

One Handed Solutions

The way people adapt to managing activities using one hand involves the following three concepts: body position, methods, and equipment. Often people enquire about gadgets for completing daily activities which they can manage one handed. There are many available, but here are a few to make life easier.

Kitchen Stabilising

One of the most important things to do before attempting any task in the kitchen is to stabilise the board or plate you are working with. This can be done quickly and easily by placing the item on slip resistant matting, such as Dycem or Gripcloth or even a wet dish cloth.



Opening Jars

Opening jars or bottles can be difficult. Check the @ a glance on "Opening Jars" for different suggestions that could assist you.

Cutting, Chopping and Grating

A cutting board with spikes is a useful item for managing single handed in the kitchen. Fruit and vegetables are speared and secured by the spikes for peeling or slicing.



Some chopping boards have a knife fixed to them. This makes one handed chopping easier. A board with a raised edge on the corner secures a slice of bread for buttering.

Rocker knives use a rocking motion to cut, which keeps food steady when cutting. They often have a large handle for better grip.



Vegetable cutters, slicers, and graters, either battery operated or electrical, are available from department stores and other retail stores. These can be useful when you want to continue to eat healthy but have reduced strength or only the use of one hand.

One Touch / Touch and Go

These are a series of small battery operated kitchen aids. They include a bottle opener, a can opener, jar opener, a powerblade peeler and more. They are designed for persons with weakness in their hands. The aids can be easily operated with one hand.



Personal Care and Dressing

Long handled items such as brushes, combs, and sponges can give you extra reach so you can continue to be independent with your personal care. Shampoo and conditioner dispensers mounted on the shower wall are also helpful.



For upper dressing, always put your weaker arm in first and make sure that the clothing is pushed up past the elbow. It can be difficult to do up the buttons on your shirt with one hand. A button hook may assist you, however it does take some practice. Adapted clothing with magnetic buttons, hook and loop fasteners and/or elastic bands can ensure ongoing independence. Back Open/Close tops and singlets allow the arms to be slid into the garment's arm holes without lifting the arms. Garments with petal opening slide easily over the head and fold at the back for complete dignity.



If it is difficult to put on your bra and fasten it with one hand, The Bra Angel can help. A vertical arm is secured around the neck and holds one side of the bra while the other side of the bra is brought around the body with the free hand. The Bra Angel can be used with most bras that have a fastener. Another suggestion is to use a sports type bra that you pull on over your head.



If you are having difficulties fastening your jewellery due to arthritis or hemiparesis, there are aids to assist you with this. The Bracelet Buddy can assist with fastening your bracelet or watch as it holds one end of the bracelet or watch securely with a small and easy to use peg, leaving your other hand free to fasten. Another options is using magnetic jewellery clasps attached to each end of your necklace or bracelet. Avoid using stud earrings. Use dangly earrings that just push through your ears or clip on types.



Mobility

If you need the support of a walking stick, a quad stick or a raising cane can be a good idea. They can stand by them self, freeing your hand to do what you need to do without worrying the walking stick will fall over. You can add accessories to your walking stick to make it stand up independently, such as the tri-leg cane tip or the cane holder. If you are in a manual wheelchair, there are one-arm drive wheelchairs available with either dual rim wheels or lever drives.



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