

MAC's Smart Aging

Tips and Tricks from the *Caregiver Resource Center*

June 2023



It's almost summer!! This means spending more time outdoors. Lay your blanket down in the cool shade under a tall tree and enjoy a picnic with family and friends. Sometimes though, in order to enjoy the delicious food, it may require you to use some assistive technology. Here, at the Assistive Technology Center, we have devices that can help you with opening your soda can, decrease spills and messes and with cutting up some tasty watermelon.



The *Easy Open Ring Pull Can Opener* can help you with opening your favorite soda pop or can of fruit cocktail by giving you an extra hand. Its non-slip rubber grip makes maneuvering simple and pain free for those suffering from decreased grip strength or arthritis.

With loved ones diagnosed with tremors or upper extremity weakness, the *Weighted Utensils* can be a big help! The wide design and added weight increases stability and comfort when eating while also increasing one's independence.

And when you are enjoying that fresh potato salad the last thing you want to worry about is spilling your food and feeling embarrassed. By adding the *Reusable Snap-on Plate Guard* to any standard plate, it now allows you to eat with confidence! The Plate Guard is also portable to take with you on

The *T-Grip Rocker Utensil* can be held in one hand, rock back and forth and cut that tasty watermelon with ease. The t-handle design allows for either underhand or overhand grip depending on what your need is, allowing for full control while you cut; providing an increased level of independence!

Give us a call and we will be glad to answer questions about the resources we have. Please call at 410-742-0505, ext 148– Sandra Gay / sgay@macinc.org or ext 146 - Katie Clatterbuck / kclatterbuck@macinc.org

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