

MAC's Smart Aging

Tips and Tricks from the *Caregiver Resource Center*

May 2023



What do a letter Opener, a toothpaste tube and a knife have in common? They have all been adapted to aid someone who only has use of one hand. Think about it. If you only have one functioning hand or arm, how do you open your mail? How do you put toothpaste on a toothbrush? How do you cut your steak?

You use one of these items, that have been adapted and designed specifically for someone with limited arm/hand use.

The *iHave toothpaste dispenser*, mounts easily to your wall with an adhesive strip. The toothpaste tube gets inserted in the top. Now all you have to do is pick up your toothbrush, set it in the opening and toothpaste it now on your toothbrush. Keeping you independent with even the little things in life!



This *Martin Yale Manual Letter Opener* makes opening your mail so easy. Just tap the envelope on the table to make sure whatever is inside the envelope doesn't get cut, then place the edge in the slot and watch the envelope slide through, slicing the top as it goes. The ergonomic design makes it easy to hold and opens your mail in seconds. It doesn't get much easier than that!

The *T-Grip Rocker Utensil* can be held in one hand, rock back and forth and cut even the toughest steak. The t-handle design allows for either underhand or overhand grip depending on what your need is, allowing for full control while you eat. 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

Disclaimer: The content in this handout is not intended as a substitute for medical advice. Talk to your doctor or healthcare provider before undertaking any type of therapy. We are not endorsing companies. Product description / information provided by manufacturers.