

# Gadgets and Aids for Arthritis

## ARTHRITIS ACTION FACTSHEETS

Arthritis can cause pain and muscle weakness, which can then make daily tasks like gripping objects, housework, and other everyday tasks more difficult. Luckily, there are many aids or gadgets that can help you to manage your arthritis, avoid more pain, and help you stay independent.

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

### Jar-opener

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

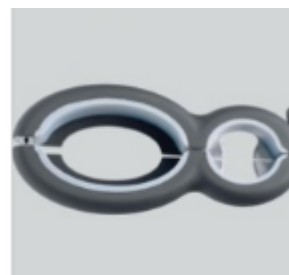


### Non-slip mat

Useful to help improve your grip and prevent any slippages or spills.

## Multi jar/bottle opener

These provide a comfortable grip for opening tight jars and bottles.



## Can ring-pull lever

Makes opening ring-pulls much easier.

## 5-way jar and bottle-opener

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



## Jarkey

Jarkeys help to open jars by releasing the vacuum within the jar itself.

## One-touch electric can or jar openers

Any form of jar opener can make getting into cans or jars much easier.





## Good Grips Peeler

A peeler with an oversized rubber handle makes peeling much more comfortable.

## Electric vegetable peeler

Look into products that can automate tasks which you find to be difficult, like peeling potatoes and other fruits.



## Large-cushioned cutlery handles

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

## Cooking basket

Cooking baskets can reduce 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 compared to other oven gloves.

### L-shaped knife

Special handles 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 to improve your grip on your pen or pencil.

### Sprung scissors

Easy-grip or spring-loaded scissors can make cutting much easier and require less dexterity to use.



### Easy-turn tap levers

Fit onto crosshead 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

These can make brushing your hair easier.



### Grabber reaching tools

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



### Key turner

Plastic curved handles make unlocking doors easier.

## Plug Pullers

Plug covers or handles make plugs easier to remove.



## 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

Chair and toilet seat raises can help if you have problems standing up without support.



## Button hook

Button hooks feature easy grip handles to fasten and open buttons. A crochet hook or rug hook can also help.

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.

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