance plan to know what the specific benefits for DME are.** While ALS patients often have Medicare Part B, which includes DME coverage; other patients may have private insurance coverage, Veterans (VA) benefits, Medicaid, or hospice, which may not include DME coverage.

Many private insurance companies follow Medicare guidelines when it comes to DME coverage but there are exceptions. Private insurance plans vary greatly in how much they will cover annually for DME. Some plans have no DME coverage at all. It is therefore very important that the policy is read thoroughly to know what the specific plan covers. Call and speak to a representative at the insurance company to clarify anything that is not understood. With private insurance, it is helpful to ask to be assigned a case manager so that there is a specific contact person to work with consistently on coverage issues. It is helpful to educate the case manager about ALS and the specific needs of ALS patients so they can have a better understanding about why certain pieces of equipment are medically justified and may be more likely to then give approval.

Many ALS patients have Medicare Part B, which covers DME. Medicare has a strict set of guidelines for equipment coverage. Medicare will only pay for specific types of DME – and only if the patient meets certain medical criterion. They will pay for 80% of what **they** consider to be reasonable for each piece of equipment covered, not necessarily 80% of the asking retail price. Secondary insurance or supplements will often pick up the other 20%.

Here are some examples of the types of equipment Medicare generally will and will not cover:

**Covered**

Walkers and canes

Manual wheelchair

Hospital Bed

Commode

Hoyer Lift and sling

Power Recliner Lift Chair

(Will only pay for \$200-\$300 which is the cost of motor of the chair if medically justified and with a prescription)

Pressure distribution wheelchair cushion such as the Roho or Jay Gel (\*Medicare will cover appropriate wheelchair cushions, like Jay and Roho, with a doctor's prescription and a Letter of Medical Necessity (LMN).

Alternating Pressure Pad for bed (\*Medicare will cover Group 1, basic Alternating Pressure Pump and Pad (APP) with a doctor's prescription and a LMN. Group 2 products (e.g. low air loss or rotational, is only covered with multiple stage 2 pressure sores and requires frequent re-documentation; and are rarely covered for ALS).

Power Wheelchair with power tilt/recline/elevating leg rests and alternate drive controls (if it is documented that the patient is unable to ambulate or perform weight shifts)

**Not Covered**

Shower chair

Bathtub transfer bench

Feeding Equipment

Electric Hoyer Lift

Dressing Equipment

Raised Toilet Seat

Ceiling Track Lift

Grab bars

Grooming aids

If an individual has Medicaid it may cover some of the equipment not covered by Medicare with proper authorization from a doctor. However, keep in mind that Medicaid coverage varies from state to state, even from county to county within each state. Income eligibility requirements must be met to qualify for Medicaid.

If an individual has VA benefits and meets certain service related eligibility criterion they may get all of their DME covered through the VA system. Equipment obtained through the VA is usually 100% covered however it must be returned when it is no longer of use. Individuals also must work with the VA's own doctors, therapists, orthotists, etc. to obtain the equipment. The VA contracts with specific DME providers so there may be limits as to what brands of equipment are available depending on whom they contract with.

If an individual is receiving hospice benefits, they will cover all of the basic equipment needs (e.g. manual wheelchair, hospital bed, walker, and commode). However, it is important to be aware that they will not cover more expensive specialty equipment such as power wheelchairs or communication devices. **If signing up with hospice is a consideration and a communication device or power wheelchair may be needed, it would be important to get that equipment prior to beginning hospice services.**

If an insurance company denies coverage for medical equipment that has been ordered by a doctor ask what the appeal process is and follow it exactly. Ask for the assistance of a doctor, therapist, or social worker in helping with the appeal. Often it is only a matter of using the correct terminology and explaining the medical need for the equipment in greater detail to get the equipment approved. The medical professionals will know how to help.

For equipment that is not covered by insurance, please call the local ALS Association (ALSA) Chapter to inquire about any local resources or organizations that may be able to help find the equipment. Some of the equipment may be found for sale at various websites on the Internet for less money than finding it locally; many of the DME providers on the Internet however do not deal with insurance. Check to see what the return policy is if it is not certain the equipment will work whether buying locally or on the Internet from a DME provider.

~ *Grooming* ~

*Sink Accessibility*

Problem	Possible Solution
<ul style="list-style-type: none"><li>• Difficulty maintaining balance while standing at the sink</li></ul>	<p>→ While doing sink activities:</p> <ul style="list-style-type: none"><li>- Sit on chair in front of sink</li><li>- Prop arms on the counter top to increase support, decrease fatigue on arms, and compensate for arm weakness.</li><li>- Use a sink side mirror or a gooseneck mirror at chair level.</li></ul>
<ul style="list-style-type: none"><li>• Unable to reach or function at sink comfortably from wheelchair or chair</li></ul>	<p>→ Remodel or rearrange the area beneath the sink to be able to pull the wheelchair or chair under the sink*</p> <p>→ Example: wall-mounted sink with offset pipes.</p> <p><i>Usually need contractor to remodel</i></p>
<ul style="list-style-type: none"><li>• Unable to empty mouth into sink</li></ul>	<p>→ Have an extra cup or basin by the sink to spit into that can be emptied and cleaned when finished brushing teeth or using mouthwash.</p>

## ***Brushing Teeth***

Problem	Possible Solution
• Arm gets tired holding toothbrush in mouth	→ Prop elbow and arm on countertop
	→ Try using both arms together, or use stronger non-dominant arm if possible
• Arm gets too tired to move brush to thoroughly brush teeth	→ Try using an electric toothbrush; the best type would have a small brush to minimize bite reflex, a handle with large diameter to be easier to grip, and be light weight overall so it is easier to lift
• Difficulty gripping the toothbrush	→ Build up the grip with foam buildups, pipe insulator, tape, or rubber bands to make it easier to hold
• Choking on toothpaste and water when brushing teeth	→ If using a suction machine attach a special toothbrush to the suction machine so that the toothpaste and liquid will be removed simultaneously
• Difficulty cleaning tongue	→ Use a tongue scraper to scrap tongue clean

## Products

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- Go to local hardware store and ask to look at pipe insulation.
  - It comes in all different sizes and some different materials
  - Cut the pipe insulation down the side and slide it around the handle of the toothbrush to build up the grip
- Can build up grip with various kinds of tape or rubber bands
- **Thermwell – 3ft x ¾ in. pipe insulation** (pkg of 4)  
Approximately \$5/pkg @ [www.homedepot.com](http://www.homedepot.com) or 800-553-3199



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### Pros

- Bigger handle makes the toothbrush easier to grip
- Pipe insulation is inexpensive

### Cons

- May not fit toothbrush perfectly (can use tape to secure grip)

- **Foam for Built-Up Handles**

Use to build up handles of eating and ADL equipment. White Plastazote® foam  
One yard per package, Latex free. (Can put on toothbrush)

Approximately \$10 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Foam Tubing**

Use to build up tool and utensil handles. Closed-cell foam has slip-resistant coating,  
does not absorb water. Dishwasher safe up to 180°F. Easily cut 12" long tubing with  
scissors. Latex free. Package of 6. (Can put on toothbrush)

Approximately \$15 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547





- **Sonicare Advance 4100 Toothbrush**

Approximately \$60 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786



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Pros

- Thoroughly brushes teeth once the brush is placed on the teeth
- Already has a large handle

Cons

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- Vibrations from brush may make it difficult to hold steady in mouth
- Still need to move brush backwards and forwards in mouth
- Need an electric outlet
- Need to buy replacement head every 6 months
- May trigger bite reflex
- May be too heavy to lift if arm is weak

- **Sonicare Advance Series Standard Brush Head – 2 in package**

Approximately \$20 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786



- **The Plak-Vac/Res-Q-Vac combination** features the Plak-Vac oral suction evacuator brush with the Res-Q-Vac hand powered suction system.

Approximately \$85 @ <http://www.trademarkmedical.com/personal/personal-oral.html> or 800-325-9044



- **Breath RX Tongue Scraper**

Pack of 3 for approximately \$4 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786



- **Breath Remedy Tongue Scraper**

Approximately \$4 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786



## *Flossing*

Problem	Possible Solution
<ul style="list-style-type: none"><li>• Unable to wrap floss around fingers and hold it taught</li><li>• Unable to push floss in between teeth</li><li>• Unable to reach back teeth</li></ul>	→ Try a variety of flossers from the local drug store. Flossers have the floss wrapped tightly around a plastic holder. Must be able to push the holder with the floss on it between your teeth to be able to use them.

### Products

Look under FLOSSERS on any drugstore website or in various drug stores to determine which one works best. Some options are described below.

- **Reach Access, Daily Flosser Plus 22 heads**

Approximately \$5 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786 or at some local drug stores



Pros	Cons
<ul style="list-style-type: none"><li>– Do not need to thread the floss, just snap on the refill heads</li><li>– Helps to reach back teeth</li><li>– Holds floss taught</li></ul>	<ul style="list-style-type: none"><li>– Need to buy and snap on/off refill heads; a family member can assist with this task</li></ul>



- **Reach Access Daily Flosser Refill Heads** – 28 pieces

Approximately \$5 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786 or at some local drug stores



- **Butler GUM – Flosbrush** – for up to 150 flossings

Approximately \$4 @ [www.longs.com](http://www.longs.com) or 800-865-6647




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Pros

- Helps to reach back teeth
- Holds floss taught
- More affordable
- Can use standard dental floss

Cons

- Need to thread the floss
- If teeth are narrowly spaced, floss comes off the holder

- **Longs Interdental Flossups – 36 pieces**

Approximately \$2 @ [www.longs.com](http://www.longs.com) or 800-865-6647



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Pros

Cons

- Floss already threaded and ready to use
- Disposable
- Disposable/not reusable

## *Shaving*

Problem	Possible Solution
<ul style="list-style-type: none"><li>• Arm/hand weakness causing inability to hold razor stable to shave safely (risk of cutting face)</li></ul>	<ul style="list-style-type: none"><li>→ Try an electric razor from a local drug store. Most have safe guards to decrease the risk of cutting the face</li></ul>
<ul style="list-style-type: none"><li>• Arm/hand gets tired and makes it difficult to hold shaver to face to complete the task</li></ul>	<ul style="list-style-type: none"><li>→ Prop arm/elbow on bathroom counter top to decrease fatigue or on the arm/hand</li><li>→ Can use stronger arm to assist weaker arm when possible</li><li>→ Take breaks during task to conserve energy, and/or shave at a time during the day that the individual has more energy.</li></ul>

### Products

- **Norelco Reflex Plus 6 Rechargeable Cord/Cordless Razor, 6843XL**  
Approximately \$50 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786





- **Remington Titanium Microscreen 2 Screen Shaver MS2-370**

Approximately \$60 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786



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Pros

- Can be used as cordless or with cord
- Decrease risk of cutting face
- Reusable

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Cons

- Need to recharge razor/keep it charged
- Not as close a shave as is achieved as with a manual razor
- More expensive than manual razor

## *Make-up application*

Problem	Possible Solution
<ul style="list-style-type: none"><li>• Arm/hand weakness results in difficulty gripping eyeliner, mascara, lipstick, etc.</li></ul>	<ul style="list-style-type: none"><li>→ Build up the grip with tubing</li><li>→ Have an Occupational Therapist adapt the make-up utensils</li></ul>
<ul style="list-style-type: none"><li>• Difficulty holding arm steady when applying makeup</li></ul>	<ul style="list-style-type: none"><li>→ Stabilize elbow/arm on the counter top while using a table top or sink side mirror</li><li>→ Use the stronger hand to guide the weaker hand, with the weaker hand holding the applicator</li><li>→ Try permanent make-up</li></ul>

## Products

- Go to local hardware store and ask to look at pipe insulation.
  - It comes in all different sizes and some different materials
  - Cut the pipe insulation down the side and slide it around the make-up item to build up the grip
- Can build up grip with various kinds of tape or rubber bands
- **Thermwell – 3ft x ¾ in. pipe insulation** (pkg of 4)  
Approximately \$5 /pkg @ [www.homedepot.com](http://www.homedepot.com) or 800-553-3199



- 
- Bigger handle makes the make-up brush or item easier to grip
  - May make item feel bulky and hard to manipulate for detail
  - May not fit perfectly on item (can tape the pipe lining on)

- **Foam for Built-Up Handles**

Use to build up handles of eating and ADL equipment. White Plastazote® foam

One yard per package, Latex free. (Can be used for make-up application)

Approximately \$10 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Foam Tubing**

Use to build up tool and utensil handles. Closed-cell foam has slip-resistant coating, does not absorb water. Dishwasher safe up to 180°F. Easily cut 12" long tubing with scissors. Latex free. Package of 6. Look for assorted size options to put on various sized make-up applicators. (Can be used for make-up application)

Approximately \$15 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



~ *Bathing* ~

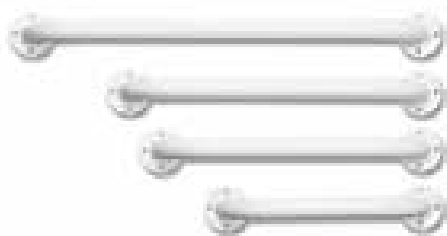
*Getting in and out of the bathtub/shower*

Problem	Possible Solution
<ul style="list-style-type: none"><li>• Losing balance while getting into the shower or bathtub</li></ul>	→ Add grab bars to shower/bath walls to grab onto
<ul style="list-style-type: none"><li>• Difficulty maintaining foot placement on slippery surface</li></ul>	→ Place a non-skid matt on shower/bathtub floor
<ul style="list-style-type: none"><li>• Difficulty stepping into the shower or bathtub</li></ul>	→ Use a shower/bath bench. Sit down on bench and lift legs over ledge using the arms if needed into the shower/bathtub
<ul style="list-style-type: none"><li>• Difficulty maintaining balance while standing and washing body</li></ul>	→ Try using sliding tub transfer bench, or a tub transfer system
<ul style="list-style-type: none"><li>• Standing in shower/bath is fatiguing</li></ul>	→ Remodel bathroom for roll-in shower → Wash body while sitting on shower/bathtub bench → Sit down to reduce work load on body → Wash body while sitting on shower/bathtub bench or can sit on 3 in 1 commode
<ul style="list-style-type: none"><li>• For weak trunk and neck, a roll in shower chair is not comfortable and/or safe</li></ul>	→ Use a recline or tilt in space shower chair with foot and head support on wheels
<ul style="list-style-type: none"><li>• The shower chair or bath bench is unsteady when getting on and off of it</li></ul>	→ Put suction cups on the feet of the shower chair or bath bench

- **White Wall Grab Bar**

Sturdy textured grab bars are made of durable heavy duty steel tubing and finished with a white powder coat. Bar diameter is 1 1/4" (3.2cm) with an 1 1/2" (3.8cm) wall clearance. Recommend installation by a qualified professional. Latex free.

Approximately \$20-40 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Chrome Grab Bars**

Textured grab rails of chrome-plated steel construction are 4 3/4" (12cm) from wall when mounted. 1" (2.5cm) diameter. Soft plastic bushings ensure tight mounting. Support up to 250 lbs. (113kg). Includes hardware. Recommend installation by a qualified professional.

Approximately \$20-30 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Guardian Tub Grab Bar**

Approximately \$55@ (956) 519-6777 or

[http://www.velmark.com/Merchant2/merchant.mvc?Screen=PROD&Store\\_Code=V&Product\\_Code=Guardian98006&Category\\_Code=BS](http://www.velmark.com/Merchant2/merchant.mvc?Screen=PROD&Store_Code=V&Product_Code=Guardian98006&Category_Code=BS)



- Can purchase **non-skid bath mat** at home stores e.g. Bed Bath and Beyond, Target, etc.

- **Safety 1<sup>st</sup> Slip-Resistant Bath Mats** – 10 in package

Approximately \$4 @ 800-378-4786 or [www.drugstore.com](http://www.drugstore.com)



Pros

Cons

- Adheres securely to tub floor
- Low cost
- Textured for traction
- Easy to install
- Can fit any size tub, shower or bathroom floor

- Only youthful designs available

- **Posey Sure-Step Cushioned Bath Mat**

Approximately \$130- \$300 @ 800-323-5547 or [www.sammonspreston.com](http://www.sammonspreston.com)



---

Pros

Cons

- Non-skid mat is impervious to water, oils, grease, brines, acids, alkalis and bacterial growth
  - Does not mildew
  - Soft, durable PVC absorbs up to 93% of impact forces from a fall.
  - Easy to install
  - Can be cut to fit any size tub, shower or bathroom floor
- Expensive

- **Carex Universal Bath Seat**

This sturdy bench fits virtually all tubs and showers. Unique leg design allows length adjustment for uneven surfaces and seat heights from 18"-23" (45-58cm). Seats include a hand-held shower holder. No metal parts to rust or corrode. Available with or without back. Latex free.

- Weight Capacity: 400 lbs. (181kg)
- Seat Width: 21" (53cm)
- Seat Depth: 18" (46cm)
- Inside Leg: 12¼" (31cm)
- Outside Leg: 16.875" (43cm)
- Legs: 2.375"

Approximately \$60 with back @ 800-323-5547 or [www.sammonspreston.com](http://www.sammonspreston.com)



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Pros

- Affordable

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Cons

- Difficult to transfer onto over bath edge
- No elevated arm supports for balance safety



- **Steel Drop-Arm Commodes**

Ideal for those with limited dexterity. Easy-to-release arm mechanism allows for safe lateral patient transfers. The C5548-90 Model features adjustable legs, an easy-clean powder coat finish and plastic armrests. The C5548-91 Commode with Padded Armrests is similar to the Deluxe. Padded armrests provide ultimate comfort. The two models share these specifications: width between arms 18" (45cm); seat 14"W x 16"D (35 x 40cm); seat height adjusts from 19"–23" (48-58cm); 300-lb. (136kg) weight capacity. The Deluxe is 23"W (58cm) overall; the other model is 24"W (61cm). Both include commode pail with carry handle

Approximately \$170 @ 800-323-5547 or [www.sammonspreston.com](http://www.sammonspreston.com)

*Contact Insurance, physician, and/or local vendor first (Some insurance companies have certain vendors that must be used in order to obtain reimbursement).*



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Pros

- Affordable
- Insurance usually covers this item
- Drop arm makes transfers less challenging

Cons

- Non-returnable due to hygiene reasons

- **Transfer Tub Bench**

Comfortable, contoured seat back has handle for easy removal. Sturdy, no-wobble design. Large seat is 33¼"W x19¼"D (84 x 50cm). Height adjusts from 17" to 21" (43-53cm) Split seat design allows shower curtain to tuck in, keeps water from leaking to floor. Seat is built to accept add-on accessories. The seat surface with built-in drainage system and rubber feet is non-slip. The optional basket organizers are great for holding shampoos, lotions or liquid soaps. They are designed for superior water drainage and drop into position on either side of bench. Add-on handles secure easily with bolts, and have added texture for improved gripping. The shower attachment fits most handheld showers. It keeps shower head within reach, and can be positioned on either side of bench. Supports up to 300lb. (136kg.).



Approximately \$115 @ 800-323-5547 or [www.sammonspreston.com](http://www.sammonspreston.com)

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Pros

- Easier to lift legs over bath edge while seated on bench
- Raised arm supports to hold on to
- Also comes in padded seating which may be more comfortable those with thinner frames

Cons

- More costly

- **Tub Slide Shower Chair**

Approximately \$2,400 @ R.D. Equipment, Inc.

888-440-7498 or [www.rdequipment.com](http://www.rdequipment.com)



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Pros

- Can transfer from bed to chair and roll chair into bathroom
- Decreases amount of transfers and can improve safety in the bathroom
- Decreases need to remodel bathroom
- Can slide into existing bathtub
- Can fit over toilet
- Can function as commode by the bedside

Cons

- Expensive, but less expensive than remodeling bathroom

- **Dura-Tilt Tilt-In-Space Shower Chair**

Need to call 570 323 9743 for price and further detail.

<http://www.duralife-usa.com/index.htm?group=5&content=2005>



**Other products you might want to look up:**

- **Heavy Duty Sliding Transfer Bench with Swivel Seat**

[www.sammonspreston.com](http://www.sammonspreston.com)

- **The DuraGlide Levelglide Bath/Commode Transfer System**

[www.sammonspreston.com](http://www.sammonspreston.com)

- **The Swiveling Shower/Bath Seat**

[www.sammonspreston.com](http://www.sammonspreston.com)

- **The Slider**

[www.pvcdme.com](http://www.pvcdme.com)

## *Washing the body*

Problem	Possible Solution
<ul style="list-style-type: none"> <li>• Difficulty positioning water to fall on body to wash</li> </ul>	<ul style="list-style-type: none"> <li>→ Replace fixed shower head with a handheld shower hose</li> </ul>
<ul style="list-style-type: none"> <li>• Unable to hold soap and washcloth at the same time</li> </ul>	<ul style="list-style-type: none"> <li>→ Can use soap-on-a-rope</li> <li>→ Use a loofa with liquid soap</li> <li>→ Use long-handled scrub sponges or angled long-handled scrub sponges</li> </ul>
<ul style="list-style-type: none"> <li>• Difficulty reaching and washing lower leg, feet, and back</li> </ul>	<ul style="list-style-type: none"> <li>→ Make a bath mitt out of two washcloths (sewn together) and keep soap in the pouch or buy bath mitt</li> </ul>
<ul style="list-style-type: none"> <li>• Get tired holding arms up to wash hair</li> </ul>	<ul style="list-style-type: none"> <li>→ Prop arms up on grab bar or arm support from shower/bathtub bench</li> <li>→ Go to beauty salon or barber shop</li> <li>→ Use extended grooming tools</li> <li>→ Have someone else wash hair in the sink</li> </ul>

### Products

- **Handheld Shower Spray with Diverter Valve**

Converts conventional showerhead to a handheld spray. An on/off switch is built into the handle for easy access. Includes a wall holder, extra long 80" (204cm) white reinforced nylon hose, and diverter valve to allow for use with either a traditional showerhead or shower spray with an on/off switch.

Approximately \$32 @ 800-323-5547 or [www.sammonspreston.com](http://www.sammonspreston.com)

Pros	Cons
<ul style="list-style-type: none"> <li>– First soap body and then rinse using the shower hose</li> </ul>	<ul style="list-style-type: none"> <li>– Need arm and hand strength to hold shower head and wash off body</li> </ul>

- **Interbath Rainmaker™ White Handheld Shower**

Model V902WW

Three spray selections and temporary hold. 72 in. MetaFlex\*™ hose. 2.5 GPM.

Approximately \$25 @ 800-553-3199 or [www.homedepot.com](http://www.homedepot.com)



- **Soap-on-a-rope** is made by using a pen or knife to cut a hole through the middle of a soap bar. Then thread a string through and hang the rope on a hook in the bathtub or around neck of person.

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Pros

- Works well when soap is new and still large

Cons

- When soap gets used and shrinks, it falls off the rope thus the soap needs to be replaced before it is fully used up

- **Dove Body Wash Deep Moisture – 24 fl. oz**

Approximately \$6 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786



- **Earth Therapeutics Hydro Body Sponge with Hard Strap (i.e. Loofa)**

Approximately \$3 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786



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Pros

Cons

- Buy loofa with a string to put around your wrist, decreasing risk of dropping loofa
- Squirt the liquid soap onto the loofa one hand can wash the body while the other is holding onto a grab bar for balance or holding the shower hose

- **Ramie Bath Mitt Online**

Approximately \$4 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786



- **Sammons Preston Rolyan® Bendable Sponges.**

The special handle on these sponges allow users to manually bend and straighten them multiple times to aid in cleaning hard-to reach areas. Unlike other sponge handles, these do not require a heat gun to change position. Handle: 17½" (45cm), Sponge; 5" (13cm). Total length 22½" (57cm). Latex free

Approximately \$7 @800-323-5547 or [www.sammonspreston.com](http://www.sammonspreston.com)




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Pros

- Ability to reach back, feet, and legs
- Sponges are light weight

Cons

- Need good shoulder joint range of motion to reach the back
- May need to build up handle to grip easier



## ~ Toileting ~

### *Getting on and off the toilet*

Problem	Possible Solution
<ul style="list-style-type: none"><li>• Unable to get off the toilet</li></ul>	<ul style="list-style-type: none"><li>→ Install grab bars or arm supports next to the toilet so that when sitting, arms rest bent on them at approximately a 90-degree angle. Grab bars placed in front may help as well</li><li>→ Use a raised toilet seat with or without grab bars</li><li>→ Use a commode with arm rails to help push up on</li><li>→ Raise the actual toilet itself with <b>Toilevator</b></li><li>→ If there is not space for grab bars, use a toilet safety frame to hold onto for balance while on toilet</li></ul>
<ul style="list-style-type: none"><li>• Difficulty transferring to the toilet</li></ul>	<ul style="list-style-type: none"><li>→ Use a drop arm 3-1 commode. It can be used over the toilet, as a shower bench, and/or at the bedside. It can be placed by the wheelchair with arm dropped, to enable an individual to slide to the other side</li></ul>
<ul style="list-style-type: none"><li>• Feel unstable bending down to sit on the toilet or lose balance/control when preparing to sit down on the toilet</li></ul>	<ul style="list-style-type: none"><li>→ Install arm supports or grab bars to the side of the toilet. When sitting down, reach back to the grab bar(s) with one or both hands to guide the body back and sit down slowly</li><li>→ Use a raised toilet seat to decrease distance to the toilet</li></ul>
<ul style="list-style-type: none"><li>• Arms and/or legs are too weak to get on and off the toilet independently</li></ul>	<ul style="list-style-type: none"><li>→ Men may use a urinal hooked to the grab bar by the toilet to use while standing</li><li>→ Women may use a female urinal while standing or while seated at the edge of a wheelchair</li></ul>

→ Ask caregiver to assist with transfer

Problem	Possible Solution
<ul style="list-style-type: none"> <li>• Difficulty getting to the toilet on time at home or in the community</li> </ul>	<ul style="list-style-type: none"> <li>→ At home, use a commode</li> <li>→ For a male, when not at home, use a condom catheter</li> <li>→ Both genders can use an adult diaper (i.e. Depends) when not at home</li> </ul>
<ul style="list-style-type: none"> <li>• Difficulty getting caregivers attention when ready to get off the toilet and he/she is in another room</li> </ul>	<ul style="list-style-type: none"> <li>→ Use an intercom or walkie-talkie system to communicate</li> <li>→ Use a bell if speaking is difficult</li> </ul>

### Products

- There are many models of raised toilet seat cushions on [www.sammonspreston.com](http://www.sammonspreston.com).
- **Etac® Hi Loo Raised Toilet Seat**  
Includes brackets covered in friction rubber suitable for users who need a raised seat that sits securely, yet can easily be lifted off. The design works well for temporary use or trips. The adjustable brackets make it easy to fit most toilets. A recess at front and back provide the best access. Smooth surfaces simplify cleaning. External dimensions 14"W x 15 1/2"D (36 x 39cm). Weight capacity 286 lbs. (130kg).  
Approximately \$30-110 @ 800-323-5547 or [www.sammonspreston.com](http://www.sammonspreston.com)



### Pros

### Cons

- Usually NOT compatible with bidets

- **Toilevator**

Approximately \$85 @ 800-861-3211 or

<http://www.allegromedical.com/home/moreinfo.asp?P=191757&S=3605&C=517&M=15748>



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Pros

- Compatible with bidets

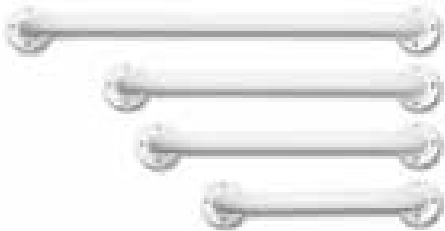
Cons

- Other people in the house who share that bathroom have to use an elevated toilet seat

- **White Wall Grab Bar**

Sturdy textured grab bars are made of durable heavy duty steel tubing and finished with a white powder coat. Bar diameter is 1 1/4" (3.2cm) with an 1 1/2" (3.8cm) wall clearance. Recommend installation by a qualified professional. Latex free.

Approximately \$25 - \$35 @800-323-5547 or [www.sammonspreston.com](http://www.sammonspreston.com)



- **Toilet Safety Frame**

Approximately \$40 @ 888-940-0605 or  
[http://www.dynamic-living.com/toilet\\_frame.htm](http://www.dynamic-living.com/toilet_frame.htm)



- **Deluxe All-In-One Commode**

Welded steel construction increases strength and durability. Plastic armrests are comfortable. Easy, tool-free assembly. Also comes with commode bucket, cover and splash shield. Durable plastic snap-on seat with lid. Adjusts from 18" to 22" (46–55cm) in 1" (2.5cm) increments. Unit is 24"W (61cm) with width between arms of 18" (46cm). Supports up to 300 lbs. (136kg).

Approximately \$70@ 800-323-5547or [www.sammonspreston.com](http://www.sammonspreston.com)

*Contact Insurance, physician, and/or local vendor first (Some insurance companies have certain vendors that must be used in order to obtain reimbursement).*



- **Steel Drop-Arm Commodes**

Ideal for those with limited dexterity. Easy-to-release arm mechanism allows for safe lateral patient transfers. The C5548-90 Model features adjustable legs, an easy-clean powder coat finish and plastic armrests. The C5548-91 Commode with Padded Armrests is similar to the Deluxe. Padded armrests provide ultimate comfort. The two models share these specifications: width between arms 18"(45cm); seat 14"W x 16"D (35 x 40cm); seat height adjusts from 19"–23" (48-58cm); 300-lb. (136kg) weight capacity. The Deluxe is 23"W (58cm) overall; the other model is 24"W (61cm). Both include commode pail with carry handle.

Approximately \$170 @ 800-323-5547 or [www.sammonspreston.com](http://www.sammonspreston.com)

*Contact Insurance, physician, and/or local vendor first (Some insurance companies have certain vendors that must be used in order to obtain reimbursement).*



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Pros

- Affordable
- Drop arm makes transfers less challenging
- Insurance usually covers this item

Cons

- Non-returnable due to hygiene reasons

- **Male Plastic Urinal**

Approximately \$7 @ 800-566-6561 or [http://www.productsforseiors.com/male\\_urinal.htm](http://www.productsforseiors.com/male_urinal.htm) or (catalogue is only available online) or ask healthcare providers about one



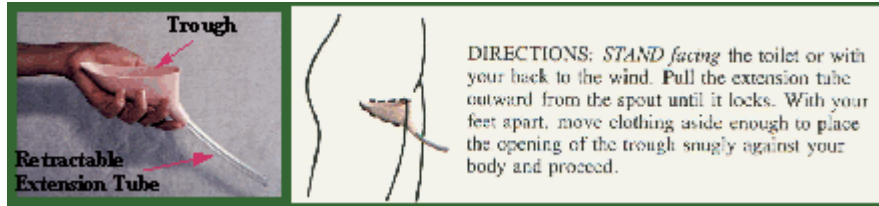
- **Female Urinal**

Approximately \$9 @ 800-566-6561 or [http://www.productsforseiors.com/female\\_urinal.htm](http://www.productsforseiors.com/female_urinal.htm) (catalogue is only available online)



- **Female Urinary Director**

<http://www.freshette.com> or (800) 542-5580



- You can ask a healthcare provider about condom catheters. In general, it is a rubber sheath that goes around the penis. At the end of the sheath, there is a tube that goes either to a smaller leg bag for day use or larger bag that hooks on bed or wheelchair for night use.

- **Depend Disposable Protective Underwear**

16 pack for approximately \$13 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786



- **The First Years Safe & Sound Monitor with Finder Feature**

Approximately \$35 @ 800-378-4786 or [www.drugstore.com](http://www.drugstore.com)





## *Toilet Hygiene*

Problem	Possible Solution
• Unable to reach behind to wipe	→ Install a bidet (it cleans an individuals bottom)
• Get tired after one wipe	→ Use toilet aids → Salad tongs to hold toilet paper. Tongs can help if have trouble wiping and holding the toilet paper. A gross grasp and some hand grip strength are needed to hold tongs shut.
• Trouble shifting weight onto one side so that there is space to reach to wipe	→ Use safety rails or grab bars to pull bodyweight to one side

## Products

- **Toto-Bidet**

Features: Gentle Aerated Warm Water, Self Cleaning Dual Action Spray, SoftClose Seat, Heated Seat with Temperature Control, Easy to Install and Clean

Chloe Bidets offer the ultimate in personal hygiene for both men and women by featuring dual action warm water cleansing. Activated by a simple touch, the bidet's hidden wand extends to provide a gentle aerated stream of warm water for a cleansing that leaves the user feeling refreshed.

[www.mybidets.com](http://www.mybidets.com) → call 888-234-7007 for pricing



- **Jasmine Washlet**

This is a bidet seat that can sit on an existing toilet (by checking their website, one can check to see what toilet models will work with this product). It has warm water wash and dry, a pulsating feature for the water, and the water wand is adjustable so the water will spray where it is needed. It is operated by remote control. In talking to their tech support person, they are not positive it would work later if a rolling commode over the toilet is needed but it possibly might. The problem is that there is a sensor that is covered when an individual sits directly on the seat which signals the water to start spraying when sitting down and to automatically stop when getting up. If sitting above the toilet surface on a commode the sensor may not get covered. Also water may spray out the sides since the spray is arced and there is a gap between the toilet surface and the commode.

<http://www.mybidets.com/toto-bidet.html#jasmin> or call 888-234-7007 for pricing information



- **Toto-Chloe**

This is also a bidet seat that sits on many models of regular toilets just like the Jasmine. The water wand is not adjustable on this model and there is no pulsating control feature. This model does not have a remote control but has the controls located on the side of the toilet bowl which may be difficult to access as the arms weaken. The overall width of the toilet seat with the controls is 20 5/16" (wider than the Jasmine). If planning to use a commode over this at some point, it would have to be wider than that to fit. A rolling commode over this style would not work at all because the water wand is not adjustable and because of the width, the sensor, and the gap between the toilet surface and the commode.



<http://www.mybidets.com/toto-bidet.html#chloe> or call 888-234-7007 for pricing information

- **Lubidet**

The cost of the standard lubidet is about \$400 with adaptations extra. There is also a 45 day money back guarantee on the lubidet if for any reason you find it doesn't meet your needs.

This product is also a bidet seat that sits on most regular toilets. It has warm water wash and warm air dry. The standard model has the controls on the back, but it can be custom designed to suit your needs with a foot control (\$60) or an extension lever for the existing control so that the controls come out to the side within easy reach. A company representative claims that adapted controls don't require much strength to operate; there is a lever that is easily pushed forward with your arm to start/stop the water flow and there is a button on top of the lever that just needs to be hit (not held down) to operate the air.

They sell their own version of the Toilevator called the **Tall Boy** for \$60. This will elevate your regular existing toilet with a box on the floor to ADA height. The **Tall Boy** is solid while the Toilevator is hollow which may cause it to trap odors inside.

Another option they sell is a **Raised Riser** which is a ring which fits on the rim of your toilet bowl, but under the toilet seat to give you the extra height. Since the bidet is in the toilet seat you would still get the full benefits of the bidet. There is the standard ring for \$40 and there is another version of the ring which is on a hinge and flips back for \$60. A company representative said that rolling commode over the regular toilet with the lubidet would not work very well just as they likely won't for the Toto.

<http://lubidet.com> or 800-582-4338



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#### Pros

- Company is familiar with needs of people with disabilities
- When buying lubidet, ask if it fits to your toilet seat (fits to most regular toilet seats)

#### Cons

- Less luxury features than other bidets

- **Bidet-Ole**

\$29.95 at [www.bidetole.com](http://www.bidetole.com)

- For more bidet options, you may also want to look at: [www.sanicare.com](http://www.sanicare.com)

- **Toilet Aid**

Provides assistance with independent hygiene. Curved metal handle with molded-plastic head has recessed serrations to grip paper. Weighs 2½ oz. (71g). 10" (27cm) long.

Approximately \$25 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Pedrini 13" Stainless Steel Locking Tong**

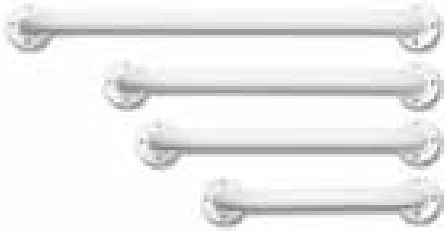
Approximately \$10 @ [www.target.com](http://www.target.com) or 800-591-3869



- **White Wall Grab Bar**

Sturdy textured grab bars are made of durable heavy duty steel tubing and finished with a white powder coat. Bar diameter is 1 1/4" (3.2cm) with an 1 1/2" (3.8cm) wall clearance. Recommend installation by a qualified professional. Latex free.

Approximately \$ 20-35 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



## *Managing clothes for toilet use*

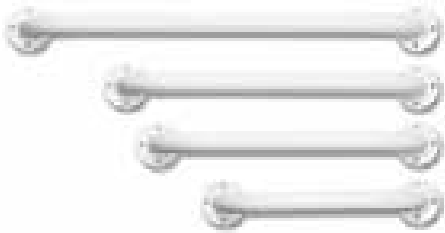
Problem	Possible Solution
<ul style="list-style-type: none"><li>• Maintaining balance while pulling down pants and/or underwear</li></ul>	<ul style="list-style-type: none"><li>→ Wear elastic waist pants</li><li>→ Wear looser underwear such as boxers that are easier to pull down</li><li>→ Hold onto a safety rail or grab bar with one hand, while the other hand pulls pants down</li><li>→ Place loops in pants and underwear, place forearms through loops to enable you to pull pants up with elbow motion</li></ul>

### Products

- **ADA Approved Grab Bars. White Wall Grab Bar**

Sturdy textured grab bars are made of durable heavy duty steel tubing and finished with a white powder coat. Bar diameter is 1 1/4" (3.2cm) with an 1 1/2" (3.8cm) wall clearance. Recommend installation by a qualified professional. Latex free.

Approximately \$20-35 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



~ *Sleeping* ~

*Getting in and out of bed*

Problem	Possible Solution
<ul style="list-style-type: none"><li>• Difficulty scooting/rolling into and out of bed</li></ul>	<ul style="list-style-type: none"><li>→ Wear satin or silk pajamas to increase ability to move more easily, but be careful not to slide off the bed</li><li>→ Put satin or silk sheets on the bed to make it easier to slide in or out of the bed, but be careful not to slide off the bed</li><li>→ Install bedrail(s) for the side of the bed; they can be used to pull oneself over in bed. It is recommended to get just half length rails; full length may interfere with getting in and out of bed</li><li>→ Use a leg lifter to help lift the legs into and out of bed when lying sideways</li><li>→ The caregiver could use a Hoyer lift to lift an individual into and out of bed</li><li>→ A caregiver can use a ceiling lift and rail tracking system to lift an individual into and out of bed</li><li>→ Ask an occupational therapist or physical therapist to use a wedge or cut a piece of foam to place an individual in an optimal bed position</li></ul>
<ul style="list-style-type: none"><li>• Difficulty getting caregiver's attention when waking up in the morning and he/she is in another room</li></ul>	<ul style="list-style-type: none"><li>→ Use an intercom, walkie talkie, or baby monitor system to communicate.</li><li>→ Use a bell if speaking is difficult</li><li>→ Have an occupational therapist set up an adapted pager with a switch</li></ul>

Products

- Buy silk sheets or pajamas at department stores: Macy's, Mervyns, Victoria's Secret (females), etc.



- **Smart-Rail™**

This innovative bed assist rail is designed for those requiring a little help for moving, standing and transferring in and out of bed. Unlike fixed-style bed rails, Smart-Rail can unlock and pivot out to provide better standing support with less reaching and twisting. Fits twin to king-sized beds. Simply slide the support frame between the box spring and mattress, secure with safety straps and set the rail height. The standard height is 30" (76cm), and may be increased up to 34" (86cm) with the optional leg extenders. Caution: This product contains natural rubber latex which may cause allergic reactions.

Approximately \$140 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Rigid Leg Lifter**

Reinforced webbing around a rigid, yet adjustable, metal rod in the center and foot portion. Foot loop opening can be pre-bent to accommodate the width of a cast or foot. Hand loop has flexible webbing for comfort.

Approximately \$15 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547

*To use the leg lifter, good trunk balance and*



*enough upper body strength are needed to be able to lift leg up.*

- **Super Pole**

Super pole is like a bed rail, but it is installed vertically from the floor to the ceiling.

[www.healthcraftproducts.com](http://www.healthcraftproducts.com)

- **Hoyer® 400 lb. Hydraulic Lifter**

Caretakers can safely transfer individuals up to 400 lbs. with this versatile lift. The easy-to-use hydraulic pump handle rotates to allow operation from both sides. The ability of the adjustable, locking legs to fit around furniture and wheelchairs and the vertical travel range of 28" to 77" (71 - 196 cm) allow caretakers to transfer individuals to and from wheelchairs, standard chairs, beds, toilets and the floor. Base clearance of 5½" (14cm) allows positioning under most beds. The angular, non-sway cradle provides added stability during transfers. Works with Hoyer 4-point and 2-point slings (below). Base measures 43½"L x 24" to 42½"W (110 x 61 - 108 cm). Latex free.

Approximately \$1,000 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547

*Contact Insurance, physician, and/or local vendor first (Some insurance companies have certain vendors that must be used in order to obtain reimbursement).*

*Check with vendor about accepting assignment on manual lift (covered by Medicare) and upgrading to power accessory using Medicare's ABN (Advanced Beneficiary Notice)*



- **Hoyer® 400 lb. Battery Powered Lifter**

The same features as the hydraulic lifter, with the added feature of a deluxe battery-powered lift. Smooth, quiet transfer reduces patient anxiety. Includes built-in emergency stop button and manual release for emergency lowering. Works with Hoyer 4-point and 2-point slings.

Call Sammons Preston at 800-323-5547 for price

*Contact Insurance, physician, and/or local vendor first (Some insurance companies have certain vendors that must be used in order to obtain reimbursement).*

*Check with vendor about accepting assignment on manual lift (covered by Medicare) and upgrading to power accessory using Medicare's ABN (Advanced Beneficiary Notice)*



- **Trixie Lift**

<http://www.arjo.com/int/Page.asp?Pagenumber=172>

Not usually covered by insurance.

- **Guldmann ceiling hoist motor lift - GH2**

Call Guldmann Inc. @ 1-800 664 8834 or go to the [www.guldmann.com](http://www.guldmann.com) website for information on products and pricing

The new generation of the single hoist system: The lift hangs directly under the rails and lifts the user with the help of a lifting hanger to which the sling is attached.

- Lifts a lot - weighs little  
although it weighs only 8.7 kg the GH2 hoist can lift up to 200 kg. / 440 lb.
- Lifts rapidly  
High process speed - the dual speed function increases lifting speed when the hoist is unloaded. This means that the overall lifting process can be carried out faster without compromising safety.
- Lifts high  
Maximum lifting height - thanks to small installation dimensions, lifting height is increased (almost 5 cm higher than that of DH2000).
- Lifts comfortably  
All start/stop functions are smooth and without jolts. The hoist operates quietly, and patients are moved smoothly on the Guldmann rail system.



## **Guldmann Rail System**

Call Guldmann Inc. @ 1-800 664 8834 or go to the [www.guldmann.com](http://www.guldmann.com) website for information on products and pricing.

A rail system comprises of one or more rails which are installed on the ceiling, the wall or on freestanding, wall studs. Rail systems can be installed anywhere. A ceiling hoist system takes up no floor space, makes little noise and is always ready for use. The ceiling hoist itself runs in the rail system. All Guldmann's ceiling hoists lift with the help of a battery operated motor. The hoist is equipped with a hanger to which the sling is secured. The hoist is manually operated or with the help of a remote-controlled drive-motor.



- **LiftAid- The Chamberlift 2000**

[www.liftaid.com](http://www.liftaid.com)

- **The First Years Safe & Sound Monitor with Finder Feature**

Other call systems are discussed with pros and cons on: <http://living-with-als.org/call.html> and can be found at your local electronic stores

Approximately \$35 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786



### ***Things to help you feel more comfortable in bed***

Problem	Possible Solution
<ul style="list-style-type: none"> <li>• Difficulty bending legs once are lying down in bed</li> </ul>	<ul style="list-style-type: none"> <li>→ Use a leg lifter to move legs</li> <li>→ Sleep with a thigh lifter attached to the thigh; the loop on the thigh lifter can be pulled during the night to bend knee using arms</li> <li>→ Use a bed that has the feature to move legs up or down electrically (i.e. hospital bed)</li> </ul>
<ul style="list-style-type: none"> <li>• Hypersensitive to the pressure of sheets resting on top of legs</li> </ul>	<ul style="list-style-type: none"> <li>→ Use a bed cradle to hold the sheets up and off the legs</li> </ul>
<ul style="list-style-type: none"> <li>• Stiff and uncomfortable in joints because of difficulty rolling or moving in bed</li> </ul>	<ul style="list-style-type: none"> <li>→ Use bedrails to grab onto to help pull body from side to side (use only half length bed rails since full length ones may interfere with maneuvering in and out of bed)</li> <li>→ Use a bed with an air mattress that rotates, i.e. alternating air mattress (usually only covered by long term health insurance)</li> <li>→ Use a bed that has features to raise and lower the head and foot of the bed (i.e. hospital bed)</li> <li>→ Use alternating pressure pad</li> </ul>
<ul style="list-style-type: none"> <li>• Lower leg stiffness and pressure soars/trouble spots due to decreased leg movement</li> </ul>	<ul style="list-style-type: none"> <li>→ Wear a Podus Boot while sleeping; the boots provide extra padding and help keep the feet in a comfortable position. It is important to ask a physical therapist if</li> </ul>

this is appropriate. If there is mainly upper motor neuron involvement, it may not be.

- Legs and knees are sore or uncomfortable when lying for long periods of time on your side
  - Place a pillow between legs/knees
  - Ask an occupational therapist or physical therapist to use a wedge or cut a piece of foam to place in an optimal bed position
- Difficulty getting caregivers attention when resting in bed and need help when waking up in the morning and caregiver is in another room
  - Use an intercom or walkie talkie system to communicate
  - If speaking is difficult, use a bell

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### Products

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- **Rigid Leg Lifter**

Reinforced webbing around a rigid, yet adjustable, metal rod in the center and foot portion. Foot loop opening can be pre-bent to accommodate the width of a cast or foot. Hand loop has flexible webbing for comfort.

Approximately \$15 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547

\*\* To use the leg lifter, good trunk balance and enough upper body strength are needed to be able to lift the leg up.



- **Thigh Lifter**

For use in independent repositioning of the leg.  
Durable, double-stitched grey nylon taffeta loop

with hook and loop closure adjusts to accommodate thigh sizes up to 22". Helpful D-ring closure for individuals with limited hand function or strength. Latex free.

Approximately \$26 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547

Many electric bed models, ranging in price, available on [www.invacare.com](http://www.invacare.com) or with other companies. Invacare is a manufacturer that will refer to local vendors.

*Contact Insurance, physician, and/or local vendor first (Some insurance companies have certain vendors that must be used in order to obtain reimbursement).*



- **Bed Cradle and Foot Support Bed cradle, frame only**

Holds the sheets and blankets up off the patient's feet. Sturdy steel frame clamps secure to the mattress to prevent the device from moving. Fits standard hospital bed. Removes easily when making the bed. Three-piece cradle disassembles for compact storage.

Machine washable, cotton foot support cover, slips over the bed cradle frame. One per package. Cradle and Foot Support sold separately.

Approximately \$35 @ <http://store.devinemedical.us/pobedcrandfo.html> or 800-609-3409





- **Smart-Rail™**

This innovative bed assist rail is designed for those requiring a little help for moving, standing and transferring in and out of bed. Unlike fixed-style bed rails, Smart-Rail can unlock and pivot out to provide better standing support with less reaching and twisting.

Fits twin-to-king-size beds. Simply slide the support frame between the box spring and mattress, secure with safety straps and set the rail height.

The standard height is 30" (76cm), and may be increased up to 34" (86cm) with the optional leg extenders. Caution: This product contains natural rubber latex which may cause allergic reactions.

Approximately \$150 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Full-electric Bed Package:  
Innerspring Mattress and Half  
Rails**

Approximately \$2,300 @ [www.invacare.com](http://www.invacare.com) or 800-333-6900

*Contact Insurance, physician, and/or local vendor first (Some insurance companies have certain vendors that must be used in order to obtain reimbursement).*

*Medicare covers semi-electric beds. If full electric is needed, check with vendor about accepting assignment on semi-electric bed and upgrading to full-electric using Medicare's ABN (Advanced Beneficiary Notice).*



- **microAIR Turn-Q Plus Mattress – Standard Width**

Approximately \$11,500 @ [www.invacare.com](http://www.invacare.com) or 800-333-6900

The microAIR Turn-Q Plus combines the benefits of lateral rotation, true low air loss

and pressure relief in a single portable system. The system's two selectable turning angles provide the ability to bilaterally rotate patients a full or partial turn, reducing the risk of complications associated with immobilization.

*Contact Insurance, physician, and/or local vendor first (Some insurance companies have certain vendors that must be used in order to obtain reimbursement). Usually only covered by long term insurance plans.*



- **CareGuard APP Pump and Pad**

Approximately \$180 @ [www.invacare.com](http://www.invacare.com) or 800-333-6900

Features: Advanced pump technology alternately inflates and deflates air cells, variable pressure setting for added patient comfort, pump can be mounted on the bed with built-in bracket, and does not contain latex.

*Contact Insurance, physician, and/or local vendor first (Some insurance companies have certain vendors that must be used in order to obtain reimbursement).*



- **Deluxe Podus Boot**

Helps address plantar flexion contracture, foot drop, decubitis heel ulcers and internal/external hip rotation. Soft cotton liner is padded for additional comfort and can be removed for washing. Secures easily with firm hook & loop attachment. Splint accommodates up to 45° plantar flexion contracture. Anti-rotation bar helps prevent hip rotation. Detachable toe post keeps bed linens away from toes. Available with walking attachment for minimal ambulation. Walking sole has a padded toe piece. Laundry bag included. Latex free.

Approximately \$80 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **The First Years Safe & Sound Monitor with Finder Feature**

Approximately \$35 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786



~ Dressing ~

**Putting on and removing clothing**

Problem	Possible Solution
<ul style="list-style-type: none"><li>• Difficulty fastening and unfastening buttons due to hand weakness</li></ul>	<ul style="list-style-type: none"><li>→ Use a button hook (need to be able to press the thumb against the fingers)</li><li>→ Remove buttons and sew Velcro to fasten clothes</li><li>→ Wear shirts and pants that do not have buttons</li></ul>
<ul style="list-style-type: none"><li>• Difficulty maintaining balance while putting on clothes</li></ul>	<ul style="list-style-type: none"><li>→ Sit down to dress to prevent falls and conserve energy</li></ul>
<ul style="list-style-type: none"><li>• Difficulty pulling zippers up and down</li></ul>	<ul style="list-style-type: none"><li>→ Thread fishing line through the zipper hole to make a loop; hook a finger in the loop to pull the zipper up and down <i>Can use any type of string, however fishing line is clear and almost invisible</i></li><li>→ Buy and use zipper rings from a fabric store</li><li>→ Use a Zip Grip to make zipper easier to hold</li><li>→ Wear pants with elastic waist without a zipper</li><li>→ Wear a pullover jacket or fleece without a zipper</li></ul>
<ul style="list-style-type: none"><li>• Difficulty pulling shirts over the head or pulling up pants</li></ul>	<ul style="list-style-type: none"><li>→ Loose fitting clothes are easier to put on and take off</li><li>→ Buy clothing made of fabrics that are easier to put on, i.e., fleece is more challenging to put on than cotton, nylon is one of the least challenging fabrics</li><li>→ Avoid bulky or heavy clothes, try thin insulated clothing found at a running store for winter months</li><li>→ Sit down when putting on clothes</li><li>→ Lay down to eliminate gravity when putting on clothes</li><li>→ Ask your Occupational Therapist how to</li></ul>

use a dressing stick

Problem	Possible Solution
<ul style="list-style-type: none"> <li>• Difficulty bending down to put on socks</li> </ul>	<ul style="list-style-type: none"> <li>→ Use a sock aide to pull socks up</li> <li>→ Wear sandals or shoes that do not require socks and wear slippers around the house to keep feet warm</li> </ul> <p><i>Caution: If an ankle-foot-orthosis (AFO) is worn, closed toe and closed heel shoes must be worn (e.g. tennis shoes).</i></p>
<ul style="list-style-type: none"> <li>• Difficulty tying shoe laces</li> </ul>	<ul style="list-style-type: none"> <li>→ Place elastic shoe laces into shoes to turn them into slip on shoes</li> <li>→ Wear Velcro or slip-on shoes</li> </ul>
<ul style="list-style-type: none"> <li>• Difficulty putting shoes on with ankle-foot orthosis</li> </ul>	<ul style="list-style-type: none"> <li>→ Buy shoes that are one size bigger than normal shoe size</li> </ul>
<ul style="list-style-type: none"> <li>• Difficulty putting on shoes</li> </ul>	<ul style="list-style-type: none"> <li>→ Can use a long-handled shoehorn to help guide the heel of the foot into the shoe.</li> <li>→ Try using a dressing stick</li> </ul>

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#### Products

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- **Button Hooks with Zipper Pull**

Two aids in one — the Hook answers buttoning needs, and the Zipper pull attaches to hard-to-handle zipper tabs, making it easier to zip. Adds leverage to small zippers. Latex free.

Approximately \$10 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- Velcro strips can be bought at a local drug store or hardware store

- **Velcro® Style Button Aids**

These Button Aids press together to replace regular buttons, thereby enabling users to be more independent in self-dressing. Fits most standard buttonholes. Machine washable. Comes in packages of 10. Latex free.

Approximately \$20 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Zip Grips**

Ideal for clients with reduced finger strength and coordination. Black 1" (2.5cm) plastic ring easily attaches to hard-to-pull zipper tabs on clothing, suitcases, etc. Six per package. Latex free.

Approximately \$10 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547





- **Sock Notch™**

Available in traditional and wide sizes. Wide sock aid features flat design that prevents the sock aid from rolling during sock application. Cord style helps apply shorter socks; garter style helps apply longer stockings that go over the calf. Garter style also features a handle that is ideal for people with a limited grasp. Flexible plastic.

Approximately \$15 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Sock and Stocking Aid with Built-Up Foam Handles**

Easy-to-use aid helps individual pull on sock or stocking. Just place sock over the flexible plastic core, insert foot and pull the cord's two soft, foam handles to bring sock over heel and up leg. For one-handed use, use the Continuous Loop cord with foam handle. Latex free.

Approximately \$15 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547





- **Tylastic™ Shoelaces**

Heavy-duty elastic shoelaces for better support. No special lacing or tying required. Two pair per package, except 3/16" (.48cm) are three pair per pkg.

Approximately \$10 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **iBungee® Laces**

iBungee laces are quick, comfortable and look great. Custom cord-lock holds laces securely & adjusts instantly. The special bungee lace allows users to slip shoes on & off like a loafer. Fits all shoes and is available in three colors and sizes. 1/8"W. Sold in pairs.

Approximately \$5 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547

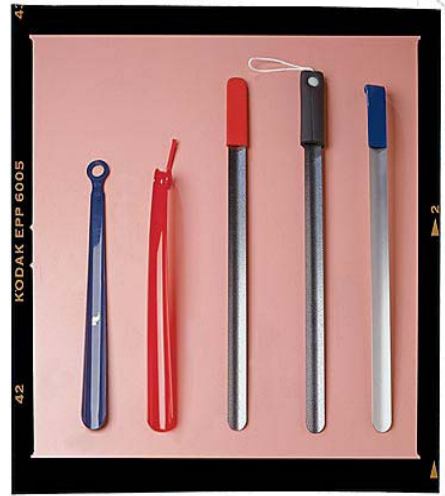


- **Dressing stick**  
[www.sammonspreston.com](http://www.sammonspreston.com)

- **Plastic Shoehorn**

Durable and lightweight. Ideal for use following total hip replacement. 18" (46cm) (blue shoehorn in photograph) has handle with hanging hole. 16½" (42cm) and 24" (61cm) curved handle style provides secure grip. Comes in a variety of colors.

Approximately \$10 @  
[www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



~ *Eating* ~

*Self Feeding*

Problem	Possible Solution
<ul style="list-style-type: none"><li>• Difficulty holding eating utensils</li></ul>	<ul style="list-style-type: none"><li>→ Build up the handle of the utensils with foam tubing or pipe insulator to make gripping easier</li><li>→ Purchase utensils with rubber or plastic built up handles</li></ul>
<ul style="list-style-type: none"><li>• Unable to grip the eating utensils but can reach hand to mouth</li></ul>	<ul style="list-style-type: none"><li>→ If wrist control is intact, use a universal cuff just below the knuckles to hold an eating utensil</li><li>→ If wrist control is not intact, use a wrist support to hold the utensil and stabilize the wrist</li></ul>
<ul style="list-style-type: none"><li>• Unable to cut food</li></ul>	<ul style="list-style-type: none"><li>→ Use a rocker knife; arm must be able to rock the knife forward and backward; Can use one arm/hand to cut food</li><li>→ Use a pizza cutter; arm must be able to move the pizza cutter forward and backward on top of the food to cut it; Can use only one arm/hand to cut food</li><li>→ Use a pastry cutter</li></ul>
<ul style="list-style-type: none"><li>• Unable to bend wrist to place food on the utensil straight into mouth, over tongue (e.g. food is getting placed in cheeks, instead of on top of tongue)</li></ul>	<ul style="list-style-type: none"><li>→ Use a swivel eating utensil or have someone bend some of the eating utensils so that the utensil handle and the eating portion meet at a 90 degree angle</li></ul>
<ul style="list-style-type: none"><li>• Unable to stabilize plate or bowl while trying to scoop food</li></ul>	<ul style="list-style-type: none"><li>→ Can use dycem, a rubber sticky mat, to hold the plate or bowl on the table (also called SPR Roll Matting)</li></ul>
<ul style="list-style-type: none"><li>• Difficulty getting all of the food off the plate or keeping food on the plate (can use only one hand to eat)</li></ul>	<ul style="list-style-type: none"><li>→ Use a plate that has a raised edge or lip</li><li>→ Use a clip-on food guard to raise the edge of the plate</li></ul>

Problem	Possible Solution
<ul style="list-style-type: none"> <li>• Unable to bring arm/hand to mouth because of arm weakness and/or fatigue</li> </ul>	<ul style="list-style-type: none"> <li>→ Can prop and rest elbows on the table</li> <li>→ Can prop arm on 1-2 books on table and raise the plate with books to decrease the distance between arms and mouth</li> <li>→ Use mobile arm supports that can be attached to a wheelchair or to a table</li> </ul>
<ul style="list-style-type: none"> <li>• Difficulty bringing cup to mouth due to arm/hand weakness</li> </ul>	<ul style="list-style-type: none"> <li>→ Use a cup that has two handles</li> <li>→ Use a cup that has a larger than normal handle that makes it easier to grip</li> <li>→ Keep the cup on the table and use an extended straw</li> <li>→ Use a “Hand’s Free” bottle that attaches to wheelchair (e.g. Drink-Aide)</li> <li>→ Wear a camel pack or attach it to the wheelchair</li> <li>→ Attach a water bottle holder to the wheelchair (available at bicycle stores)</li> <li>→ Ask caregiver to place water bottles at various locations (e.g. bed stand, desk, near the television, etc.</li> </ul>
<ul style="list-style-type: none"> <li>• Difficulty sucking liquid up a straw due to weak mouth muscles</li> </ul>	<ul style="list-style-type: none"> <li>→ Use a one way valve straw</li> </ul>
<ul style="list-style-type: none"> <li>• Difficulty opening twist off caps, bottles, tab-top cans</li> </ul>	<ul style="list-style-type: none"> <li>→ Use 3-in-1 opener</li> <li>→ Request that a family member open tight containers and loosely close them</li> </ul>

## Products

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*Remember to make sure to purchase light weight utensils or equipment. Light weight utensils will reduce the workload on the arms.*

- **Foam for Built-Up Handles**

Use to build up handles of eating and ADL equipment. White Plastazote® foam. One yard per package, Latex free.

Approximately \$10 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Foam Tubing**

Use to build up tool and utensil handles. Closed-cell foam has slip-resistant coating, does not absorb water. Dishwasher safe up to 180°F. Easily cut 12" long tubing with scissors. Latex free. Package of 6.

Approximately \$15 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Thermwell – 3ft x ¾ in. pipe insulation** (pkg of 4)

Approximately \$5/pkg @ [www.homedepot.com](http://www.homedepot.com) or 800-553-3199




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Pros

- Bigger handle makes the utensil easier to grip
- Pipe insulation is inexpensive

Cons

- May not fit utensil perfectly (can use tape to secure grip)

- **Supergrip™ Bendable Utensils**

Spoons and fork feature twist in metal shaft that provides easy bending to any angle to accommodate reduced range of motion. Can be bent to the right or left to the position that provides the greatest comfort for the user. Angled rocker knife cuts with minimum effort. Comfortable 1½" wide built-up ribbed rubber handles improve grip. Stainless steel silverware. Dishwasher safe. Latex free.



Approximately \$10 for each utensil @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547

- Utensil head works best bent to a 90 degree angle to the right for left handed or bent left for right handed (probably not useful to bend up and down)
- Beneficial if not able to move wrist side to side to place the food on the utensil straight into mouth (e.g. food may be entering mouth in a side ways direction and/or getting placed in cheek)

- **Adjustable Swivel Utensils**

Swivel mechanism keeps utensil level when wrist or finger motion is absent or decreased. Equipped with two stops to regulate the amount of swivel in either direction. Stainless Steel. Dishwasher safe to 180°F. Latex free

Approximately \$15 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- Utensil head swivels around the axis of the utensil
- Need to be able to lift the utensil higher than a normal utensil to place the food in mouth
- Helps keep food level on utensil (e.g. prevents food from dropping or spilling)

off the utensil) if unable to keep the  
food level while bringing it to mouth



- **Heavy-Duty Utensil Holder**

A host of ways to make eating, writing and other activities easier. Adjusts to fit the individual and is designed to slip comfortably on and off for increased independence. Durable 1"-wide nylon webbing help support utensils. Features: pocket holds assorted utensils, Velcro® closure with handy D-ring eases slipping on and off, adjusts to hand, machine washable.

Approximately \$10 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



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Pros

Cons

- Need appropriate wrist control to use

- **Economy Wrist Support**

Leather-covered metal splints. Hand cuff is leather with Velcro® closure, and the pocket angle is permanently fixed. Need to measure the width across your knuckles (it comes in 3 inch and 3 ½ inch size). Utensil is not included. Latex free.

Approximately \$30 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Wrist Support with Palmar Swivel Clip**

Leather-covered metal splints. Plastic palmar clip with utensil pocket. The clip must be heated with a heat gun before adjusting. Wrist position changes easily by bending the metal. Need to measure the width across your knuckles (it comes in 3 inch and 3 ½ inch size). Utensil not included. Latex free.

Approximately \$45 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Lightweight Rocker Knife**

Weighing only 1 oz., this has an easy-grip handle ideal for those with minimum strength/dexterity. Sturdy plastic handle. Stainless-steel blade, 1¾" long and 4" wide effectively cuts even large portions of food with one hand. Overall length: 6". Dishwasher safe up to 125°F. Latex free.

Approximately \$20 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Pedrini Deluxe Stainless Steel Pizza Cutter**

Approximately \$10 @ [www.target.com](http://www.target.com) or 800-440-0680



- **SPR Roll Matting**

Made from a specially developed polymer that is comparable to the leading non-slip roll matting. It is not sticky but grips on both sides to help stabilize both equipment and limbs during ADL activities. The rolls can be cut easily to fit under a bowl to help stabilize it for one hand mixing. Use it under a plate to prevent it from moving around the table. Used as a jar opener it can help individuals with a weak grip. Thicker than the leading roll matting at 1/32", it will last longer and cleans easily. Non-toxic and latex free.



Approximately \$25 for 8" x 2 yards @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547

- **Dycem Roll and Pressure Sensitive Matting**

Stabilizes both equipment and limbs during balancing and weight bearing activities

Improves hand/eye coordination by using different colors—great for impaired vision

Positions a mat to stabilize hips, feet, head and neck for exercises like pelvic tilts & knee rolls

Provides a secure surface

Holds kitchen appliances firm

Dycem Clear & Gingham rolls have a mylar center which makes them stiffer

Approximately \$165 for 16' x 10 yards @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Clip-On Food Guard**

Three hooks securely attach guard to plates 9"–11" in diameter. 1¼" high guard curves slightly to aid scooping and keep food on plate. Sturdy, attractive white plastic with light gray specks. Dishwasher safe to 180°F. Latex free.

Approximately \$10 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Invisible™ Food Guard**

Sturdy high-temperature plastic ring is formed to snap onto plate. 1¼" high, crystal clear plastic is easy to keep clean. Dishwasher safe to 125°F. Latex free.

Approximately \$12 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Round Scoop Dish**

9" round scoop dish of extra-thick white melamine plastic. Heavy-duty reinforced rim and base withstands institutional usage. The grooved lip can be used for resting an eating utensil, or as a location notch. Nonskid bottom provides stability. Center depth 1½". Dishwasher safe to 180°F. Latex free.

Approximately \$20-25 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547





There are many mobile arm supports designed by various companies. Ask an occupational therapist to recommend a design that would work best for specific arm strengths and weaknesses.

Below is one example of a **mobile arm support**. All three pieces are needed. If possible, it would be a good idea to ask an occupational therapist if he/she has one of these available to try or borrow before one is purchased.

- **JAECO/Rancho MultiLink Mobile Arm Support**

This design has a more compact profile that will, in many cases, eliminate the need to remove the MultiLink Mobile Arm Support from the wheelchair in order to clear doorways or other obstacles.

Approximately \$210 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **JAECO Power Chair Mount Relocator**

The Standard Mount attaches easily to any tubular standard or powered wheelchair back post from  $\frac{3}{4}$ " to 1" diameter, even over fabric. The Backrest Mount attaches directly to the back of plastic or metal molded backrests. The Keyed Back Post Mount is for wheelchairs with keyed back posts. All three adjust vertically 8", and the articulated arm adds up to 6" of A/P adjustment. The extra space allows for clearance around other equipment attached to the back posts or to accommodate special seating systems. Mount base allows the relocater with mobile arm support still attached, to be removed and replaced without tools to its original pre-set position.



Approximately \$150 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **JAECO Table Mount MultiLink Mobile Arm Support**

The new Table Mount utilizes a MultiLink Arm to increase client functional range. It fits children through large adult, universal left or right. Note: Forearm Support with Offset Swivel and Slide are sold separately.

Approximately \$135 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Handy Cup**

Two-handed transparent cup with extra-wide base provides a secure grip and stability while reducing the occurrence of accidental spills. Unique angled design provides space for nose and eyeglasses while making it possible to drink with little or no neck movement. Holds 8 oz. (237ml) and is dishwasher safe.

Approximately \$10 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- Other options are the **Kennedy cup** or the **Plastic Handle Mug** at [www.sammonspreston.com](http://www.sammonspreston.com)

- **Reusable Drinking Straws**

These 18" straws come in two varieties: flexible polyethylene and rigid Plexiglas®. The 1/8"- and 1/4"- diameter, rigid straws can be heated with a heat gun and reshaped as desired. The rigid, 1/4"- diameter straw is ideal for soups. The flexible polyethylene straw comes with a 3/16"- diameter hole. Latex free.

Approximately \$10-20 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



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Pros

Cons

- The larger the diameter of the straw, the less mouth muscle strength needed to suck the liquid into the mouth

- **Cup with Built-In Straw**

Eliminates the need to buy and keep track of extra straws. The design works well for adults and children who need to drink using a straw. To prevent air ingestion, the straw has access to liquid at the bottom of cup. Small holds 13 oz. of liquid, large 16 oz.

Approximately \$5 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Drink-Aide**

Hands-free drink bottle that attaches to wheelchair

Approximately \$45 @ 1.800.336.7022 or 215.581.0663



The Drink-Aide clamps directly to the back of most wheelchairs.

- **2004 Camelbak M.U.L.E. Green**

Easy fill, easy clean via the OMEGA™ Reservoir

Includes the patented Ergo HydroLock™  
3 zippered compartments, including  
internal organizer

Air Director™ ventilated back panel  
keeps the user cool

Removable sternum strap and waist belt  
included

Bungee Cinch System™ combines with  
lower pocket for protected overflow  
storage

Two mesh overflow compartments hold  
wind shell, tubes, or other quick-access  
items



Approximately \$40 @

<http://www.pricepoint.com/search.htm> or  
800-774-2376

- **Price Point Matrix Water Bottle**

24oz. bottle with large mouth twist top for ice on those hot days.



Approximately \$2 @ <http://www.pricepoint.com/search.htm> or 800-774-2376

- **Sette Neo Alloy Bottle Cage**

Alloy water bottle cage, 6.0mm diameter, 60g.  
Includes 2 mounting bolts.

Approximately \$3 @ <http://www.pricepoint.com/search.htm> or 800-774-2376



- **3-in-1 Opener.**

Multi-functional tool helps open plastic and metal twist-off caps, tab-top cans and pry-off bottle caps. Made of rust-proof stainless steel and soft molded plastic on the handles for a comfortable grip. Magnet on the back of the device allows for convenient storage by hanging it on the refrigerator door. Latex free.



Approximately \$10 @

~ *Medications* ~

***Organizing medications and remembering when to take them***

Problem	Possible Solution
<ul style="list-style-type: none"><li>• Difficulty keeping track of what medications to take and when</li></ul>	<ul style="list-style-type: none"><li>→ Put pills in a pill organizer; depending on the medication schedule there are organizers that have compartments for each day of the week or the organizers can be customized for one's own time schedule (e.g. breakfast, 11 am, lunch, 4 pm, dinner, bedtime)</li><li>→ Wear a watch that has a timer or an alarm. Set the alarm to go off when it is time to take medications (especially the ones that are not at meal times since those are easier to forget)</li></ul>

Products

- **EZY Dose Deluxe Medtime Planner**

Approximately \$8 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786



- **EZY Dose Jumbo Weekly Pill Reminder, 3XL**

Approximately \$4 @ [www.drugstore.com](http://www.drugstore.com) or 800-378-4786



- **Timex Men's Chrono-Alarm-Timer Blue Expedition Watch**

Full-size styling for smaller wrists, the watch features 12/24 hour time, 3 alarms, 100-hour countdown timer and is water-resistant to 100 meters. Also includes an Indiglo night-light, night mode and 99-lap counter. The adjustable fast-wrap wristband with an easy-close fastener is breathable and wicks away moisture due to perspiration. Imported. Face: 1-5/8" dia. Band: 3/4W".

Approximately \$30 @ [www.target.com](http://www.target.com) or 800-440-0680



~ *Reading and Writing* ~

*Holding a book and turning pages*

Problem	Possible Solution
<ul style="list-style-type: none"><li>• Difficulty holding the book</li></ul>	→ Use a cook book holder to hold the book
<ul style="list-style-type: none"><li>• Difficulty turning the book pages</li></ul>	→ Use the eraser end of a pencil to turn the pages
	→ If gripping the pencil is problematic, a universal cuff may be useful, or build up the grip
	→ Try a typing aid
	→ Buy an electronic page turner

Products

- **Freestanding Cookbook Holder - Hammered Steel**

Approximately \$40 @ [www.target.com](http://www.target.com) or 800-440-0680



- **Universal Cuff**

Leather ADL cuff with elastic strap. Holds various utensils (like pencils). Need to measure width of knuckles to get proper size (2 ½ in, 3 in., or 3 ½ in).

*Caution: This product contains natural rubber latex which may cause allergic reactions.*

Approximately \$12 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547

(The photograph has a spoon in the cuff, but it could also fit a pencil with the eraser side out to turn pages.)



- **Slip-on Typing/Keyboard Aid**

About \$20 @ [www.sammonspreston.com](http://www.sammonspreston.com)

Can be used to turn pages, type on a keyboard, and/or dial numbers on the phone.



- **Page Turner**

Features a hand clip with long, curved aluminum bar tipped with a rubber end. Use to easily flip pages, even heavy coated paper. The ergonomic handle is comfortable and simple to use. Latex free.

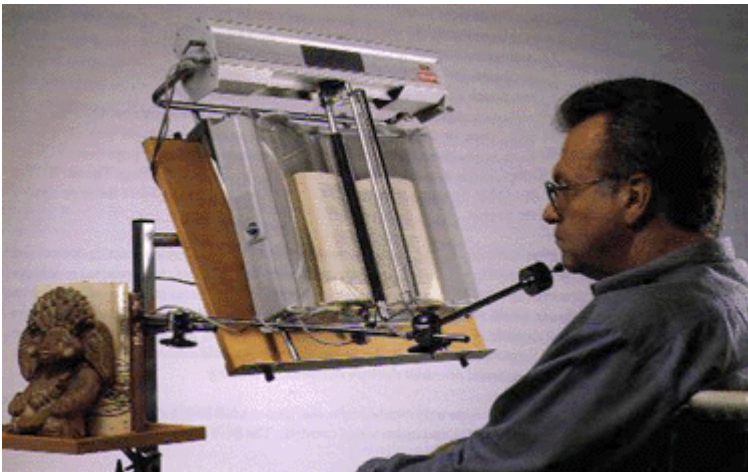
Approximately \$11 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **The GEWA Page Turner BLV-6**

Whether sitting up or lying down, pages can be turned forward and backward, one at a time or continuously (scanning a chapter or directory, for instance). The only assistance required is to insert the document to be read, position the operating control for the user, and occasionally clean the turning mechanism. Used for social, business, and educational reading, the unit works with books, magazines, catalogs, brochures, incoming mail, etc. It can be operated with a variety of multiple-switch assemblies or optionally with a visual scanner and any single switch. It can be run by most environmental control units.

Approximately \$3,000 @ ZYGO Industries, Inc. 800-234 – 6006 or [zygo@zygo-usa.com](mailto:zygo@zygo-usa.com)



## *Keeping a pen stable and in the hand*

Problem	Possible Solution
<ul style="list-style-type: none"><li>• Difficulty gripping the pencil</li></ul>	<ul style="list-style-type: none"><li>→ Make the grip of the pencil larger with pipe insulator or foam; easier to grip</li><li>→ Use a writing splint that will hold the pencil (consult an occupational therapist about what splint would work best for specific needs)</li></ul>
<ul style="list-style-type: none"><li>• Get fatigued quickly while writing</li></ul>	<ul style="list-style-type: none"><li>→ Use felt tip pen (less pressure is needed for writing) like Dr. Grip pens</li><li>→ Use fishbone shaped pen such as PenAgain (shown below) to use different muscles when writing</li><li>→ Ask an occupational therapist about splints to stabilize the wrist, hand, and pen</li></ul>

### Products

- **Foam for Built-Up Handles**

Use to build up handles of eating and ADL equipment. White Plastazote® foam One yard per package, Latex free.

Approximately \$10 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Foam Tubing**

Use to build up tool and utensil handles. Closed-cell foam has slip-resistant coating, it does not absorb water. Dishwasher safe up to 180°F. Easily cut 12" long tubing with scissors. Latex free. Package of 6.

Approximately \$15 @ [www.sammonspreston.com](http://www.sammonspreston.com)



or 800-323-5547

- **Thermwell – 3ft x ¾ in. pipe insulation** (pkg of 4)

Approximately \$5/pkg @ [www.homedepot.com](http://www.homedepot.com) or 800-553-3199



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Pros

- Bigger handle makes the pen easier to grip
- Pipe insulation is inexpensive

Cons

- May not fit pen perfectly (can use tape to secure grip)

- **Dr. Grip Pens**

Wide, cushioned barrel reduces required gripping power by 40%. It relieves stress and allows extended writing without discomfort. Commended for ease-of-use by the Arthritis Foundation. Latex free.

Approximately \$12 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **PenAgain Ergo-Soft™ Grip**

Extra-soft, pliable surface makes it even easier to hold this PenAgain writing instrument. Perfect for patients with limited grasp.

Approximately \$15 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **The Original PenAgain™**

Writing takes less effort with this ergonomically designed pen. It helps control and eliminates fatigue and pain. Its organic form contours to the hand's natural position when the hand is relaxed. The pen slides easily into one's grip and serves as a perfect extension of the fingers.

Approximately \$10 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- There are splints that will hold a pen or pencil stable, as well as stabilize the wrist. An occupational therapist must order these splints and fit them to an individual's hand and arm.

## *~ Computer Access ~*

Written with help from Margaret Cotts, MA, ATS

If you are having significant trouble using a computer, it would be beneficial to see an assistive technology specialist, a computer specialist, or an occupational therapist. Before purchasing a specialized piece of equipment, make sure that you do a personal cost/benefit analysis. There are many products available, but it is good to consider the cost of the product and how long the product will be able to serve you (consider the rate of your disease progression).

A general computer tip is that a computer with a Windows platform is recommended for people with significant disabilities because a Windows platform has more accessibility options. There are many possible solutions described below that involve going through the computer's control panel. The examples in the possible solutions are based on using Windows XP. The exact wording and steps may vary with other versions of the Windows platform. There are some Windows accessibility tutorials available at <http://www.microsoft.com/enable/>.

To find assistive technology programs in your state you can look at the global assistive technology explorer at <http://www.assistivetech.net/webresources/ATLoanPrograms.cfm>.

## ~Keyboards~

Problem	Possible Solution
<ul style="list-style-type: none"><li>• General difficulty using keyboard</li></ul>	<ul style="list-style-type: none"><li>→ Consider where the keyboard is positioned. Would the keyboard be more useful if it was higher or lower? Can the desktop surface be raised or lowered? Can the keyboard be put on a sliding desk drawer/tray to get it closer to the body? Try different positions to find what works best</li><li>→ Have a tray adapted specifically for the wheelchair</li><li>→ If in a wheelchair, put the keyboard on a wheelchair tray if that position is optimal. However, if the wheelchair is operated by a joystick, a cutout may be made in the tray.</li><li>→ Rest the keyboard on a lap tray</li><li>→ Try a different keyboard design/model</li></ul>
<ul style="list-style-type: none"><li>• Difficulty lifting fingers off the keys (e.g. want to type “d “and accidentally type dddddddd...)</li></ul>	<ul style="list-style-type: none"><li>→ Go to the computer’s control panel and open keyboard properties. Depending on the computer, some have options to slow down the key repeat rate and/or the key repeat delay</li><li>→ With Windows XP, under control panel accessibility options ➔ keyboard ➔ there is a FilterKeys option. FilterKeys helps Windows ignore brief or repeated key strokes or it slows down the repeat rate</li><li>→ If it is difficult to lift hands/ fingers due to shoulder weakness, ask an occupational therapist about arm supports (mobile or stationary)</li><li>→ If it is difficult to lift fingers due to wrist weakness, ask an occupational therapist about a splint to stabilize and support the wrist in a position that would promote more efficient typing</li></ul>

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- Difficulty holding down control or shift key and hitting another key at the same time → If on Windows XP, go to the control panel → accessibility options and select StickyKeys. StickyKeys allows for the use of control, shift, or Alt pressing one key at a time
- Difficulty reaching all of the keys on the keyboard with fingers → Purchase a child size keyboard. The keys are smaller and spread over a smaller surface area (with less space between keys) so fingers do not need to reach as far to type
- It is easier/more efficient to manipulate a mouse than to type on a keyboard OR there is a decreased ability to isolate finger movements to use a standard keyboard due to arm/hand weakness → If the neck is strong enough to hold the head upright or can move the head/neck with support of a cervical collar or wheelchair headrest, an onscreen keyboard can be used
  - Onscreen keyboards are usually operated by clicking each letter on the monitor with a mouse pointer. If unable to click, some onscreen keyboards also have a “dwell” mode that allows one to point and hold rather than click. Some onscreen keyboards have a word prediction feature which is desirable. Word prediction tries to guess what word is being typed and can save time and energy (e.g. if you type “th” → list on keyboard may include “the”, “through”, “that”, etc)
  - Windows XP provides an onscreen keyboard under Start → all programs → accessories → accessibility → on-screen keyboard or a free online keyboard called Click-N-Type can be downloaded
  - Other on-screen keyboard programs are Dasher, Wivik, EZKeys, SofType, Reach
  - If it is most comfortable using the computer in bed or in a recliner, a laptop or computer monitor can be placed on a lap tray or bed table.



## Products

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- **Windows XP Onscreen Keyboard**

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Pros	Cons
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- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>– Free and already on your computer if you have Windows XP</li></ul> | <ul style="list-style-type: none"><li>– No word prediction and small keys</li></ul> |
|--|---|

- **Click-N-Type Onscreen Keyboard:** <http://www.lakefolks.org/cnt/>

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Pros	Cons
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- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>– Can download for free</li></ul> | <ul style="list-style-type: none"><li>– Poor word prediction, not very time efficient</li></ul> |
|---|---|

- **Dasher**

This is an onscreen typing program and not an onscreen keyboard. When using this program, letters move from right to left and to select the letters, move the pointer of the mouse to the letter for selection. There is word prediction built into the program and a minimal amount of mouse clicking is necessary to use this software.

<http://www.inference.phy.cam.ac.uk/dasher/>

- **Wivik Onscreen Keyboard**

\$350 @ <http://store.prentrom.com/cgi-bin/store/WIV-3.html>

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Pros	Cons
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- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>– Good word prediction</li><li>– 30 day demo available</li><li>– Dwell option if unable to click</li></ul> |  |
|--|--|

- **Reach Onscreen Keyboard**

<http://www.ahf-net.com/reach.htm> or 888-243-0098

- **EZKeys Onscreen Keyboard:**

\$1395 @ <http://www.words-plus.com/website/products/soft/ezkeys.htm> or 800-869-8521

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Pros

Cons

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- Can be used for communication
- Expensive

- **Keystrokes 3.5 Onscreen Keyboard**

For the Mac

<http://orin.com/access/keystrokes/index.htm> or contact Origin Instruments at 972-606-8740

- Many keyboard designs at Infogrip store online - [www.infogrip.com](http://www.infogrip.com) or 800-397-0921

- **Mini-sized or child sized keyboard**

\$800 @ (724) 679-6326 or

[http://www.meanmachine.com/Input/WiredKB/DataDesk\\_LB4000\\_KB\\_Specs.htm](http://www.meanmachine.com/Input/WiredKB/DataDesk_LB4000_KB_Specs.htm)

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Pros

Cons

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- Good for limited finger range of motion
- Expensive

- **Electric Wheelchair Lap Tray**

This see-through ¼" polycarbonate tray attaches with 2" Velcro® straps. Can be used interchangeably with either a right or left toggle switch. Toggle cutout is 4"W x 8"D. Fits standard and desk arm wheelchairs.

Approximately \$115 @ [www.sammonspreston.com](http://www.sammonspreston.com) or 800-323-5547



- **Table-Mate**

About \$40 @ [www.buytablemate.com](http://www.buytablemate.com)

- **Espresso Bed Tray**

Approximately \$55 @ [www.target.com](http://www.target.com) or 800-440-0680



- **Low Bed Overbed Table**

Designed for use with fixed height low beds, requiring a height clearance of 3¼". Standard 15" x 30" melamine top can be raised with the slightest upward pressure, and lowers with a touch of the convenient trip lever. Spring-assisted lift mechanism allows infinite height adjustment from 19¾"– 28". Frame and column constructed from durable 16-gauge and 17-gauge welded tubular steel with an attractive chrome finish. 40mm dual wheel casters are appropriate for use on any surface for easy maneuverability. Available in Gunstock Walnut and Quartered Oak. Easily assembled with 4 bolts. 50 lb. wt. capacity.

Call for price @ Sammons Preston Roylan @ 800-323-5547





## *Mouse Use*

<u>Problem</u>	<u>Possible Solution</u>
<ul style="list-style-type: none"><li>• Difficulty manipulating and moving the mouse to desired locations and/or icons and no/or minimal difficulty using a keyboard.</li></ul>	<ul style="list-style-type: none"><li>→ Can use keyboard commands to perform mouse functions</li><li>→ Where is the mouse positioned? Could it be used more effectively if it were in your lap? On the tabletop? Closer to the body? How far from reach is the mouse? Try out a variety of positions and find out which position works best</li><li>→ If in a wheelchair, use the mouse on a wheelchair tray if that position is most efficient. However, if a joystick is used to control the wheelchair, the tray must have a cutout to accommodate the joystick. To make space for the joystick purchase a custom lap tray or ask someone to make a cutout for the joystick in a tray</li><li>→ Use the mouse on a lap tray if that position works most efficiently</li><li>→ Find the mouse design that works most optimally; some mice can be activated with the feet, hands, or head.</li></ul>
<ul style="list-style-type: none"><li>• Difficulty double and/or single clicking icons</li></ul>	<ul style="list-style-type: none"><li>→ In Windows XP, go to control panel mouse properties and adjust the double click speed</li><li>→ In Windows XP, go to the control panel ➤ folder options ➤ select single click to open items</li><li>→ Purchase Dwell Software; with this software if the mouse pointer is held over an item for a set time, the program will click the item open. In addition, the program provides a toolbar that has single click, double click, and right click options</li><li>→ With the help of an assistive technology specialist or occupational therapist, separate the mouse movement from the click action (e.g., move the mouse with</li></ul>

the right hand and use an adapted switch to click with the left hand)

- Difficulty clicking the left click button and not the right click button → In Windows XP, go to control panel → mouse → buttons → select button configuration that will switch which button is the dominant button (right or left)
- Difficulty getting the mouse pointer to the desired icon or item → Change the speed of the mouse pointer movement by going to the control panel → mouse → pointer options → pointer speed  
→ Enlarge icons and items on the monitor to make them easier to target. For example, in Windows XP to change the size of the X symbol clicked on to close windows, go to the control panel → display → appearance → advanced appearance → select the X and increase the size and select OK.

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## Products

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- Infogrip is a good source of mice options
- Go to [www.infogrip.com](http://www.infogrip.com) → click on Pointing/Mice/Trackballs or 800-397-0921

The mice are separated out into categories: Alternative, head controlled, joysticks, mice, small/mini/handheld/portable, switch-based/switch-adapted, tablets, touch pads, and touch screens, trackballs, and wireless. Look at various types of mice and investigate what might work best. Some of the following products are ones Margaret has found useful for people with ALS.

- **Tracker One**

Madentec's Tracker line is hands free mice. A tiny sensor tracks a reflective dot placed on the forehead or glasses. When the head moves and the cursor is in Regular Mouse Mode, the cursor will follow the exact movement of the head. In Joystick Mode, move the head in any direction and hold it there. The cursor drifts in that direction until the head turns back to center. Mouse clicks can be made by activating an external switch (sold separately) or by dwelling with a dwell software program (sold separately). Tracker 2000 comes with an AC adapter, a PS2 cable, a serial cable, a USB cable, adapter for external switch connection, mounting hook for laptops and 50 tracking dots. Tracker One gives the user the freedom to be completely mobile without the need of battery packs or power adapters.



Approximately \$1,000.

800 @ [www.infogrip.com](http://www.infogrip.com) or 800-397-0921

- **HeadMouse Extreme**

The HeadMouse® sensor replaces the standard desktop computer mouse for people who cannot use their hands. The HeadMouse is a device that translates the movements of a user's head into directly proportional movements of the computer mouse pointer. The HeadMouse is a wireless optical sensor which tracks a tiny and disposable target that is placed on the user's forehead or glasses. When this capability is combined with an on-screen keyboard, such as SofType, or KeyStrokes the HeadMouse can completely replace the functions of a conventional keyboard. On-screen keyboards provide an image of the keys on the computer display, with key selection made by positioning the mouse pointer over a key. The actual key press is implemented by dwelling over that key for a set period of time or by using an adaptive switch. A Remote Switch Transmitter is available for wireless transfer of adaptive switch inputs from a wheelchair to a desktop computer.

The HeadMouse will track the user's head with the user located in any comfortable viewing position relative to the computer display. Resolution of the HeadMouse is sufficient to allow a user to control the mouse pointer down to the minimum resolution of the computer display, the picture element (pixel). This precision allows a user to perform tasks such as drawing or Computer Aided Design (CAD). When the HeadMouse is used with an on-screen keyboard, all the standard personal computer applications are available to the user who has a disability.

Approximately \$1,000 @ [www.infogrip.com](http://www.infogrip.com) or 800-397-0921



- **Smart Nav**

Natural Point's Smart-Nav AT mouse alternative gives you hands free control of a computer cursor. With a reflective dot on your forehead, it provides precise cursor control through simple head movements. Mouse clicks can be accomplished through a built in dwell clicking program or external switches (sold separately). The cursor can also be controlled with an included ring, allowing the user to perform all typical mouse functions by simply aiming a finger at any point on the screen and clicking with the user defined Hot Keys. Included with Smart-Nav AT is an on-screen keyboard for hands free keyboarding. The Smart-Nav AT is a USB device and requires no external power. Just connect Smart-Nav AT to the computer and it is ready to go.

Approximately \$400 @ [www.infogrip.com](http://www.infogrip.com) or 800-397-0921





- **Ergonomic Mouse**

3M's Ergonomic Mouse is an optical mouse that looks like a joystick yet it functions like a mouse. Rest the back of the hand at the base of the mouse and the thumb on the switch at the top of the stick for easy right and left clicks. A third button is located on the handle and can be used as an auto scroll button in Windows or as a standard third programmable button. Ergonomic Mouse requires only slight flexing of the wrist and slight pronation of the hand, which results in low pressure in the carpal tunnel. The Ergonomic Mouse is available in two sizes: Standard, palm widths less than 3.5" and Large, palm widths 3.5" or greater.



Approximately \$ 75 @ [www.info.grip.com](http://www.info.grip.com) or 800-397-0921

*Only made for a right handed user*

- **Expert Mouse Pro**

Kensington's Expert Mouse Pro offers more single-click options than any other trackball. It has four programmable mouse buttons to handle repetitive mouse tasks such as double click or drag lock with a single click. Expert Mouse Pro has six Direct Launch buttons offering one touch access to favorite web sites or applications. Also available is a scroll wheel allowing the user to quickly page through long documents or web sites.

Approximately \$105-125 @ [www.infogrip.com](http://www.infogrip.com) or 800-397-0921



- **Dwell Software**

For Windows- Dragger 32

- <http://www.orin.com/access/dragger/> or contact Origin Instruments at 972-606-8740

For Mac

<http://www.rjcooper.com/smartclick/>

## *Voice Input Computer Options*

It is strongly recommend that an assistive technology specialist evaluate your abilities to determine your best options. Voice input systems are programs that allow you to speak while the computer types for you. Before purchasing one of these programs, it is important to consider if voice input is a good option for you.

Voice input programs require significant training time to learn how to use them efficiently, thus the user needs to have a lot of patience and self-motivation to learn how to operate the program. If your voice is changing, a voice input program may not be a good option for you. As your voice changes, you may need to create different voice files.

For example, if your voice is stronger in the morning, you would have a morning voice file. If your voice is weaker in the late afternoon/early evening, you may have a second voice file. If you are interested in trying a voice input program, you should check to make sure your computer is fast enough to run the program before you purchase it.

Problem	Possible Solution
• Difficulty using keyboard and mouse to type and use computer	→ Try a voice input program such as Naturally Speaking

Products
• Use an Internet search engine to search for the product <b>Naturally Speaking</b> for a product description

Pros	Cons
– Allows the user to type using their voice	– Will not work properly if word pronunciation is unclear

~ *Wheelchairs* ~

***Recommended Features for a Power Wheelchair***

The best way to acquire a power or manual wheelchair is to have an evaluation in a Seating and Wheeled Mobility Clinic. Knowledgeable therapists, along with a Rehabilitation Technology Supplier, can guide you through the process. Most people with ALS use two wheelchairs: a manual and a power wheelchair. A manual wheelchair may be used for transportation only if the person continues to have good arm strength so they can propel their own wheelchair.

For transportation purposes, a person may want to have a manual wheelchair that can fold down and fit into the trunk of the car for doctor appointments, trips to the mall, etc. Manual wheelchairs are best for short-term use and the user needs to be able to transfer in and out of the manual chair with or without assistance.

Once a person has arm weakness and difficulty walking, a power wheelchair may be appropriate. The Seating and Wheeled Mobility Team can educate you as to the types of power wheelchairs (e.g. front, mid or rear drives) and power seating options that will meet your needs now and as your disease progresses. Examples of power seat functions that may be appropriate for you include:

- **Power recline** – Feature allows you to activate a button and have your chair back recline. It will allow you to increase the angle between your legs and your torso; a good way to stretch this area when you are seated all day.
- **Power tilt-in-space** – Feature allows the entire chair (feet, head, and back) to tilt backwards. It allows you to shift pressure off your bottom and back side of legs, back, head, etc., which is excellent to maintain your comfort level while seated in your wheelchair for long periods of time and helps to prevent skin breakdown and compression of nerves, arteries, and veins off your bottom.
- **Power tilt and recline** – Combined feature of the power recline and power tilt-in-space (described above) which are optimal for re-positioning and maintaining comfort and pressure relief.

- **Power elevating leg rests** – Feature allows you to change/elevate the position of your legs. Elevating your legs often will greatly reduce the swelling of the legs. When used with power tilt and recline, you can elevate your legs above your heart, which is the optimal position to reduce swelling. Look for elevating leg rests that are easy to remove by the consumer.
- **Seat elevator** – Feature allows the seat to move up and down to enable the person seated in the wheelchair to reach items at various levels in the environment. In addition, the seat elevator can assist in positioning the person to stand up to transfer to other surfaces. This is not usually covered by insurance.

The Seating and Wheeled Mobility Team will assist you in determining the best seating for the power wheelchair. Typical recommendations include head/neck support, back support, and a pressure distribution cushion.

- **Good head and neck support**
- **Good pressure distribution cushion** allows you to maintain comfort and be properly positioned while seated in your wheelchair for long periods of time and helps to prevent skin breakdown and compression of nerves, arteries, and veins off your bottom.

An important feature of any power wheelchair is the ability to adapt the driver controls as your physical abilities change.

- **Ability to be adapted to alternate drive systems** – If you lose the ability to control the chair with your arm/hand, other solutions exist. For example, you may be able to drive with a head array (using head/neck movement) or a single switch scanner (any movement that can activate a switch).
- **Compatible with ventilator or BiPap breathing machines**  
Another feature to consider for a power wheelchair is if a BiPap breathing machine or ventilator is able to move with the wheelchair's seating system. This is important so that the wheelchair user is not constricted to one area if they use or will use these machines.

## ***Tips when buying a wheelchair***

- **Is your Rehabilitation Technology Supplier (wheelchair supplier) certified?**  
Make sure that the person that is selling the wheelchair to you is a certified wheelchair supplier and make sure that the person fitting you for your wheelchair is certified. You can protect yourself as a consumer by searching the person helping you on either the National Registry of Rehabilitation Technology Suppliers (NRRTS) website ([www.nrrts.org](http://www.nrrts.org)) and/or the Rehabilitation and Engineering Society of North America (RESNA) website ([www.resna.org](http://www.resna.org)).
- **Don't Pay Up Front. Have vendor accept assignment**  
Do not pay any money up front for your wheelchair. Have your vendor do a prior authorization for your insurance, so you know what you are expected to pay. Your wheelchair should be largely covered by your insurance; Medicare usually pays 80% and the consumer/secondary insurance companies pay the other 20% but you need to check your specific insurance plan. If finances are an issue, check to see if your local ALSA Chapter has a loan closet that maybe able to loan a wheelchair to you.
- **Plan ahead**  
In general, insurance will only buy one (1) wheelchair every five (5) years. You need to check your insurance plan because it is different for each insurance plan. When you are selecting a wheelchair, you must consider how your body will get weaker and less coordinated as ALS progresses. If you are leaning towards buying a scooter instead of a wheelchair, please be sure to discuss the pros and cons of this decision with your occupational and physical therapist. Scooters cannot be modified and are only useful for a short time for people with ALS. However, some people prefer the scooter's sporty style and find them easier to transfer in/out of. If you decide to get a scooter, it is recommended that you avoid purchasing a scooter through your

insurance company. Seek assistance through your physical or occupational therapist and/or healthcare professionals.

- **Who do you contact if there is a problem with your wheelchair?**

When you purchase your wheelchair, make sure you know who to contact if you have a problem with your wheelchair and it needs to get fixed. Ask your wheelchair supplier who to call if your chair does not work and what hours the person can be contacted.

### **Wheelchair Manufacturers**

- [www.permobilusa.com](http://www.permobilusa.com)
- [www.sunrisemedical.com](http://www.sunrisemedical.com)
- [www.invacare.com](http://www.invacare.com)
- [www.pridemobility.com](http://www.pridemobility.com)

### **Tips once you have your wheelchair**

- **Keep control box dry**

If it is an electric wheelchair, put a plastic bag or some sort of protective cover over the joystick/control box while you are eating or if it is raining. If the control box gets wet from spills or rain, the wheelchair may stop working.

- **Spare tire and tools**

Some people order flat free inserts for tires, so they don't have to deal with flat tires. However, if you don't have flat free inserts, keep your spare tire and tool kit in your transportation vehicle and/or with you at all times. You never know when you will get a flat and your wheelchair most likely requires specific tools and tires that the typical repairman will not have.

- **Transportation**

Find out what kind of back up transportation is available for power wheelchairs in your community. Are there accessible cabs or vans with lifts in your community? This is good information to have on hand in the event of a car breakdown, etc.



~ *Driving* ~

***Driving safety and the Department of Motor Vehicles (DMV)***

- Go to your state's DMV website or call them for specific information on how to get a disabled parking placard for your car. Your physician may carry these forms; if so, request a signed form from your physician.
- You can request the DMV to reexamine your ability to drive. You will need to have your doctor fill out the DMV medical form and send the completed form to the nearest driver safety office. DMV does not require that a driving program evaluate you. However, they may recommend that you receive an evaluation if it is determined that you are not safe to drive during the driver safety hearing.
- If you are disabled and are in a car accident, your diminished driving skills may be considered to cause or contribute to the cause of the accident unless you are participating in the driver safety program.
- The Association for Driver Rehabilitation Specialists (ADED) provides information on disabilities and driving. ADED provides a national directory for driving programs. The website provides fact sheets on driving with a disability and links to adaptive transportation products.  
[www.driver-ed.org](http://www.driver-ed.org)
- The National Highway Traffic Safety Administration (NHTSA) provides information regarding guidelines for modifying vehicles, airbag usage, on/off switches, and reports on safety issues related to adaptive driving equipment.  
[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)

- **Where do you start looking for accessible vans?**

When you are starting to shop for an accessible van, talk to a qualified mobility expert. Many car dealers do not know which vans can be converted for wheelchairs and which will work best for different types of wheelchairs. You can attend trade shows or conferences for people with disabilities; or look in the phone book under “Van Conversions” or “Handicapped Equipment.” In addition, you can find mobility experts through organizations such as National Mobility Equipment Dealers Association ([www.nmeda.org](http://www.nmeda.org)) or the Association for Driver Rehabilitation Specialist ([www.aded.net](http://www.aded.net)). Conversion companies Rollx Vans, Liberty Motors, and Freedom Motors only sell directly to the customer.

- **What types of things should the mobility expert ask you?**

The mobility expert should ask you a variety of questions to determine the extent of your disability and your equipment needs for the long term. He/she should ask things like the make and model of the wheelchair, your height and width while seated in the wheelchair, and your weight while in the wheelchair. Will you be the driver or passenger? Can you transfer independently from your wheelchair? What physical abilities and limitations do you have in your arms and legs? You must keep in mind that which they don’t ask about you and your condition, they are not considering when they are selecting the optimal van for you.

- **If you already have a van, can it be converted? Can any van be converted?**

Not every type of full-size van or minivan can transport a wheelchair user and the chair and not every type of van can be converted to include a lift or ramp system.

<b>Full-size van</b>	<b>vs.</b>	<b>Mini-van</b>
- \$30,000 - \$48,000		- \$ 20,000 - \$48,000
- Lift is used (ramp not practical due to height of full-sized van)		- Ramp is commonly used
- Lift can either fold inside the van, lower and turn sideways when deployed, or are stored underneath the van		- Usually wheelchair user can be in driver or passenger seat position
- More maneuverability		- Usually lower the floor
- More storage space		- Can choose rear-entry or side-entry conversion
- Possibly transport multiple wheelchair users at a time		
- Usually wheelchair user can be in driver or passenger seat position		

- Usually need to lower floor or raise the roof and doors

### **Driving evaluation by certified occupational therapist**

You can have an evaluation done by an occupational therapist certified for driving evaluations to determine if your medical condition may be affecting your driving ability.

The evaluation is conducted in two parts. A clinical evaluation is used to determine if your vision, arms, legs and mental capacity meet the minimum standards to drive in your state. The occupational therapist can recommend adaptive equipment for your vehicle after this part of the evaluation. The second portion of the evaluation is an on-road test. During this test your visual, mental and behavioral skills will be evaluated as well as your response to traffic situations. This process may vary from state to state so ask about specific details when you call the occupational therapist certified in driving evaluations.

Driving evaluations and adaptive driving equipment are not covered by Medicare and most private insurance companies since driving is not considered a medical necessity. The cost of an adaptive driving evaluation varies. The Department of Veterans Affairs offers driving evaluation, training, and reimbursement for adaptive equipment installation for qualified veterans.

### **General Vehicle options for leg and/or arm weakness**

Based on recommendations made by your occupational therapist certified in driving evaluations, driving modifications can be made to vehicles. The positive aspect of modifying your vehicle or accessible van is that it maintains your independence in driving and getting around the community. The negative aspect is that the majority of the modifications are expensive and depending on how fast the disease is progressing, may not be beneficial for a long period of time.

Problem	Possible Solution
---------	-------------------

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Difficulty using the brake and gas</li> </ul> | <p>→ If your arms are stronger than your legs,</p> |
|--|--|

pedals due to general leg weakness

install hand controls for the gas and brake pedals and a knob on the steering wheel to steer

- Difficulty transferring from wheelchair into the car seat → Purchase an accessible van that has a ramp or lift to enable you to drive your wheelchair into the car. The wheelchair can be secured in various ways (straps, easy-lock system, etc.)

### ~ *Traveling Tips* ~

#### **How do I find out about accessible transportation when I am traveling?**

- Look at **Easter Seals Project Action: Accessible Community Transportation in Our Nation** website:  
[http://projectaction.easterseals.com/site/PageServer?pagename=ESPA\\_travelers\\_database](http://projectaction.easterseals.com/site/PageServer?pagename=ESPA_travelers_database)

The Database includes:

- **Public Transit Operators** - Both urban and rural public transit operators are included. All the operators that were identified are listed. To the extent that operators responded to our survey, the database also includes detailed information on services, fares, and how to make a reservation. If the operator has a website, their entry is also linked to that website.
- **Accessible Van Rental Companies** - Companies that rent accessible vans are included in the city listings.
- **Private Bus/Tour Companies with Accessible Vehicles** - Private charter and tour companies that have accessible vehicles are also listed by city.
- **Accessible Taxis**
- **Airport Transportation** - For selected airports, a list of airport transportation services is included. If data on actual services are not available for an airport, the database includes a contact at the airport for you to call for additional information.
- **Hotel-Motel Shuttles** - Hotels and motels often provide shuttle services for visitors. The database includes a list of hotels/motels in each city that have been identified as providing shuttle services along with knowledge regarding service to the airport and on local attractions.

#### **What to ask for when making a hotel reservation:**

When a hotel states that it provides accessible rooms, make sure to ask specifics.

Many hotels minimally modify the rooms and deem them accessible. Newly constructed

or remodeled hotels and motels are required by ADA requirements to offer handicap accessible rooms including roll-in showers. These must be offered at the same nightly rate as similar non-handicap accessible rooms. It is recommended that you ask the following questions:

1. Is the room on the first floor? (Elevators don't work in a fire alarm or emergency situation; hence evacuating the building becomes extremely difficult).
2. Is the room large enough to accommodate an electric wheelchair (Wide enough doorways and turning radius for your specific wheelchair)?
3. Is the toilet seat elevated?
4. Is there a roll-in shower?
5. Is there a hand-held shower?
6. Are there grab bars next to the toilet and in the shower?
7. Is there space under the sink for a wheelchair?
8. What is the height of the bed?

### **Tips for bringing power wheelchairs on airplanes**

Refer to your wheelchair owner's manual for specific instructions on how to travel with your specific wheelchair and remember to pack your charger. If you are traveling internationally, check for voltage requirements. Your local wheelchair vendor should also be able to provide some information on traveling.

When you are making a plane reservation, ask for an aisle seat at the front of the plane. Be sure to tell the ticket agent that you are checking your wheelchair at the gate and will need an aisle chair. At the gate, you will need to know what type of battery your wheelchair uses (make sure the wheelchair is using sealed batteries with FAA approval stamp), how to disconnect the battery, and fold the chair down (not always necessary; it depends on the size of the plane you are flying in).

You will need to be able to instruct the assistants on how to get the chair down to the storage/cargo (i.e., how to turn the power wheelchair to manual mode). You will need to request a transport wheelchair to get to your seat. The airline may or may not provide

physical assistance to transfer you. You need to ask what assistance they will provide at the time of booking.

### **Bathroom tips for traveling/airplanes**

Since the bathrooms on the airplane are inaccessible, people with ALS can use urinals or wear an adult diaper; men can use a condom catheter. Before traveling, you could ask your healthcare provider about medications that delay the frequency of urination and if the medication would be appropriate for you.

### *~ Resources ~*

#### ***Adaptive Equipment***

- **Abilities Expo** (held annually): [www.abilitiesexpo.com](http://www.abilitiesexpo.com)
- **ABLEDATA**: [www.abledata.com](http://www.abledata.com)
- **AdaptAbility**: [www.adaptability.com](http://www.adaptability.com) or 800-937-3482
- **Bruce Medical Supplies**: [www.brucemedical.com](http://www.brucemedical.com) or 800-225-8446
- **Concepts ADL, Inc**: [www.adlrehab.com](http://www.adlrehab.com) or 800-626-3153
- **Disabled Dealer Magazine**: <http://www.disableddealer.com/default.asp>

**Mission statement:** Our mission is to bring people with disabilities and the elderly complete access to new and pre-owned adaptive equipment, services, resources, and events throughout the nation.

- **Disability Products**: [www.disabilityproducts.com](http://www.disabilityproducts.com)
- **Dynamic Living**: [www.dynamic-living.com](http://www.dynamic-living.com) or 888-940-0605
- **Functional Solutions**: [www.ncmedical.com](http://www.ncmedical.com) or 800-235-7054
- **Internet Portal for the ALS Community**: [www.alslinks.com](http://www.alslinks.com)
- **J C Penney ‘For Your Special Needs’**: [www.jcpenney.com](http://www.jcpenney.com) or 800-709-5777

- **Living with ALS:** <http://living-with-als.org>
- **Maxi-Aids:** [www.maxiaids.com](http://www.maxiaids.com) or 800-522-6294
- **MOMS:** [www.momsup.com](http://www.momsup.com) or 800-232-7443
- **Posey Healthcare:** [www.posey.com](http://www.posey.com) or 800-447-6739
- **Preferred Healthcare:** [www.phc-online.com](http://www.phc-online.com) or 866-553-5319
- **Rehab Specialists:** [www.rehabspecialists.com](http://www.rehabspecialists.com) or 650-965-8282
- **Sammons Preston, Inc.:** [www.Sammonspreston.com](http://www.Sammonspreston.com) or 800-547-4333
- **Sears Health Care:** 800-326-1750
- **USA TechGuide to Wheelchair and Assistive Technology Choices:**  
<http://www.usatechguide.org/index.php>

USA TechGuide To Wheelchair and Assistive Technology Choices On The Web.  
The TechGuide now contains over 1500 assistive technology Web sources

- **US Medical:** [www.ausmed.com](http://www.ausmed.com) or 800-746-5647

### ***Lifts / Ramps / Van Conversion***

- **Able Data:** [www.abledata.com](http://www.abledata.com)
- **Access Unlimited:** [www.Accessunlimited.com](http://www.Accessunlimited.com) or 800-849-2143
- **AlumiRamp, Inc.:** [www.alumiramp.com](http://www.alumiramp.com) or 800-800-3864
- **American Ramp Systems:** [www.americanramp.com](http://www.americanramp.com) or 800-649-5215  
(sales & rentals)
- **Barrier Free Lifts, Inc.:** [www.bflift.com](http://www.bflift.com) or 800-582-8732
- **BeasyTrans:** [www.beasytrans.com](http://www.beasytrans.com) or 800-232-7987
- **Bruno:** [www.Bruno.com](http://www.Bruno.com) or 800-882-8183
- **CM Solutions :** [www.cmworks.com](http://www.cmworks.com) or 800-888-0985
- **Handi-Ramp, Inc.:** [www.handiramp.com](http://www.handiramp.com) or 800-876-7267
- **Homecare Products, Inc.:** [www.Homecareproducts.com](http://www.Homecareproducts.com) or 800-451-1903

- **Med-Lift, Inc.:** 800-288-7101
- **Rand-Scot Inc.:** [www.easypivot.com](http://www.easypivot.com) or 800-467-7967 (Easy Pivot)
- **Rehab Designs:** [www.Rehabdesigns.com](http://www.Rehabdesigns.com) or 888-889-1114
- **Scoterville:** [www.scooterville.net](http://www.scooterville.net) or 800-994-0454 (ramps, lifts, lift chairs)
- **Stair Lift:** [www.stairlift.com](http://www.stairlift.com) or 800-445-4387
- **Uplift Technologies:** [www.up-lift.com](http://www.up-lift.com) or 902-422-0804 (lifting cushion)
- **Vantage Mobility International (VMI) :** [www.vantagemobility.com](http://www.vantagemobility.com) or 602- 243-2700 or 800-348-VANS
- **Viewpoint Mobility:** [www.viewpointmobility.com](http://www.viewpointmobility.com) or 877-368-6022

### ***To find Certified Assistive Technology Suppliers and Practitioners***

- **Commission of Accreditation of Rehabilitation Facilities (CARF):** [www.carf.org](http://www.carf.org)

CARF is an accreditation organization where you can get a list of providers that have met the commission's standards. When the service or program you choose is CARF-accredited, it means your provider has passed an in-depth review of its services. It is your assurance that the provider meets rigorous CARF guidelines for service and quality -- a qualified endorsement that your provider conforms to nationally and internationally recognized service standards and is focused on delivering the most favorable results for you.

Choosing CARF-accredited programs and services gives you the assurance that:

- The programs and services actively involve consumers in selecting, planning, and using services.
- The organization's programs and services have met consumer-focused, state-of-the-art national standards of performance.
- These standards were developed with the involvement and input of consumers.
- The organization is focused on assisting each consumer in achieving his or her chosen goals and outcomes.

- **National Registry of Rehabilitation Technology Suppliers (NRRTS):**

[www.nrrts.org](http://www.nrrts.org)

NRRTS is dedicated to ensuring the provision of high-quality Rehabilitation Technology and related services to people with disabilities. All NRRTS registrants meet specific professional membership requirements and agree to adhere to the Code



of Ethics, Standards of Practice and Blind Bidding policies of our organization. The cornerstones of these codes are quality, professionalism and integrity.

The website provides a consumer information link that provides information on the following topics: How to select a rehab supplier for seating and mobility systems, what if your insurance requires you to go to a provider that is not capable of meeting your needs, how to avoid and handle problems, and what can you do if you believe you have been taken advantage of.

- **RESNA – Rehabilitation and Engineering Society of North America:**  
[www.resna.org](http://www.resna.org)

**Mission Statement:** We are an interdisciplinary association of people with a common interest in technology and disability. Our purpose is to improve the potential of people with disabilities to achieve their goals through the use of technology. We serve that purpose by promoting research, development, education, advocacy and provision of technology; and by supporting the people engaged in these activities.

As a consumer, you can use this website to determine if your Assistive Technology Practitioner (ATP), Assistive Technology Suppliers (ATS), and/or Rehabilitation Engineering Technologists (RET) are certified by RESNA. RESNA offers special certification programs to ensure consumer safe guards and increase consumer satisfaction. This resource is especially important to ensure that the person selling and/or fitting your wheelchair is certified.

## *Organizations*

- **American with Disabilities Act Regulations and Technical Assistance Materials:**  
[www.usdoj.gov/crt/ada/publicat.htm](http://www.usdoj.gov/crt/ada/publicat.htm)  
Good way to learn about your rights and the laws that protect you.
- **Amyotrophic Lateral Sclerosis Association (ALSA):** 800-782-4747 or  
[www.alsa.org](http://www.alsa.org)
- **ALS Association of Canada:** 416-362-0269 or [www.als.ca](http://www.als.ca)
- **ALS March of Faces - Kid's page:** [www.march-of-faces.org/KIDS/moe6.html](http://www.march-of-faces.org/KIDS/moe6.html)
- **Center of Independent Living (CIL) Directory:** <http://www.virtualcil.net/cils/>

The Center for Independent Living is a national leader in helping people with disabilities live independently and become productive, fully participating members of society. The staff and board, most of whom have disabilities, are strongly committed to supporting others in their efforts towards self-sufficiency.

- **Disability Rights Education and Defense Fund (DREDF):** [www.dredf.org](http://www.dredf.org)

Founded in 1979 by people with disabilities and parents of children with disabilities, the Disability Rights Education and Defense Fund, Inc. (DREDF) is a national law and policy center dedicated to protecting and advancing the civil rights of people with disabilities through legislation, litigation, advocacy, technical assistance, and education and training of attorneys, advocates, persons with disabilities, and parents of children with disabilities.

- **Family Caregiver Alliance:** 415-434-3388 or [www.caregiver.org](http://www.caregiver.org)
- **International Alliance of MND/ALS Associations (United Kingdom):** 011-44-1604-250505 or [www.alsmndalliance.org](http://www.alsmndalliance.org)
- **National Hospice and Palliative Care Organization:** 703-837-1500 or [www.nhpco.org](http://www.nhpco.org)
- **NIH Neurologic Institute:** 800-352-9424 or [www.ninds.nih.gov](http://www.ninds.nih.gov)
- **Partnership for Caring:** [www.partnershipforcaring.org](http://www.partnershipforcaring.org)

**Telecommunications Equipment Distribution Program Association (TEDPA):**  
[www.tedpa.org](http://www.tedpa.org)

**Mission Statement:** To convene for the purpose of information exchange and to assist one another with the administration of specialized telecommunication equipment distribution programs for persons with disabilities.

In many states, TEDPA is a resource for equipment regarding telecommunications. In some states, the organization provides clients with accessible phones (e.g., speaker phones, phones with larger buttons that are easier to press, etc.) free of charge or for a less expensive cost.

- **U.S. Department of Labor: Office of Disability and Employment Policy:**  
[www.dol.gov/odep](http://www.dol.gov/odep)

**Mission:** The Office of Disability Employment Policy provides national leadership by developing and influencing disability-related employment policy as well as practice affecting the employment of people with disabilities.

- **World Federation of Neurology:** [www.wfnals.org](http://www.wfnals.org)

### *Caregiving*

- **Family Caregiver Alliance:** [www.caregiver.org](http://www.caregiver.org)
- **National Alliance for Caregiving:** [www.caregiving.org](http://www.caregiving.org)
- **National Family Caregivers Association:** [www.nfcacares.org](http://www.nfcacares.org)
- **National Partnership for Women and Families:** [www.nationalpartnership.org](http://www.nationalpartnership.org)
- **Today's Caregiver Magazine:** [www.caregiver.com](http://www.caregiver.com)
- **Well Spouse Foundation:** [www.wellspouse.org](http://www.wellspouse.org)

### *Financial Issues*

- **AARP (American Association of Retired Persons):** [www.aarp.org](http://www.aarp.org)
- **Family and Medical Leave Act:** [www.dol.gov/](http://www.dol.gov/)
- **Social Security:** [www.ssa.gov](http://www.ssa.gov)

### ***Grief and Coping***

- **Focus on ALS:** <http://www.focusonals.com/index.htm>
- **GriefNet:** [www.griefnet.org](http://www.griefnet.org)
- **Journey of Hearts:** [www.kirstimd.com](http://www.kirstimd.com)
- **Last Acts:** [www.lastacts.org](http://www.lastacts.org)
- **Living Lessons:** [www.living-lessons.org](http://www.living-lessons.org)
- **Mindfulness:** [http://innervisionstudioinc.com/order\\_guided\\_imagery.html#samples](http://innervisionstudioinc.com/order_guided_imagery.html#samples)
- **National Hospice and Palliative Care Organization:** [www.nhpco.org](http://www.nhpco.org)
- **Partnership for Caring:** [www.partnershipforcaring.org](http://www.partnershipforcaring.org)

### ***Medical Information***

- **ALS Patient Care Database:** [www.outcomes.org/als/](http://www.outcomes.org/als/)
- **American Academy of Neurology:** [www.aan.com](http://www.aan.com)
- **Benefits Check Up (National Council on the Aging):** [www.benefitscheckup.org/](http://www.benefitscheckup.org/)
- **Dr. Koop:** [www.drkoop.com](http://www.drkoop.com)
- **Healthfinder:** [www.healthfinder.gov](http://www.healthfinder.gov)
- **Healthway Online, Inc.:** [www.healthanswers.com](http://www.healthanswers.com)
- **International Alliance of ALS/MND Associations:** [www.alsmndalliance.org](http://www.alsmndalliance.org)
- **Motor Neuron Disease Association (UK):** [www.mndassociation.org](http://www.mndassociation.org)
- **Massachusetts General Hospital:** [www.mgh.harvard.edu](http://www.mgh.harvard.edu)
- **Medinex:** [www.medinex.com](http://www.medinex.com)
- **Medline:** [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)

- **National Center for Complementary & Alternative Medicine:** [www.nccam.nih.gov](http://www.nccam.nih.gov)
- **National Institute on Aging:** [www.nih.gov/nia](http://www.nih.gov/nia)
- **National Institute of Health:** [www.nih.gov](http://www.nih.gov)
- **National Institute of Neurological Disorders and Stroke :** [www.ninds.nih.gov](http://www.ninds.nih.gov)
- **National Institute on Deafness & Other Communications Disorders:** [www.nidcd.nih.gov](http://www.nidcd.nih.gov)
- **National Institute for Occupational Safety and Health:** [www.cdc.gov/niosh](http://www.cdc.gov/niosh)
- **National Organization for Rare Diseases:** [www.rarediseases.org](http://www.rarediseases.org)
- **University of Miami ALS Clinic and Research Center:** [www.miami-als.org](http://www.miami-als.org)

### *Nutrition*

- **Axcan-Scandipharm (Scandishake):** [www.axcanscandipharm.com](http://www.axcanscandipharm.com)
- **Drugstore.com** [www.drugstore.com](http://www.drugstore.com)
- **GlaxoSmithKline (Citrucel):** [www.citrucel.com](http://www.citrucel.com)
- **Mead Johnson (Boost):** [www.meadjohnson.com](http://www.meadjohnson.com)
- **Nestle (Carnation Instant Breakfast):** [www.carnationinstantbreakfast.com](http://www.carnationinstantbreakfast.com)
- **Procter and Gamble (Metamucil):** [www.metamucil.com](http://www.metamucil.com)
- **Ross Medical Nutritionals (Ensure):** [www.rosstore.com](http://www.rosstore.com)

### *Prescriptions*

- **Canadian prescriptions:** [www.netpharmacy.co.nz](http://www.netpharmacy.co.nz) or [www.canadapharmacy.com/cart/index.cfm?fuseaction=Prescriptions](http://www.canadapharmacy.com/cart/index.cfm?fuseaction=Prescriptions)
- **Drugstore.com** [www.drugstore.com](http://www.drugstore.com)

- **Low cost prescriptions:** [www.themedicineprogram.com](http://www.themedicineprogram.com)

## *Travel*

- **A World of Options:** A Guide to International Exchange, Community Service, and Travel for Persons with Disabilities published by Mobility International USA (MIUSA). phone (541) 343-1284 fax (541) 343-6812  
Email: [info@miusa.org](mailto:info@miusa.org) or [www.miusa.org](http://www.miusa.org)
- **Access-Able:** [www.Access-able.com](http://www.Access-able.com)
- **Accessible Journeys** overseas group tours and customized itineraries. PH (800) 846-4537 WEB [www.accessiblejourneys.com](http://www.accessiblejourneys.com)
- **ADA Vacations Plus/Medical Travel**, the Disability Travel Experts, is a full service medical travel agency that caters to people with medical needs. WEB [www.medicaltravel.org](http://www.medicaltravel.org) or E-M [ada@medicaltravel.org](mailto:ada@medicaltravel.org)
- **Around the World Resource Guide** (\$15) contains info about travel, car/scooter/van rentals, special accommodations, camping, and more. PH (925) 932-9001 (925) 932-9023 FAX (925) 932-9055 E-M [PSmither@aol.com](mailto:PSmither@aol.com) WEB [www.maxpages.com/disabledaccess](http://www.maxpages.com/disabledaccess)
- **Breathin'Easy:** 8-OXYGEN-0
- **Chad Therapeutics Inc** (Portable Oxygen Equipment) PH (800) 423-8870 FAX (818) 882-0883 WEB [www.oxylite.com](http://www.oxylite.com)
- **Emerging Horizons** Accessible Travel News a quarterly publication about accessible travel options; subscriber supported/no advertising (\$14.95 US / \$19.95 non-US) PH (209) 599-9409 FAX (209) 599-9482 E-M [horizons@emerginghorizons.com](mailto:horizons@emerginghorizons.com) WEB [www.EmergingHorizons.com](http://www.EmergingHorizons.com) or [www.candy-charles.com](http://www.candy-charles.com)
- **Flying Wheels Travel:** [www.flyingwheelstravel.com](http://www.flyingwheelstravel.com) 800-535-6790
- **The Guided Tour, Inc.:** [www.guidedtour.com](http://www.guidedtour.com)

- **Moss Rehab Hospital:** (215-456-9900 Philadelphia) offers their MossRehab ResourceNet, an Internet source with free on-line travel information service to help individuals with special needs prepare for travel: [www.mossresourcenet.org](http://www.mossresourcenet.org)
- **New Mobility:** an excellent magazine offering information about disability, culture, lifestyle, products and autos, scooters, wheelchairs. Customer Service/Circulation: (888) 850-0344 X-108, Gina Connell  
Email: [gina@jvleonard.com](mailto:gina@jvleonard.com)
- **New Directions travel** vacations/tours for children, adults, seniors who have developmental/emotional/medical/physical disabilities  
PH (805) 967-2841; (800) 967-284 FAX (805) 964-7344 WEB [www.NewDirectionsTravel.com](http://www.NewDirectionsTravel.com)
- **Oxlife Inc** (Portable Equipment) PH (800) 780-2616 FAX (941) 772-7267 WEB [www.oxlifeinc.com](http://www.oxlifeinc.com)
- **The Oxygen Traveler** delivery of medical/oxygen equip. worldwide PH (937) 848-7100 FAX (937) 848-7949 WEB [www.oxygentravel.net](http://www.oxygentravel.net)
- **Society for Accessible Travel & Hospitality:** nonprofit education org; serves as a central clearinghouse for the exchange of info on travel facilities/data/literature for people with disabilities. PH (212) 447-7284 FAX (212) 725-8253 E-M [sathtravel@aol.com](mailto:sathtravel@aol.com) WEB [www.sath.org](http://www.sath.org)
- **Trips Inc:** Special Adventures offers trips throughout the U.S. including Hawaii, Alaska and Costa Rica. Current catalog: phone (800) 686-1013  
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- **We're Accessible** Travel News, a newsletter that offers information/books/websites, etc. about accessible travel to cities/countries in the US and internationally; also arrange travel. Lynn Atkinson PH (604)731-2197 EM [lynna@istar.ca](mailto:lynna@istar.ca)
- **Wheelchair Getaways, Inc.:** [www.wheelchair-getaways.com](http://www.wheelchair-getaways.com) or 800-682-2042