Adaptive Devices for People with Arthritis

Adaptive devices have been made or changed to help ease joint stress and pain for people with arthritis. Some of the products may make doing certain tasks easier. Many of these items can be found in drug stores or online for purchase. Others may only be available from special catalogs or medical supply stores, or through your therapist.

Talk to your doctor or therapist about products that may be helpful to you.

Some products to consider

- Dressing sticks, long handled shoe horns and stocking aids to help you with dressing. Elastic shoestrings or slip on shoes can help if you have problems reaching your feet.

- Reachers can be helpful for getting things out of cabinets or picking up things from the floor.
- Grab bars around the tub or shower and the toilet can be helpful. Raised toilet seats or high toilets are another option that may be helpful.

- Sturdy railing can make going up and down stairs easier.

- Using levers instead of door knobs can make opening doors easier.

- Larger handles on spoons and forks, rocking knives and other items can make daily living a bit easier.

**Some tips as you choose products**
- Choose items with textured handles. Bumpy surfaces can be easier to hold.
- Make sure the product fits your need.
Choose the item that is easy to clean and needs little upkeep.

Items should be light in weight. Using heavy items may tire you more quickly.

Look for simple and easy to use items. Fancy gadgets may not work as well and often cost more.

Be sure the product is safe for you to use.

Check the Arthritis Foundation's website, www.arthritis.org, for easy to use products. Some products may carry the Easy to Use Commendation logo from the Arthritis Foundation. These products have been tested and recommended for people with arthritis.

If you have questions about adaptive equipment:

- Talk to your doctor or therapist.
- Go to the Arthritis Foundation website at www.arthritis.org.
- Call the Central Ohio Chapter of the Arthritis Foundation at 614-876-8200 or toll free at 1-888-382-4673.

Talk to your doctor or others on your health care team if you have any questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.