



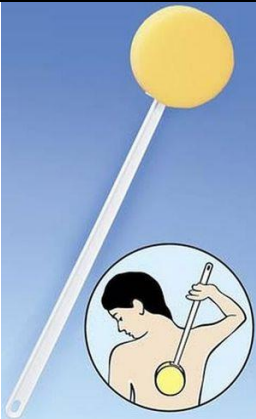
COST EFFECTIVE ADAPTIVE EQUIPMENT

The following is a list of cost effective adaptive equipment (under \$15) that may be beneficial to assist with activities of daily living. This list is by no means comprehensive, but is meant to provide you with ideas that may assist you or your youth to be more independent throughout their daily activities.

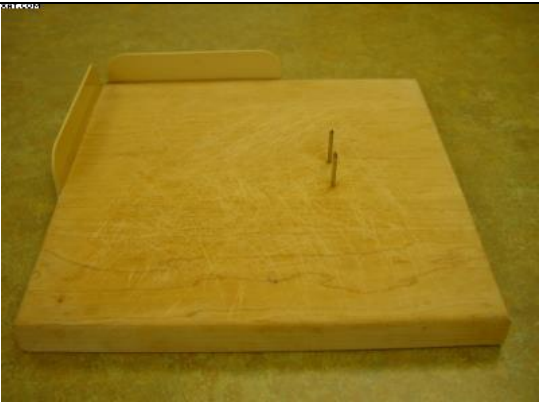

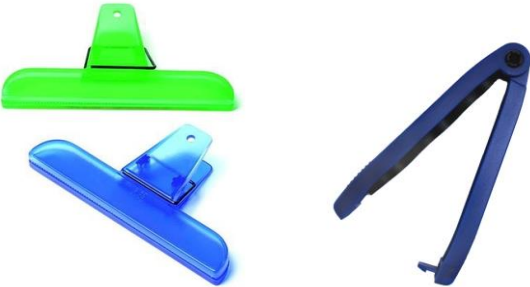
This list is to be used in consultation with your occupational therapist, as they will be able to answer any further questions you may have, or provide further explanation of the following equipment.

Equipment for the Bathroom

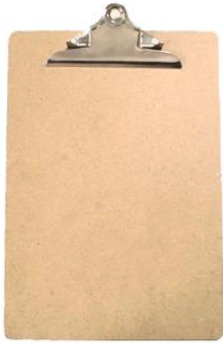

Hand-Held Shower Head		<ul style="list-style-type: none"> - Great to use while sitting to take a shower. - The quality, price and ease of installation will vary based on the product.
Palmed Brush		<ul style="list-style-type: none"> - Can be used in the shower to lather shampoo or after to comb your hair.

<p>Soap on a Rope</p>		<ul style="list-style-type: none"> - Can be worn as a bracelet or necklace while showering. - Can also put it around the shower head or shower organizer for easy access.
<p>Individual Flossers</p>		<ul style="list-style-type: none"> - Only require one hand to floss. - Can purchase these at most stores that sell oral hygiene supplies (i.e. drug store, grocery store) and/or your dentist.
<p>Long Handled Sponge</p>		<ul style="list-style-type: none"> - Great for reaching those hard to clean areas. Can be purchased at most stores that sell bathing products (i.e. drug store, grocery store). Length of handle and type of sponge may vary.


Equipment for the Kitchen





Cutting Board		<ul style="list-style-type: none"> - Nail one or two stainless steel nails through the bottom of a wooden cutting board to secure food. - Build up the corner of the board using plastic or wood. - There are also commercially available cutting boards – but are more expensive
Non Stick Rubberized Mats		<ul style="list-style-type: none"> - Great to use under bowls and plates or on top of lids to help with opening containers. - Can also cut pieces of grip liner and use as above. - Can be purchased at most hardware and kitchen stores (i.e. Canadian Tire, Walmart).
Large Bag Sealers		<ul style="list-style-type: none"> - There are many different styles available – Choose the style that suits your needs the best. - Remember – it is often easier to use bigger clips versus smaller clips.

Equipment for Writing




Clip Boards		<ul style="list-style-type: none"> - Great for keeping your writing paper in place. - Can be purchased at most stores that sell office supplies (i.e. Walmart, Staples). - Could put non stick material on the back (i.e. Dycem)
Weighted Book Marks		<ul style="list-style-type: none"> - Great way to keep your book open while reading. - Can be purchased online or in stores that sell reading/book supplies (i.e. Walmart, Chapters). - You can also adapt a bookmark by sewing/gluing weights to a regular bookmark.

Equipment for Dressing

Velcro pants		<ul style="list-style-type: none"> - For pants that have buttons at the top, sew Velcro at the closing on the top then sew a button permanently on the front, that way it is easy to fasten/unfasten and still looks like a “typical” pair of pants.
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<p>Zippers With Handles</p>		<ul style="list-style-type: none"> - Add handles to zippers to help with grasping. - Handles can be string, Velcro, cloth – Essentially, anything that will assist with grasping the zipper. - Another option is to use thermoplastic to assist with zippers. Ask your OT about this option if you are interested in it.
<p>Elastic Laces</p>		<ul style="list-style-type: none"> - Elastic laces keep shoes tight without having to tie laces.
<p>Shoe Lace Toggle</p>		<ul style="list-style-type: none"> - Similar to elastic shoes, this product assist with keeping shoes tied. They can be found at most hiking and outdoor stores.
<p>Long Handled Shoe Horn</p>		<ul style="list-style-type: none"> - A great tool to use so you do not have to bend down while putting on your shoes.

Built Up Grips – Can be used in many areas of daily living

Tennis Balls				<ul style="list-style-type: none">- Cut a hole in the tennis ball big enough to put a pen or pencil through.
Hair Rollers				<ul style="list-style-type: none">- Use old (or new) hair rollers to build up grips for pencils, tooth brushes and eating utensils.
Cylinder Foam				<ul style="list-style-type: none">- Cut foam to fit different utensils, writing tools and other hand held objects.