These hints can help you with your daily activities if you are able to use only one hand or arm because of an injury or other problem.

**Personal care**

- Use a long-handed reacher instead of reaching for things yourself, such as picking things up off the floor or opening higher cupboard doors.
- Use a shampoo bottle with a pump.
- Use liquid soap with a pump instead of bar soap. You can also use an automatic soap dispenser at sinks.
- Use a long-handed sponge with a bendable handle to reach your back and opposite side. Wrap the sponge head with a towel after bathing to help you reach the same areas to dry.
- Use pop-top toothpaste instead of screw-on cap. Rest the toothbrush on a counter to put on the toothpaste.
- Put on deodorant by leaning forward and let your weak arm dangle or swing away from your body. Spray deodorant may be easier for you to use.
- Use a goose neck clamp to hold the hair dryer while you use your one hand to comb.
- Use claw hair clips to hold hair back instead of rubber bands.

**In the bathroom**

- Use a raised toilet seat or a grab bar on the strong side to help you sit and stand.
- To help with wiping, try long-handed reacher to reach. You may purchase a commercial bathroom aid.
- You may find it helpful to use a long-handed sponge or bath brush.
- A portable shower hose may be helpful.
**Dressing**

**Putting on a T-shirt or Knit Shirt**
1. Lay the shirt on your lap.
2. Put your weak arm in first and pull the sleeve up to your shoulder.
3. Put the strong arm in the opposite sleeve and pull up as high as you can between your elbow and shoulder.
4. Use your strong arm to pull the shirt up over your head.

![Diagram showing putting on a T-shirt or knit shirt](image1)

**Putting on a Button Up Shirt**
1. Lay the shirt on your lap.
2. Put your weak arm in first and pull the sleeve up to your shoulder.
3. Bring the collar around the back of your neck and put your strong arm into the second sleeve.
4. Use your strong hand to button the shirt. If you have trouble doing buttons with one hand, you may want to try a buttoning tool.

You can also try to button the shirt before you put it on. Then, you put it on like a T-shirt.

![Diagram showing putting on a button up shirt](image2)

**Taking Your Shirt Off**
1. Unbutton any buttons and lean forward.
2. Reach up with your strong hand to gather up the shirt at the back of your neck.
3. Duck your head and pull the shirt forward over your head.

![Diagram showing taking your shirt off](image3)
**Putting on Socks**

1. Cross your leg to rest your ankle on the opposite knee or prop your foot up on a stool if you are able to lean forward.
2. Put your strong hand inside the sock, just over the fingers, not up to the palm.
3. Slide your toes into the sock opening the sock by spreading your fingers.
4. Pull the sock up to your ankle.

**Shoes**

- Use shoes that slip on or have Velcro closures. Avoid shoes that are too loose or flip flops that may cause you to slip or trip.
- Replace any standard shoelaces with elastic laces.
- A long handled shoehorn may be helpful.

**Putting on Shoes**

1. Use your strong hand and grab hold of your ankle of your weak leg. Cross your weak leg over your strong leg or prop your foot up on a stool.
2. Hold the shoe by the shoe tongue. Slide the shoe as far onto your foot as you can.
3. Place your fingers inside the heel of the shoe or place your hand on the heel of the shoe.
4. Slide the shoe further onto the foot.
5. Put your foot on the floor and push on your knee to help push your foot all the way into the shoe.
In the Kitchen

There are things made for one-handed use in the kitchen, like special cutting boards, can openers and pan holders. Here are some more ideas to help make cooking easier.

- To open jars, use a piece of waffle-weave shelf liner to help grip the jar on the counter or between your knees.
- Rocker knives can help with one-handed cutting or use pre-cut items.
- Deep-sided dishes, plate guard or other containers help keep food on the plate.
- Put the bread or bun inside a container or against the side of a deep pan to keep it still while you put spread on it.
- Only put lightweight items above eye level in cabinets. Keep heavier items on the counter so that you can slide them from place to place.
- Store items in easy-to-open containers.
- Store liquids in small containers instead of half gallon or gallon containers.

Other

- When reading, use 1 or 2 pillows on your lap to keep the book near eye-level.
- Use rubber bands around each ½ of the book to keep pages open. As you read, slide the next page under the rubber band.
- Use a clipboard to keep paper still while writing.
- Wear a fanny pack at your waist for personal items instead of using a purse.
- Try to buy cans with pop-top lids or use a one-handed can-opener.

Where to get equipment

- You will be able to find some of the items online or at a department store, but other items may need to be purchased at a medical supply store or other specialty stores.
- Before buying equipment, check with your insurance company about what is paid for under your plan. You may have to buy equipment through certain places for insurance to cover the costs. Some things will not be covered by insurance at all.
- Check the Arthritis Association website at www.arthritis.org for a list of easy to use products.
- Talk to your physical therapist, occupational therapist, doctor or case manager / patient care resource manager (PCRM) about your equipment needs.