

GADGETS AND AIDS

ARTHRITIS ACTION FACTSHEETS



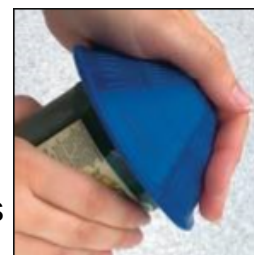
Even though using the joints cannot cause further damage, arthritis can cause pain and muscle weakness, which can in turn make gripping and daily tasks, such as self-care and housework, more difficult. Luckily there are many aids or gadgets that can help you manage your everyday tasks, avoid more pain and help you stay independent.

This factsheet highlights some examples of aids and gadgets that you might find useful

Kitchen

Jar-opener

Non-slip opener for jars. Or, try using a damp dish cloth when opening jars to reduce the amount of grip needed.

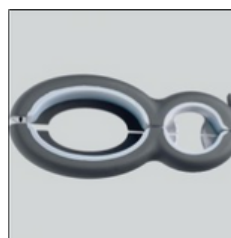


Non-slip mat

Useful to help prevent slippages and spills.

Multi jar/bottle opener

Comfortable grip for opening tight jars and bottles.



Can ring-pull lever

Makes opening ring-pulls much easier.

5-way jar and bottle-opener

Can be used to open ring pull cans, tabs on cans, twist off caps, bottle tops and jar lids.



Jarkey

Helps open jars by releasing the vacuum

One-touch electric can or jar openers

Make opening cans or jars much easier



Good Grips Peeler

Oversized rubber handle makes peeling much more comfortable.

Electric vegetable peeler



Large-cushioned cutlery handles

These can make cutting and holding food much easier. A sharp steak knife can also be helpful

Cooking basket

Reduces the weight of a saucepan by draining the water before lifting. Using both hands or two handled saucepans also can make lifting heavy pans easier.





Silicone oven mitt

For a more secure grip on oven trays and hot plates.

L-shaped knife

Special handle means that the thumbs do not have to be used to cut and reduces wrist strain



Foam or rubber grips for pencils and pens

Wrapping an elastic band round pens can also help

Sprung scissors

Fiskars easy-grip spring loaded scissors can make cutting much easier



Easy-turn tap levers

Fit onto cross-head taps to make turning handles easier, or change the taps to lever-handled taps.

General Aids

Sock or stocking aids

These can make putting socks on much easier if you have problems bending down or gripping



Hairdryer stands

A stand to hold a hairdryer in place can help with stiff or painful shoulders

Brushes and combs with long handles make brushing your hair easier



Grabber reaching tools

To help grasp and pick up objects that are out of reach.

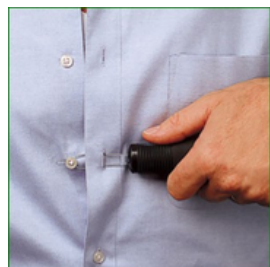
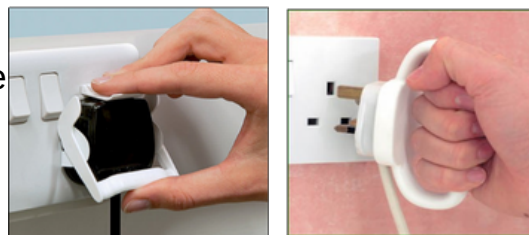
Key turner

Plastic curved handle makes unlocking doors easier



Plug Pullers

Plug covers or handles make plugs much easier to remove



Button hook

Easy grip handle to fasten and open buttons. A crochet hook or rug hook can also help

Cordless vacuum cleaners

Vacuuming is an excellent exercise for the arms, legs and shoulders but a cordless type upstairs can help avoid too much lifting and avoid trips over cables.



Chair leg or seat raise

These chair and toilet seat raises can help if you have problems standing up.

For more advice on useful aids or adaptations to your home, ask your GP to refer you to an occupational therapist who will be able to help.