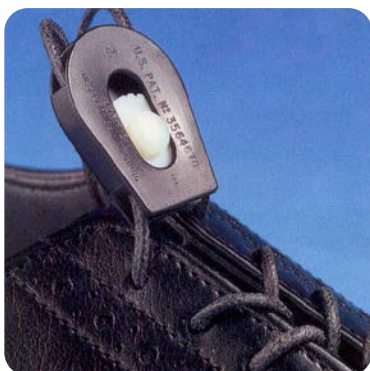
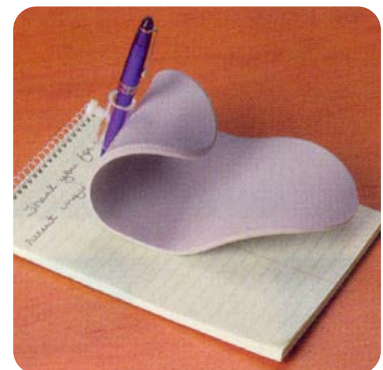




The War Amps

Daily Living Aids



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Introduction

In addition to the artificial limbs amputees require, there is a variety of aids for daily living that can make many tasks easier. *Daily Living Aids* is designed to give you an idea of the aids available to assist with day-to-day living.

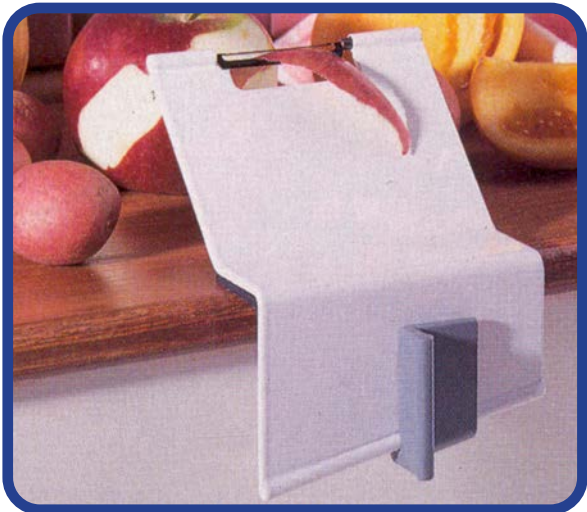
You can find many types of daily living aids online (such as through the Performance Health website) or in local stores. Your prosthetist, occupational therapist or physiotherapist may be able to suggest options for you to try. In smaller communities, there may not be a daily living aids store, and you may have to try the closest large centre.

In the Kitchen

Food Preparation



The Persona **Toss and Chop** makes one-handed food preparation easy.

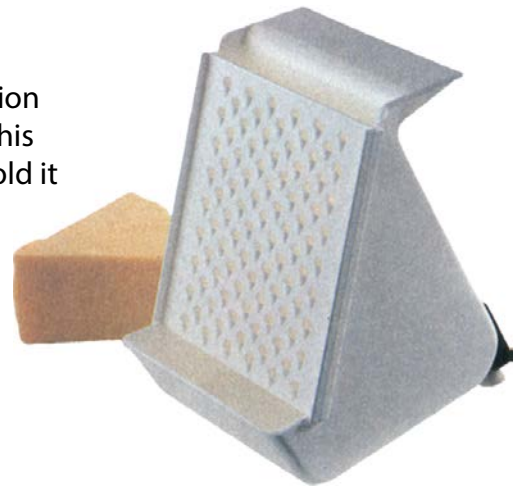


The **Clamp-On Vegetable Peeler** is ideal for arm amputees.



The **Quick Shake Container** by Tupperware has a removable blender insert, which ensures quick, thorough mixing.

The suction feet on this grater hold it in place.



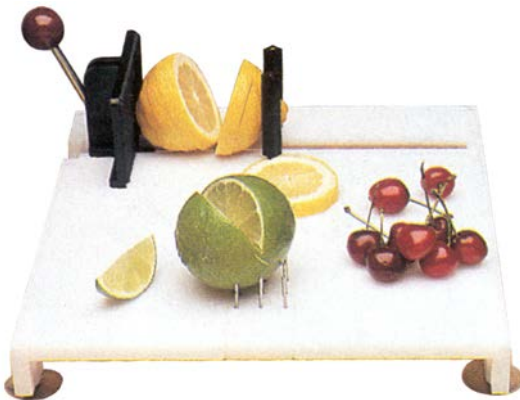
This one-handed food preparation board has a patterned surface and raised edges to keep food from slipping.



The **Fruit and Veggie Scrubber** firmly attaches to any sink.



This bowl holder holds a stainless steel bowl while mixing. To pour, you may lift the bowl from the frame or lower the bowl into the slots to hold steady for scraping.



The **Deluxe One-Handed Paring Board** is a plastic cutting board that has prongs to hold food for slicing and a vise to hold a variety of items.



The **Cutting Aid and Knife** is ideal for cutting bread in even slices.



This pan holder is a coated steel rod frame with suction cups that attach to the stove top.



The **Pasta Pro** has a locking lid that allows you to drain the pot of water.

Utensils



The **Sure Hand Bendable Utensils** can be bent to the right or left at any angle.



Foam padding can be cut as needed from a continuous length to build up utensils.



Pediatric Flexible Utensils are versatile utensils that may be repeatedly angled or positioned.



A stainless steel roller knife/fork combination is suited for one-handed use.



This universal cuff is made of leather with an elastic strap. Holds various utensils.



This lightweight rocker knife features an easy-to-grip handle.



This fork has a cutting edge along the side and can cut softer foods and some meats. Available for either right- or left-handed use.

Dishes

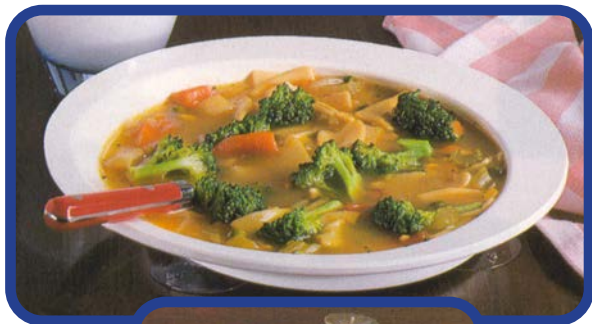


Divided dishes with high walls and rims make scooping easier. Compartments keep food separated.

A variety of food guards are available that attach to regular plates. They prevent food from sliding off the plate.



Plates with sides a little higher than a regular plate, or with one side scooped, make eating with one hand easier.



Three suction cups fixed on the base of this scoop dish provide a stable, non-slip eating surface.

Jar, Bottle and Can Openers

The **3-in-1 Opener** is a multi-functional tool that can open plastic and metal twist-off caps, tab-top cans and pry-off bottle caps.



The **JarPop** is a plastic opener that, when gently levered against the rim of a lid, releases the vacuum inside the jar, taking the hard work out of twisting the lid.



The **Spill-Not Jar & Bottle Opener** is ideal for one-handed operation.

Handy Helpers

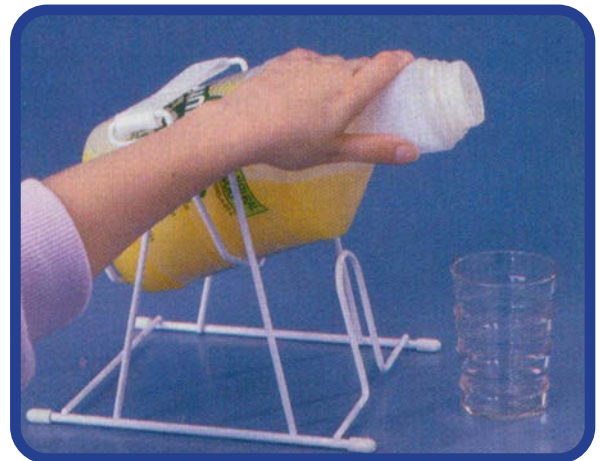


This jar lid opener installs under a counter or cupboard.

The comfortable L-shaped handle of the **Uni-Turner** increases leverage to aid in operating most irregularly shaped knobs and controls.



This wall-mounted can opener is designed for one-handed use.



The **Jug Kettle Tipper** is a coated wire cradle that features a stop, which helps prevent spilling.



The **EZ Squeeze One-handed Can Opener** removes lids quickly and easily with only one hand.



A milk carton holder is designed to allow the handling of a heavy or slippery milk or juice carton with one hand.

In the Bathroom

Bath and Shower Boards and Seats

Shower seats may be beneficial for those who do not stand, but prefer to sit in the shower or bathtub. These seats, which have rubber tips or suction cups at the end of the legs, can be placed directly in the bathtub or shower. A similar item is a bath board that fits on bathtubs of various widths.

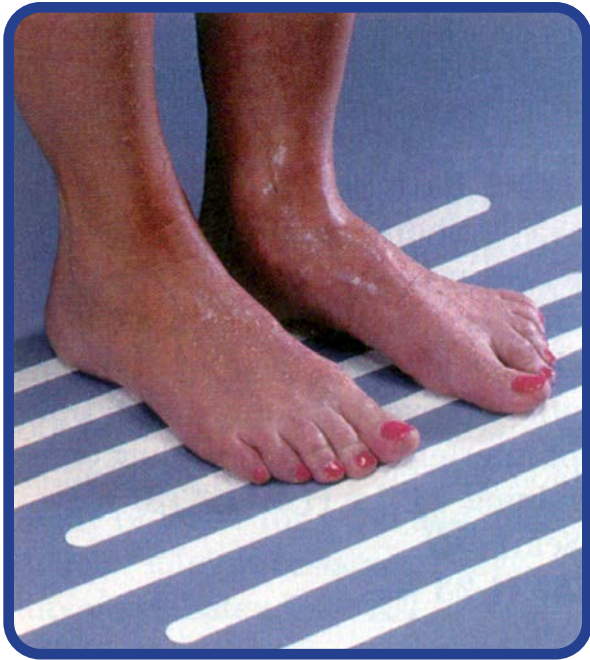


Grab Bars and Grips

Grab bars or rails aid with getting into and out of the bathtub or shower. Also for those leg amputees who take a shower, either with or without prostheses, grab bars help with maintaining balance and turning around in the shower.



Toilets and Accessories



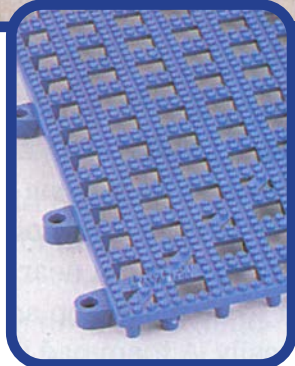
Easy-to-apply strips prevent slipping in the bathtub or shower.



Padded toilet seats provide elevation, support and comfort.



The Dri-Dek **Nonslip Shower Surface** are tiles that snap together to create a non-slip surface of any size.



A bidet can help by offering the following features:

- Front and rear washing
- Adjustable water temperature
- Warm air drying
- Remote control



A raised toilet seat with safety/hand rails is useful for those who need assistance rising and sitting.

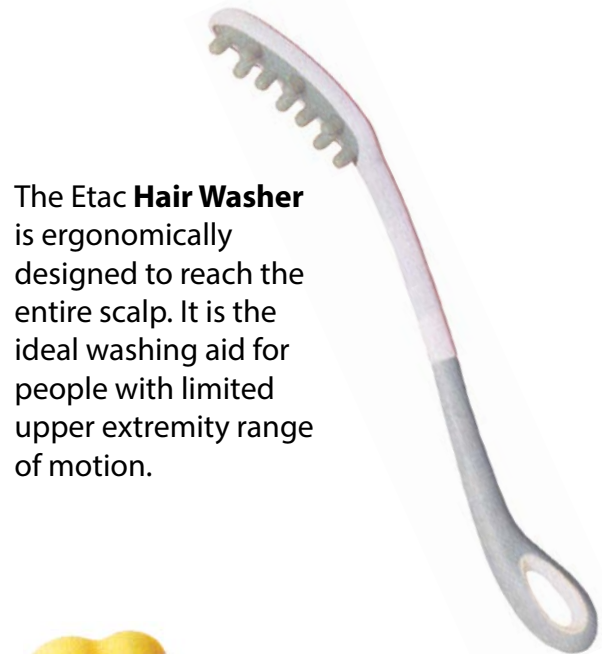


A sponge or terrycloth mitt is useful to put over the residual limb to wash the other side of your body when taking a shower.

Cleansing Aids



A hand-held shower may aid in cleansing hard-to-reach places.



The Etac **Hair Washer** is ergonomically designed to reach the entire scalp. It is the ideal washing aid for people with limited upper extremity range of motion.



An angled sponge is useful for washing your back or reaching other body parts not easily accessible.

Personal Grooming



Two suction cups on the bottom of these emery boards and nail clippers keep the units stationary while filing or cutting your nails.



The **E-Z Spray Handle** is a lightweight but sturdy plastic adapter for most household and personal care aerosol cans.



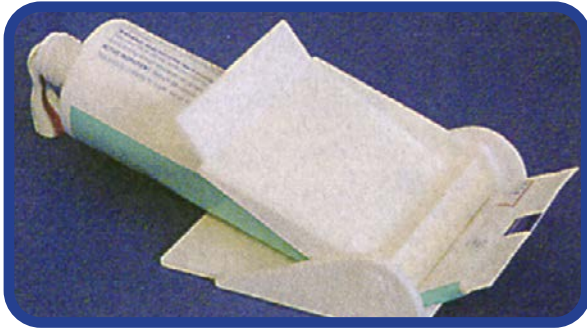
A stand holds a hair dryer steady for one-handed styling and drying.



There are various personal care items available with Velcro straps, which can attach to a residual or artificial limb.



This foot care kit contains foot care essentials for hygiene, inspection and care of the lower leg, ankle and foot.



This toothpaste dispenser squeezes the tube flat from the bottom up, making it ideal for one-handed use. It can also be used for ointments, lotions and other household products.



A suction brush, which attaches to the side of the sink, assists with nail cleaning.



The Fillauer **Shower Leg** is a lightweight, water-resistant below knee shower leg with a soft, rubberized oval foot.

Shower Legs



The **Aqualimb** by Endolite is a below knee shower leg. It is a one piece design, eliminating the need for any customizing, but must be fitted by a prosthetist.

Dressing

Arm amputees often find buttons on jackets and shirts, or laces on shoes, difficult to manage one-handed. Intricate and delicate movements are tricky even with the aid of an artificial limb. There are devices to help make dressing less cumbersome. In addition, modifications can be made to an item of clothing. A few examples are:

- Velcro spots under buttons on a shirt or blouse instead of conventional button holes
- A Velcro strip instead of a zipper in the fly of trousers
- Velcro on jacket cuffs
- Cuff links made of elastic thread between two buttons, letting you slide your hand in and out without undoing the buttons
- Toggle buttons on outerwear, which are easier to manage than stiff, flat buttons

Dressing Aids



To assist the amputee in buttoning clothing, various button hooks are available.



Dressing sticks are useful for anyone who has the use of one arm or hand.



Easy-to-use sock and stocking aids help with pulling on socks and stockings.

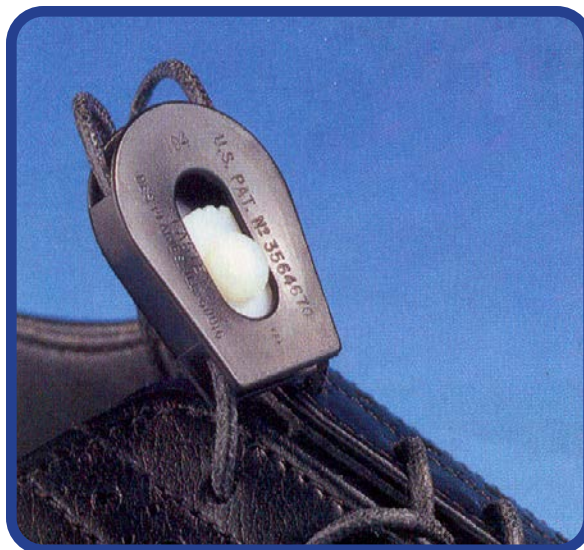




The **Zip-It Zipper Pull** has a hook on the end that attaches to a zipper tab. Its uniquely shaped handle makes this device easy to grasp and use. The ring zipper pulls have snap hooks that attach to a regular zipper tab, making zipping and unzipping easier.



The cuff and collar button extender is a stainless steel stretching metal spring loop that allows an individual to slide their hand in and out of the sleeve or put on or remove a shirt without having to do or undo the buttons.



Thread lace ends through the plastic **Lace Lock**, adjust tightness and slide the plastic knob on top to lock the shoelace into position.



Spyrolaces stay tight and comfortable.

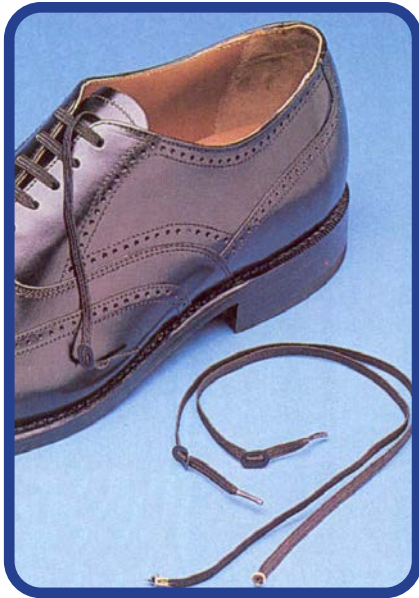


This shoe remover facilitates easy shoe removal without bending over.

Shoe Aids



Shoes with Velcro fasteners rather than laces may be easier for the arm amputee.



Lace shoes with elastic laces just once and they're ready to be put on and removed without tying again.

Durable stainless steel shoehorns feature a plastic hand grip with a curved hook for pulling up socks and garments.

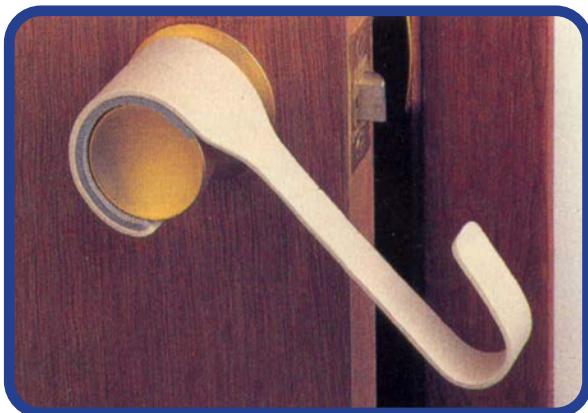


This lace tightener allows arm amputees to tighten skate laces (or shoes or boots) with one hand.



Household Aids

Furniture and Appliance Helpers



Regular knobs, which are often rounded, can be difficult to grasp. There are many devices that attach to door knobs to make them easier to grasp and turn with an artificial limb.



Furniture raisers and extenders increase the height of a chair or bed.



Light wall switch extenders are useful in helping amputees manipulate light switches.

There are also “clap on, clap off” lighting systems available, such as **The Clapper**.



A floor switch turns lamps on and off when you lightly press down on it with your foot.

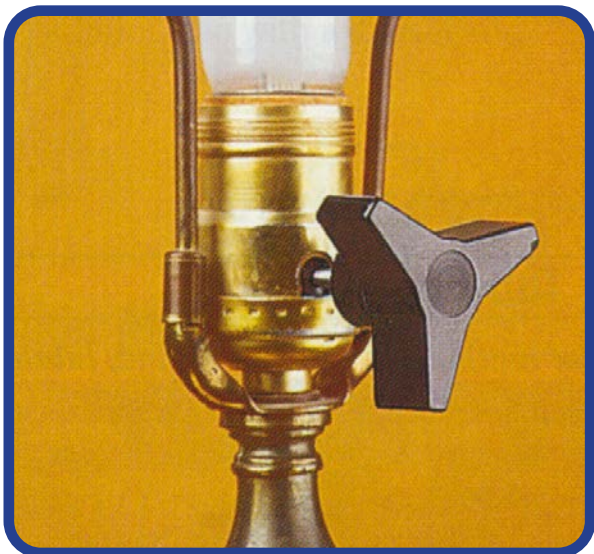


A plug puller attaches permanently to plugs and is easy to install.

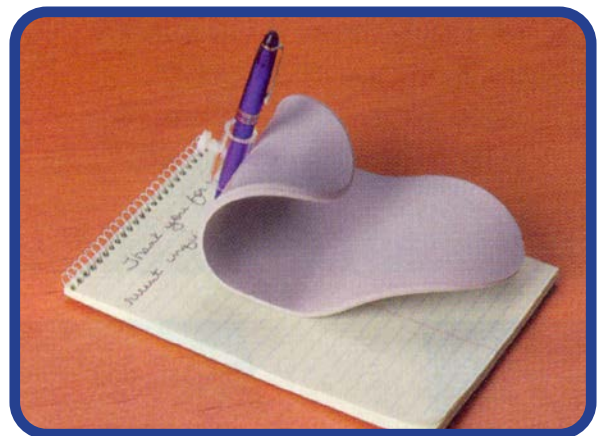


A lightweight reaching aid can help those with shortened limbs, or who use a wheelchair, reach things.

Home Office



This lamp switch extension lever has a large three-spoked knob that is very easy to turn and install.



The **Easy Glide Writer** fits any size pen or pencil and slides easily along a writing surface using upper arm strength.



Easy to grip, the **Pen and Pencil Holder** helps control writing.



This flexible, adjustable telephone extension arm lets you speak and listen without holding on to the hand set.



The **One-Handed Envelope Opener** has a letter opener attached to the face of the unit that contains a guarded razor for cutting envelopes.



Large buttons on this telephone make dialing easy for those who have difficulty with the buttons on touch-tone telephones.



An electric stapler (above) and a three-hole punch with an extension handle (below) can help arm amputees manage their papers.



This phone is sitting on a **Dycem** pad. Dycem is a non-slip plastic that is useful for holding items in place.



This arm amputee uses a hands-free headset.



There are a variety of devices available to assist with typing.



Many types of computer mice are available. This one has a roller ball.



Fiskars **Softouch** scissors have a cushion grip designed to eliminate pressure.



The "bladeless" cutter of these rolling scissors can be used in either the right or left hand.



These keyboard designs may be good choices ergonomically compared to a standard flat keyboard.

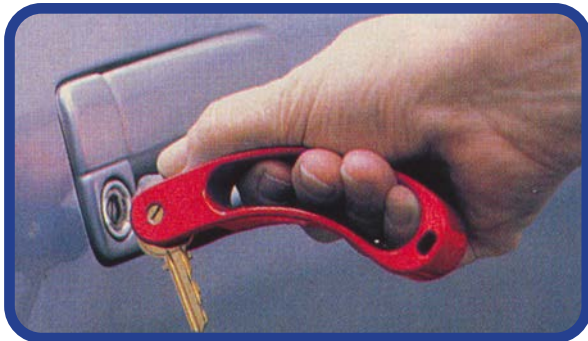


A foot rest or stool can be useful for leg amputees to rest their artificial leg(s) on to avoid dangling of the artificial leg(s).

Out and About



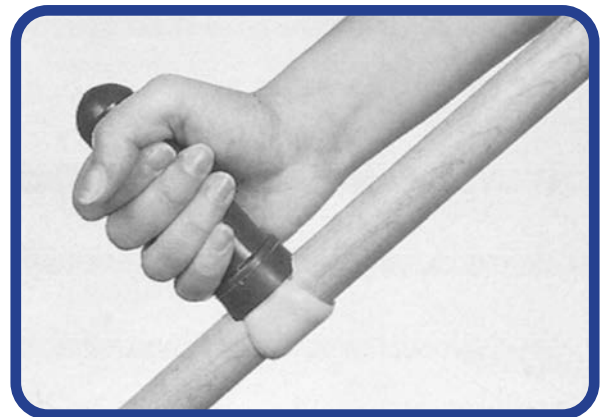
The **E-Z Key** provides extra leverage to turn keys and start motors.



The **Hole-In-One Key Holder** allows users to grasp the holder around the outside or slip fingers through the hollow center, providing added leverage for turning keys.



The **Grip-it Multi-Purpose Tool** is an ergonomic, light-weight handle with a carrying hook that allows individuals to lift and carry items with reduced stress on hands, tendons and fingers.



Add to any shaft, pole or tool to improve leverage. Also makes gripping with an artificial limb easier.

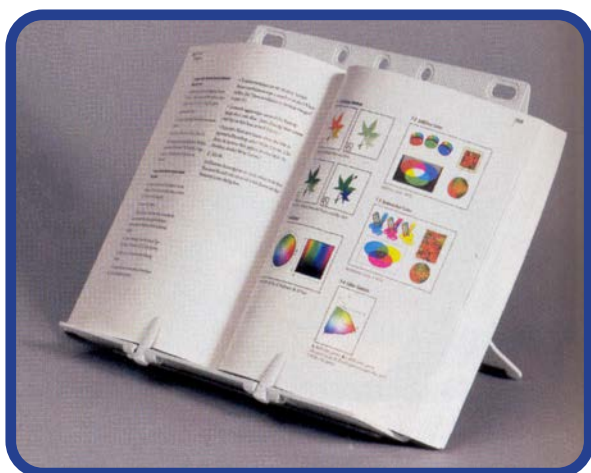
Recreational Aids



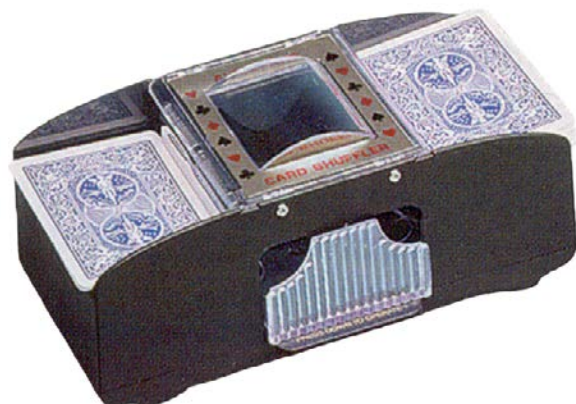
The **Book Butler** is a reading stand/book holder.



For the arm amputee who enjoys playing cards, many types of card holders are available.



Easy-to-use and versatile, this easel-style book holder has nine height adjustments. Two adjustable clips hold reading materials open and in place.



The **Automatic Card Shuffler** is battery operated and shuffles two full decks of cards.



This embroidery holder can be clamped to a table top or wheelchair frame to crochet or embroider with only one hand.

This hands-free leash provides security when walking the dog.



This bowling ramp is placed in front of a lane and lined up for a direct path to the pins.



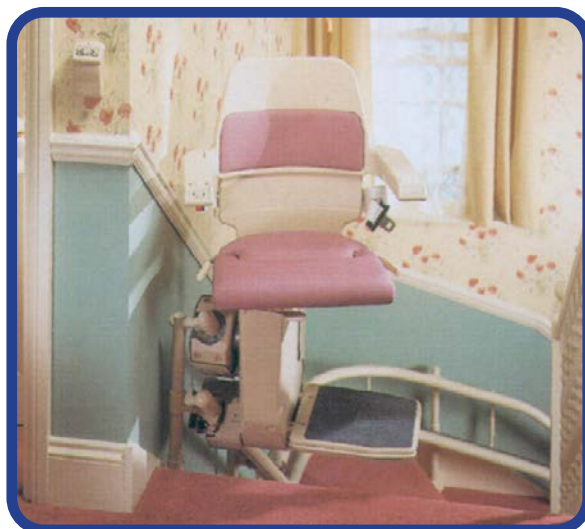
The clamp-on fishing pole holder keeps a good grip on the pole, making the reel available for one-handed operation.

Mobility Aids

Housing Modifications



Offset door hinges add two inches to the width of a doorway for extra wheelchair clearance.



If stairs are too difficult to manage, installing a stairlift may be a good idea.

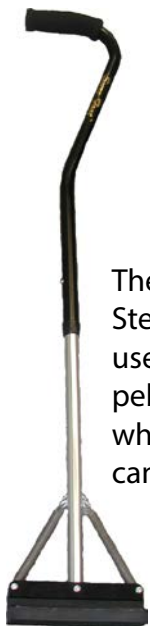
Walkers and Canes



The **iWALKFREE** is a hands-free alternative to standard crutches. The crutch straps directly onto the leg.



Folding canes are a great option when travelling, since you can stow them easily on a bus or plane.

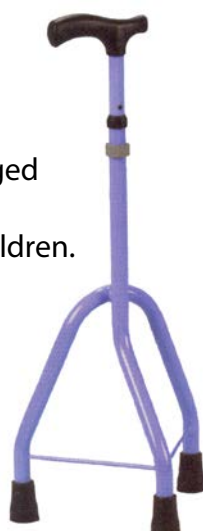


The Sure Foot and Sure Step **Canes** allow the user to walk on beaches, pebbles and soft grass where standard tipped canes can be unsafe.

These custom-made crutches have the following design specifics:

- Made from titanium, a strong and lightweight material
- Double tips provide maximum stability – one tip is always on the ground to minimize slipping or sinking into soft surfaces
- Underarm and hand holds made from tough plastic
- Crutches are filled with foam to keep water out of the interior, ensuring no mess when crutches are laid down after getting wet

This three-legged cane provides stability for children.



Walkers can have brakes for added security.

Miscellaneous



Walkers are also available for children.

The Charlet Moser **Spiky Plus** is a rubber slip-over mini crampon and fits all types of footwear.



This retractable ice pick can be attached to the bottom of a crutch and prevents the user from slipping on snow-covered, slushy or icy surfaces.



The Yaktrax **Walker** is a lightweight traction device.

Wheelchair Aids



This glove protects the palm from scarring, hypersensitivity, pain and nerve damage.



This durable plastic drink holder has two slots to accommodate both one or two-handled cups.



This side tray is hinged to allow the tray to flip up out of the way for easy transfers and mobility.



The ROHO **High and Low Profile Cushions** prevent and assist in the healing of ischemic ulcers and tissue breakdown for those unable to independently shift weight.



This wheelchair pack fits any wheelchair with or without push handles.



EZ-ACCESS **Roll-up Ramps** are compact, portable ramps which set up in seconds to safely bridge gaps over steps and curbs.

The EZ-ACCESS **Suitcase Ramp** quickly folds up for easy transport. The convenient handle makes it as easy to carry as a suitcase.

Notes

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