Many people with ALS experience arm and hand weakness that affects their ability to perform every day living activities.

Below is a list of simple solutions that will assist you in maintaining the ability to perform daily activities.

**SELF FEEDING**

**For Decreased Grip Strength:**
- Use built up tubing/cylindrical tubing (can purchased at a hardware store).
- Universal cuff: Elbow and wrist strength is used versus hand strength
- Economy wrist support: Supports wrist and utensil is maintained in place for feeding.
- Light weight cup with handles on both sides.

**For Decreased Shoulder Strength:**
- Use extension utensils or prop arms on an elevated surface to assist with decreasing the demand on the upper arms.
- Mobile arm supports help achieve controlled motion while eating.
- Extra long drinking straws.

**One-handed technique:**
- Place Dycem under scooped plate/dish to prevent slipping.
- Use rocker knife/pizza slicer to cut food.
- Use plate guard.

**DRESSING**

**Arm and Hand weakness.**
- Adapt clothing for easier dressing and undressing.
- Use a button hook if difficulty with buttoning.
- Use Velcro instead of buttons if using buttonhook is too fatiguing.
- Elastic waist bands are easier to manage than zipping and buttoning.
- For difficulties with zipping, place fishing line hook in each zip (invisible) and use one finger to pull up and down versus using a “pinching motion”.
- Use elastic shoe laces/Velcro straps/lace lock.
Leg Weakness:
- Sit to dress lower body.
- Use a sock aid for putting on socks if unable to do “crossed legged method”.
- Use a reacher for holding pants/underwear if unable to dress using a crossed leg method or unable to reach down to feet.
- Slip on shoes versus shoes with shoe laces are easier to put on.

GROOMING and HYGIENE
- Long handled brushes/combs assist with limited arm movements.
- Universal cuff can be used to hold toothbrush, razor, hairbrush.
- Cylindrical tubing can be used to increase the grip strength on personal care items.
- Electric toothbrushes and electric razors decrease the energy expenditure on the hand and arm muscles.

TOILETING
- Raising the height of the toilet may assist with the ability to get on and off. Use a commode and or raised toilet seat.
- Extended toilet aids can assist with reaching peri (personal) area.
- Bidet hygiene system (electric cleansing system)
- Toileting at bed level: Use female/male urinal.

Where to buy aids to daily living:

www.sammonspreston.com
www.activeforever.com
www.southwestmedical.com
www.allegromedical.com