



Harpswell
Aging at Home

Adaptive Tools for Everyday Living

Presented by the
Health and Wellness Committee



Harpswell Aging at Home




The Health and Wellness Committee wishes to express its sincere thanks to the Bowdoinham Advisory Committee on Aging, Patricia Oh, and Bath Housing for their generosity in sharing their adaptive tool devices and tool lists with Harpswell Aging at Home. Without their help, we would not have been able to make the progress we have in developing this list of HAH Adaptive Tools for Everyday Living.

A sampling of these tools will be on display at the Harpswell Town Office and available at many of Harpswell Aging at Home events.

This is an excellent opportunity to become aware of what is available on the market and to try before you buy.

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

The items in this guide may be available in many stores. We have just taken a sampling of some stores and on-line sites. The prices listed were the ones found when the guide was developed. Sometimes the prices may have gone up, and sometimes they can be found on sale. We suggest that you take the time to shop and compare.

Item	Purpose	Places to Buy/Price
Kitchen Helpers		
 <p>One-Touch Can Opener</p>	<p>One-touch can opener eliminates the need to crank a handle to open a can and eliminates the need to lift a can into a standing electric can opener.</p>	<p>Online Shopping: Amazon.com: Ovente C036W \$13.99</p>
 <p>Ring Can Opener</p>	<p>Opens ring-pull cans, and breaks the seal on jar lids with ease. This gadget is friendly to those who have arthritis and do not have much strength.</p>	<p>Online Shopping: Amazon.com Jokari Delux \$9.95</p>
 <p>Hand-Held Jar Gripper Openers</p>	<p>Both types of hand-held jar gripper openers use a device to increase friction and provide a handle for better leverage when opening the jar.</p>	<p>Department Stores: Bed, Bath, & Beyond: \$8.99 Walmart: \$7.00+</p> <p>Online Shopping: Amazon.com: \$10 Oxo Good Grips Jar Opener with Base Pad (pictured)</p>



**Under Cabinet
Jar Opener**

This opener will help open any size jar. Simply hold, push and twist. Especially helpful for people with limited hand and wrist strength.

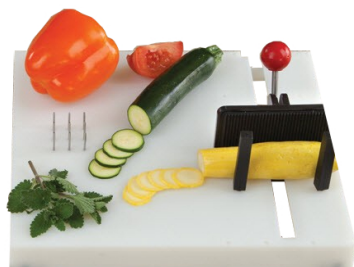
Online Shopping:
Amazon.com:
\$15.95



Automatic Jar Opener

Automatic Jar Opener eliminates the need to hold and twist a jar open. Let the machine do the work for you!

Online Shopping:
Amazon.com: \$35
Hamilton Beach Open Ease
Automatic Jar Opener



**One-Handed Cutting
Board**

One-handed cutting board stands firmly on its suction feet. The jaws hold a bowl, grater or piece of food in place. Enables a person with tremor to cut firmly with confidence.

Online Shopping:
Amazon.com
Pictured \$65
Swedish Cutting Board,
North Coast Medical



Easi-Grip Carving Knife

Keeps wrist at a comfortable right angle. There is also a carving fork and a bread knife built the same way that is available. Does not require a tight grip for use. Good for those with arthritis.





Online Shopping:
Amazon.com \$13



T-Handled Rocking Knife

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

Online Shopping:
Amazon.com \$21

 <p>Good Grip Silverware</p>	<p>A solution for people with limited hand-to-mouth reach. Persons with hand arthritis, neurological impairments or generalized weakness will find these utensils comfortable, less stressful to hold and easily adaptable.</p>	<p>Online Shopping: Amazon.com \$13 each, \$38 for set of three</p>
 <p>Specially Designed Eating Utensils</p>	<p><u>Weighted eating utensils</u> can help people with essential tremor to enjoy eating without the mess. <u>Rocker knives</u> make it easier to cut food—especially useful for people with arthritis or wrist weakness. <u>Specially designed utensils</u> with an ergonomic grip can make eating simpler, less tiring, and more pleasant.</p>	<p>Online Shopping: Amazon.com: \$23 Evo Ot</p>
<p>Lights and Vision Aids</p>		
 <p>Hands-Free Magnifier</p>	<p>Hands-free full-page magnifier helps people who need magnification and want the convenience of seeing a large area without holding a book and lens.</p>	<p>Online Shopping: Amazon.com \$11</p>
 <p>Prism Glasses</p>	<p>These glasses allow you to lie flat on your back and read or watch television. They help you avoid neck cramps and eye strain. The Prism glasses turn your view to a downward 90° angle. Eliminating the need for head movement. Perfect for people with limited mobility, vertigo or having to rest lying flat.</p>	<p>Online Shopping: Amazon.com: Ultra Prism Beds Specs \$13.00</p>

Pillboxes



Pill Box

There are many different models to meet the needs of any medication regimen. Prices vary. It is easy to forget to take medication. Pillboxes with alarms prevent forgetting by emitting an alarm noise when it is time to take pills. The Apex model allows you to set an alarm to take one dose of medications each day. The MedGlider model allows the programming of up to four doses daily.

Available at Many Stores
\$12-\$30

Online Shopping:
Amazon.com: \$17.00
7 day x 4 Large Capacity
Pill Box by e-pill
(pictured here)

Manual Dexterity



Button Aid

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

Online Shopping:
Amazon.com \$11.00



Long-Handled Shoe Horn

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

Online Shopping:
Amazon.com \$9-\$25
depending on model

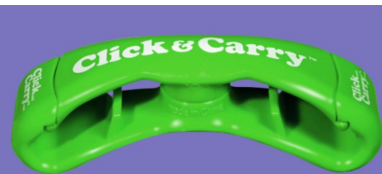
Vehicle and Shopping



Seat Belt Grabber Handle

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

Online Shopping:
Amazon.com \$9-\$25
depending on model



Click and Carry

Click and Carry helps carry multiple bags at one time. Have you ever had the feeling of your fingers being nearly severed by plastic bags? The click and carry will prevent that. An added advantage is that the click and carry allows a person to carry 2-6 shopping bags in one hand, leaving the other hand free to hold a railing while going up the steps or to open a door.

Online Shopping:
clickandcarry.com: \$10.00+
\$4.95 shipping



**HandyBar Vehicle
Transfer Support Handle**

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

Online Shopping:
Amazon.com: \$20



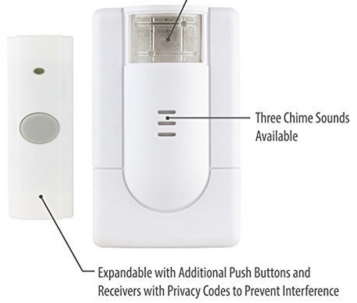
Seat Belt Extender

Ideal for those who can't otherwise buckle their seat belts, which may include some plus-sized people and people with limited mobility or range of motion.

Online Shopping:
Amazon.com: E4 Safety
Certified Rigid Seat Belt
Extender — Pair \$24.98

Home Safety

Completely Wireless
Installs in Seconds



Wireless Strobe Doorbell

Provides both an audible sound that can be adjusted from soft to loud and a flashing strobe light to alert you when a guest is at the door. This item is very helpful if you have trouble hearing a doorbell or take hearing aids out at night when you sleep.

Online Shopping:

Amazon.com: \$42.99

Security 2020WC180 by
Safeguard Supply



Reach Tools

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

Department Stores:

Walmart: \$10.00+



Elevated Toilet Seat

Hinges for easy cleaning. Bolted onto toilet for added stability. Uses a regular seat and lid so as to not drastically alter the decor of the bathroom. Raises the height of the toilet. 360 lb. weight capacity.

Online Shopping:

Amazon.com:
Ableware Hinged Elevated
Toilet Seat \$49.94

Comes in standard and
elongated size
(standard shown)