“Sharing Adaptive Tricks & Tips"

Bitsy and Terry Anderson
Janet McGlynn
John and Bonnie McClun
How to pick a physician

• Ask other Myositis patients
• Johns Hopkins Myositis Center (https://www.hopkinsmyositis.org/myositis,
• Join one of the Facebook groups
• Join a support group
• TMA has a medical Advisory Board (myositis.org)
• Mayo Clinic 480-515-6269 (Jackson, FL, Scottsdale, Arizona, Rochester, MN)
• TMA web site has a list of Medical Facilities
• American College Rheumatology
• American Academy of Neurology
• Muscular Dystrophy
• National Institute of Health 301-402-9612
• George Washington Hospital 202-715-4000
Adaptive Devices - Hands

Bendable utensils -
https://www.healthproductsforyou.com/p-sure-grip-bendable-utensils

OBI robotic arm -
https://meetobi.com

Self leveling spoon and fork -
https://www.liftware.com

Electric salt & peppers

Handles for your cup

Grabber Hook
# Adaptive Devices - Legs

**Half-Step**
- Used for stairs
- Cuts steps in half
- Balance

**Canes**
- Balance

**Rollator/Walker**
- Balance
- Prevent Falls

Get ‘em before you need ‘em!
Adaptations for the Shower

Step-In shower
(with grab bars)

Shower Stool

Adaptive Devices for the Toilet

Lift toilet seat and Bidet

Rear Assistive device :) (holds the paper)  
https://www.bedbathandbeyond.com/store/product/self-assist-toilet-aid/1062395205?skuid=62395205&mrkgcl=609&mrkgadid=3279068097&utm_source=bingpla&utm_medium=cpc&utm_term=ProductType2%3Dhealth%2520%26%2520wellnessProductType3%3Dhome%2520health%2520%26%2520mobility&mcid=PS_bingpla_nonbrand_beautywellness&msclkid=e8b0ad83632b1d1947a3f6034c0a37ba&creative=78065381874980&device=c&matchtype=e

Toilet Riser

• Portable
• Available at most medical supply stores, Wal-Mart, etc.
Adaptations for the feet

No-Tie Shoe Laces

Sock Aid

Fit Kicks (for women and men)
Adaptive Modifications - Home

- Chair Lift
- Cabinet Handles
- Smaller Steps
- Combination lock (for first responders)
Adaptive Modifications - Home

Automate your Patio Door
Auto slide (AutoslideofAmerica.com)

Stair Lift
Adaptive Devices – Misc.

Travel Scoot
https://www.travelscoot.com/

Seated Whole-Body Peddler
(Hammacher Schlemmer)

Extended Reach Grabber
Adaptive Devices cont.

- Gripper on all levels for when I drop things.
- Walker on all levels
- Slacks with elastic waistbands
- Keep shirts buttoned
- Light plastic bowls
- Electric can opener
- Basket on the seat of the walker
- Narrow drinking glasses
- Leather seats in the car
- Great Call Mobil Medical Alert with Fall detection 800-650-5921
Adaptive Tips and Tricks

Making therapy more engaging

Janet McGlynn
mcglynn@umbc.edu
Ballroom Dancing
Square Dancing
Line Dancing
Tai Chi
Water Aerobics
Pickleball and Ping-Pong
Piano
Hand Therapy
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Food For Thought

• Our happiness is not set in stone
• Our Genes influence 50%
• Circumstances like income, environment 10%
• Our daily activities and the conscious choices we make account for 40%.
• Therefore our thoughts and actions make a difference.