



ADAPTIVE

EQUIPMENT FOR

**PERSONAL
CARE**

Compiled by Zara Matthews Ryan & Laura Kate Mulvihill.

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This booklet aims to provide the reader with information around the different types of self-care equipment and adaptations. The information will allow you to choose what equipment might benefit you and where to find this.

Why choose self-care adaptations?

Being able to wash and dress yourself independently plays a major role in an individual's wellbeing and dignity. Many people can experience challenges when doing so due to muscle weakness, numbness, tremor or other physical difficulties. This can cause embarrassment or frustration. Some of these adaptations and equipment can help streamline your self-care routine and encourage confidence.

This booklet has been split into two different sections:

- Washing aids and adaptations
- Dressing aids and adaptations

Washing Equipment

Back Washers/ Long handled washing aids:



Purpose:

Back washers are not only useful for washing your back for most of your body when a person has limited mobility or fatigue. They can come in many variations such as sponges, loofah or brushes and can also come in a fixed position or bendable. Long handled washing aids can be used for washing your feet as well as your back and other areas that are difficult to reach, such as between your toes. Some aids have retractable handles so that they are easy to transport while others have enlarged, shorter or curved handles and can come with the option of having a replacement head.

Depending on the head of the equipment, these long handled tools could help you apply lotions and creams independently onto your back, legs and other areas that are difficult to reach.

Where to find them?

They can be found online by searching the above name. Prices range from £5 - £20.

Shopping Links:

Shaving equipment:



Purpose:

Shaving equipment enables an individual to shave independently as it provides the razor/ shaver with a larger handle in order to improve their ability to grip a razor/ shaver by stabilising their hand. These are usually slipped over the handle of the razor/ shaver that you previously owned and is reusable for any new razor/ shaver that you purchase.

Where to find them?

They can be found online by searching 'cuffs, holders, and straps for utensils' or 'universal cuffs'. They are often priced around £20.

Shopping Links:

Dental care equipment:



Purpose:

The aid sits on the end of the toothpaste tube for you to slide up to the top. This makes it easier to get toothpaste out of the tube for individuals with reduced grip.

Where to purchase?

They can be found online by searching 'toothpaste dispenser/squeezer'. They are often priced at around £2 - £8.

Shopping Links:

Long handled hairbrush and hair washing brush:



Purpose:

Having a longer handle can make it easier to keep the brush closer to the head and reach all areas without losing grip of the brush. The curved handle also mimics the same of the head making it easier to guide you through the movements of brushing. Great for individuals with muscle weakness or low range of movement. Similar to the back washer, however instead of a sponge there is a brush or head scrubber.

Where to purchase?

They can be found online by searching the name above. They are often priced at around £10.

Shopping Links:

Buttoners and Zip Grips:



Purpose:

Buttoners and zip grips assist individuals with getting dressed independently. Individuals may struggle with buttoning or zipping up their shirts, blouses and jackets due to limited dexterity or weak grip caused by their condition. It is useful for individuals who have difficulty grasping and pulling small zips.

Where to purchase?

They can be found online by searching 'button hook'. They are often priced at around £7-£15.

Shopping Links:

Shoe horn:



Purpose:

Having a longer handle can make it easier to reach down and adjust the shoe when taking it on or off. This can be useful for individuals with a lower range of movement and who have difficulty with their grip.

Where to Purchase?

They can be found on Amazon by searching the name above. They are often priced at around £5.

Shopping Links:

Sock aid:



Purpose:

The sock aid provides you with the freedom and dignity to change socks and stockings with speed and ease, eliminating any stress and strain for those with limited dexterity, arthritis, knee pain and inflamed joints.

Where to purchase?

They can be found online by searching the name above. They are often priced at around £10 - £15.

Shopping Links: