

ENHANCING SKILLS FOR LIFE



Hands Free

A Beginner's Guide for Adaptive Equipment & Helpful Gadgets

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ENHANCING SKILLS FOR LIFE

OUR MISSION

To educate, empower, and connect those living without both arms or all four limbs.

OUR VISION

To use the non-profit, Enhancing Skills for Life, to financially support individuals living without both arms or all four limbs to attend the Skills for Life: Bilateral Upper Limb Loss Workshop with minimal to no cost to them. Caregivers/family members typically need to accompany those missing both arms so we hope to offset as much of the financial burden as possible.

We also endeavor to provide other opportunities/events to socialize, share tips and tricks, and build lasting and supportive friendships within the limb loss/limb difference community other than the Skills for Life Workshop. Creating these opportunities is vital as living without both arms poses unique challenges in day-to-day living.

OUR OBJECTIVES

- To facilitate a safe environment for individuals living without both arms or all four limbs to connect in person
- To facilitate equipment, facilities and other resources for individuals to engage in the promotion and participation of events and activities regarding bilateral upper limb loss/limb difference rehabilitation
- To facilitate opportunities for participants to engage in recreational and social events with similar individuals
- To sponsor, host, and/or participate in events and activities promoting rehabilitating persons affected by bilateral upper limb loss./limb difference

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Legal Information & Disclosure

Enhancing Skills for Life is a US-based nonprofit that helps individuals from all over the world who are living without both arms or all four limbs. Donations to the Enhancing Skills for Life are exempted from United States Federal Income Tax under IRS section 501c3 of the Internal Revenue Code. Our Federal Tax ID is 81-2619137.

QR Codes & Navigating the Catalog

Navigating the Catalog

Each QR code is scannable as well as clickable. Please [CLICK HERE](#) for our tips on how to have the best experience navigating the catalog, whether you are on a desktop/laptop or a tablet/phone.

QR Codes

When we started this project we used weblinks, but quickly found out the links would come back broken or items were no longer available. The solution was to use a search engine that would display results for a specific product (or several items that work similarly). Once that search result populates, anyone can review the search and do their own research for which product might work best and where they might be able to find the best price. You might notice the image sometimes does not exactly match what you might see at the top of your search result. The images were selected based on which ones we felt might be the most recognizable.

Each QR code associated with a product is the result of keywords being entered into a search engine. We used Google to keep things consistent. If you scan the QR code and it does not match the description or product at all, please feel free to contact us. You may even try typing or voice dictating the name of the product you are having trouble with into your own preferred search engine to populate your results.

If you see an item that is missing from this catalog, please contact us with product information and we will make sure to update the catalog in the next version. Questions about an item, how it works? [Contact us](#).

For Clinicians

Justifying Medical Necessity

Make sure to thoroughly evaluate your patient's level of dependence for all ADL's and report your findings in your initial evaluation. Set functional therapeutic goals based on patient's priorities. Discuss items with patient to determine which items could be most useful for regaining independence at this stage of their rehab. Remember to individualize equipment, what works for one may not work for others. Compile list of items and send to MD for signature and submit to insurance for reimbursement/purchase. The adaptive equipment on its own may not allow for independence, further modifications will likely be needed to address individual needs and abilities. Don't Give Up!

Initial Evaluation:

Functional Problem: Patient requires moderate to maximum assistance with bathing.

Functional Goal: Patient will demonstrate modified independence with washing their entire body including residual limbs utilizing adaptive equipment.

Adaptive Equipment Script:

The hands free back scrubber/soap dispenser will allow the patient to be modified independent with washing their body by dispensing soap when they press a body part (back, upper body, residual limb, etc) against the wall mounted device and use body movements to scrub that body part on the stationary device.

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SKILLS FOR LIFE**

<https://www.enhancingskillsforlife.org/>



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Toileting

QR codes are scannable & clickable

TOTO BIDET ELONGATED (OR ROUND)- PERMANENT

Allows independence with toileting at home. Remote control for flow rate, direction, temperature, drying, etc.

MSRP \$1,753.00



THE NO WHITE FLAGS PROJECT

Will provide and install at no cost to you,. Apply today.



ZEN BIDET Z-500 MECHANICAL BIDET

Allows for independence with toileting at home, in the community or on travel.

MSRP \$ 79.95



LUXE BIDET NEO 320 - HOT AND COLD WATER

Allows for independence with toileting at home, in the community or on travel.

MSRP \$61.99



CLEAR REAR BIDET ATTACHMENT

Allows the individual to be independent with toileting at home or traveling. Adjustable water pressure levels.

MSRP \$ 31.99



Toileting

PORTABLE TRAVEL BIDET

Allows for independence with toileting at home or in the community.

MSRP \$14.95



SHITTENS (DISPOSABLE WIPES)

Allows independence with wiping while keeping prosthesis or residual limb clean during wiping. Can be used by caregivers as well.

MSRP \$19.99



FLUSHABLE WIPES

These wipes are designed to be safe to flush in toilets and can be more effective at cleaning compared to regular tissue.

MSRP \$15.00



FOLDING STEEL BEDSIDE COMMODE

This item eliminates need to walk far distances to the bathroom, allows for independent and safe toileting overnight.

MSRP \$38.99



Toileting

GROHE TOILET PAPER HOLDER WITH COVER

Holds the toilet paper in place so it tears more easily with a prosthetic limb, your foot, or residual limb.

MSRP \$ 68.00



FANWAR TOILET AID (BOTTOM BUDDY)

Press toilet paper or a wet wipe into device for extended reach with prosthesis or residual limb, can be customized with u-cuff.

MSRP \$9.99



CURVED AND FOLDING TOILET AID

Curved and Folding 10' toilet paper holder and wiping aid. Portable wiping tool can be customized with u-cuff.

MSRP \$ 33.21



CURVED TOILET AID WITH CUSTOM U-CUFF

Curved toilet aid. Folding 10' toilet paper holder and wiping aid. Portable wiping tool can be customized with u-cuff.

MSRP \$27.12



Custom U- Cuff:
Klturner38@msn.com



Dressing

QR codes are scannable & clickable

DRESSING STICK WITH ZIPPER PULL

This can be used to help with upper and lower body dressing either by using a prosthesis or residual limbs.

MSRP \$11.99



Custom U- Cuff Extension:
Klturner38@msn.com



INDUSTRIAL STRENGTH GLASS SUCTION CUP

This device can be cut in half and adapted for many uses. Allows for independence with dressing, grooming or other self-care tasks.

MSRP \$21.99



DRESSING TREE - CUSTOM MADE

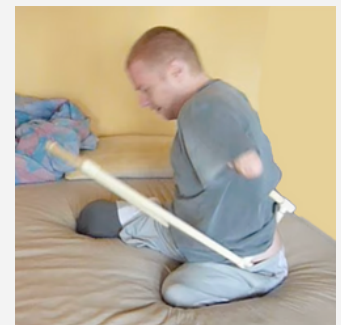
Custom-made device allows higher level bilateral upper limb loss individuals independence with putting on/taking off their prosthesis, as well as dressing and grooming.

MSRP \$150.00 - \$950.00



DIY Dressing Tree

Custom Made. ?'s contact us:
info@enhancingskillsforlife.org
klarichfamily@q.com
klturner38@msn.com



Dressing Tree Alternative

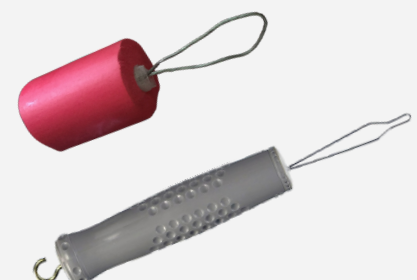
BUTTON AID/ZIPPER PULL

Allows independence with buttons or zippers, can be used with or without a prosthesis. DIY with foam tube, paperclip, tape.

MSRP \$10.19



DIY ?'s contact us:
info@enhancingskillsforlife.org
klarichfamily@q.com
klturner38@msn.com



Dressing

BUTTON EXTENDERS

Allows for independence with putting on shirts or pants, eliminates the need to secure buttons through button holes.

MSRP \$6.98



FOOT FUNNEL SHOE ASSIST

Allows for independence with donning shoes utilizing residual limbs or prosthetic arms.

MSRP \$19.98



LACE LOCKS

No-tie laces allows independence for securing shoes. Laces can tighten/loosen with/without a prosthesis.

MSRP \$21.99



SILICONE SHOE LACES

No-tie laces allows independence for securing shoes. Laces can tighten/loosen with/without a prosthesis.

MSRP \$7.99



Dressing

ELASTIC SHOELACES

No-tie laces allows independence for securing shoes.

Laces can tighten/loosen with/without a prosthesis.

MSRP \$6.99



HANDS FREE SLIP ON SHOES

Allows independence with putting on and taking off shoes.

MSRP \$89.00



PANTS/JEANS ALTERATION

Sew velcro hook side to the pants and use loop side with a D-ring to adhere to hook side.

MSRP \$6.00



PROSTHETIC LINER DRYING STAND

Practical solution for keeping your prosthetic liners in great shape.

MSRP \$27.70



Dressing

HEAVY WEIGHTED PAPER TOWEL HOLDER

Practical solution for dying prosthetic liners and keeping them in good shape.

MSRP \$20.00



ASSORTED SPLIT KEY RINGS

These can be used on jackets or pants or anything with a zipper, to increase independence with zipping.

MSRP \$6.00



HOMEMADE LOOP STRING

This adaptation can be used for dressing. Cord tied into a loop that can be placed around a door handle.

MSRP \$.50



Video Example 20 min mark

ADAPTED CLOTHING

Adapted clothing allows independence with dressing as it may eliminate manipulation of buttons or zippers.

MSRP \$ Varies



Adapted clothing list

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Adaptive Clothing

Vendor	Website	Product Notes
American Eagle	www.aerie.com/adaptive-clothing	exclusive line of clothes, includes women's shirts, shorts, sweaters and jeans
AS	www.asaid.com	adaptive clothing in the form of blouses, knitted pants, shirts, initially intended around wheelchair users
Calvin Klein	www.calvin-klein.com/adaptive-clothing	can now be tailored to feature extra cuffs (short and long), magnetic closures, side seam opening
Gap	www.gap.com	gap on demand
Landmark	www.landmark.com	exclusive line of clothing and more to meet exactly how far you need to move. formal or business, men's jeans magnetic closures with integrated "magnetic" and up to 8 zip closures
Modigliani	www.modigliani.com	great partnership with fashion designer clothing
Old Navy	www.oldnavy.com	new clothing line
Old Navy	www.oldnavy.com	exclusive line of adaptive clothing, accessible to how you can move
Reckonbeer	www.reckonbeer.com	shorts and magnetic closure dresses, socks, and pant legs
Sevens	www.sevens.com	new designed to wheelchair users
Stitches	www.stitches.com	gap on demand
Tyler	www.tyler.com/adaptive-clothing	exclusive line of adaptive clothing (shorts, t-shirts, jeans, women's trousers, jeans, sportswear, jeans, shirts, etc.)
Urban Outfitters	www.urbanoutfitters.com/adaptive-clothing	new line, heavily deals with innovative design solutions that allow getting dressed easier for everyone
Urban's Secret	www.urbansecret.com	exclusive line of clothing
Urban's Secret	www.urbansecret.com	exclusive line of clothing

Dressing

PERMANENT HOOKS

Practical solution to assist with dressing either before and after use of the toilet or getting ready for the day.

MSRP \$19.00



3D PRINTED SUCTION CUP HOOK

Portable option that allows for independence with dressing while away from home.

MSRP \$9.99



Contact:
rightfootedfoundation@gmail.com



SUCTION CUP HOOK (Do It Yourself)

Portable option that allows independent dressing at home or in the community, flat disk can be hooked onto clothing.

MSRP \$4.99



DIY MATERIALS

- French Fry Suction Cup Feet (M6 threaded rod)
- M6-1.00_pitch 10_length Phillips pan-head machine screw
- M6-1.00_pitch coupling nut
- M6-1.00_pitch hex nut
- .25x1.5 fender washer

info@enhancingskillsforlife.org



BICYLCE HOOK

These hooks can be applied to a "dressing tree" or a wall in the house to assist in pulling pants up/down or donning socks.

MSRP \$1.98



Bathing

QR codes are scannable & clickable

ADAPTED CUFF LOOFAH

Allows for independence with bathing. Insert residual limb(s) into the cuff(s). Pump liquid soap onto the scrubber before use.
MSRP \$ Varies



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Klarichfamily@q.com
kturner38@msn.com



SUCTION CUP SCRUB BRUSH

Allows independence with bathing or hygiene, can be placed in sinks or showers to scrub different body parts.
MSRP \$12.99



WALL MOUNTED SHOWER BRUSHES

Allows independence with bathing. Can be placed in various positions on wall to scrub different body parts.
MSRP \$19.99



FOOT (BACK) SCRUBBER

Allows independence with bathing, can be placed strategically on smooth surface and used to scrub body or shampoo hair.
MSRP \$17.99

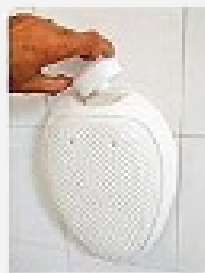


Bathing

HANDS FREE BACK SCRUBBER - SOAP DISPENSER

Allows independence with bathing, can be used in various to scrub different body parts.

MSRP \$19.99



BATH MITTS

Allows independence with bathing by placing the mitts over residual limbs to wash body.

MSRP \$9.99



PROSTHETIC SHOWER ARMS

Allows for independence with bathing. Custom made by experienced upper limb prosthetists.

MSRP: \$TBD by Certified Prosthetist



LONG HANDLED SPONGE/LOOFAH

Allows for independence with bathing by extending reach. Can be used with custom u-cuffs, residual limbs or affixed to a wall.

MSRP \$11.89



Custom U- Cuff Extension:
Klturner38@msn.com



Bathing

BODY SCRUBBER

Allows independence with bathing by inserting the residual limbs into loops. Pump soap onto scrubber before use.

MSRP \$10.99



klturner38@msn.com



ADAPTED TOWEL

Allows independence with drying off after bathing. Ends of towel folded over and sewn to make "pocket" for residual limb.

MSRP \$10.00



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Klarichfamily@q.com
klturner38@msn.com



TURNER TOWEL (4, 6 or 8 POCKET)

Allows independence with drying off after bathing. Washcloths sewn to make pockets for residual limbs.

MSRP: \$10.00



klturner38@msn.com



SHOWER DISPENSER

Allows independence with bathing, dispenses shampoo, soap or conditioner. Buttons can be depressed with residual limbs.

MSRP \$27.98



Bathing

TORNADO BODY DRYER

Allows for independence with drying off after showering as it eliminates the need for towels which are hard to manipulate.

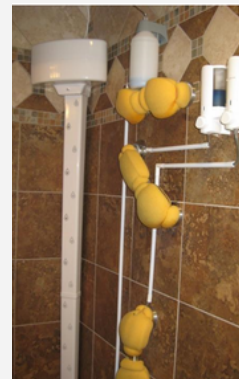
MSRP \$1,995.00



THE NO WHITE FLAGS PROJECT

Will provide and install at no cost to you.

Restrictions apply, not available in all countries.



LONG HANDLED HAIR WASHER

Can be used with a ucuff or attached to a wall to allow for increased independence with washing hair.

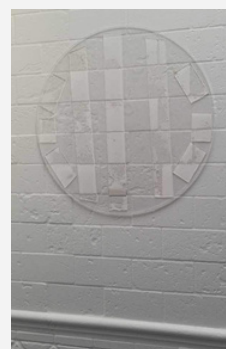
MSRP: \$27.99



12" ACRYLIC DISC

Allows for smooth surface in shower to hold suction items when used with double sided alientape (see below).

MSRP \$10.99



ALIEN TAPE

Allows stable adhesion to a wall, use with acrylic disc which provides smooth surface for suction items. Multiple uses.

MSRP \$9.99



Bathing

FOOT PUMP SOAP DISPENSER

Allows for independence with bathing by dispensing shampoo, soap, or conditioner. The foot plate can be depressed with residual limbs or other body parts.

MSRP \$29.36



UNIVERSAL PUMP SHAMPOO BOTTLES

Allows for independence with bathing by converting squeeze bottle shampoo to a pump for easier dispensing.

MSRP \$6.93



HAIR SCALP MASSAGER

Allows for independence with washing hair/body by placing the handle of brush around residual limb/toes or suction to wall.

MSRP \$14.99



SHOWER BENCH

Allows safe and independent bathing. By adding a towel on the back, it allows for reach of all areas of the body.

MSRP \$67.74



Bathing

BATH LIFT

This device allows for independence with lowering oneself into the bathtub.

MSRP \$399.99



PORTABLE SHOWER CHAIR

Allows ability to shower while on travel if bathroom is not equipped with a bench. Should be used with nonslip mat.

MSRP \$16.99



PORTABLE SHOWER CHAIR

Portable shower chair allows for increased safety and independence in the shower at home and in the community.

MSRP \$56.00



ADA-COMPLIANT SLIDE/GRAB BAR SHOWER HEAD

Allows for independence with water spray height and angle during bathing. Magnetic options available too.

MSRP \$106.94



Bathing

HAND HELD SHOWER WITH SAFETY STRAP

Allows those with longer residual limbs to be independent with water spray during bathing.

MSRP \$34.62



FOLDABLE NON-SLIP SILICON BATH MAT

This device allows for independence with bathing by increasing safety and decreasing fall risks.

MSRP \$26.99



YOGA MAT

This device allows for independence with bathing by allowing a clean area to sit/crawl on while bathing.

MSRP \$6.49



ELECTRIC BODY SCRUBBER

This device will allow for independence with bathing. Can be used with handle or by attaching to the wall with suction.

MSRP \$29.99



Grooming

QR codes are scannable & clickable

EAR WAX REMOVAL TOOLS

Allows for independence with cleaning ears or nose.
Can be placed used with residual limb or prosthesis.
MSRP \$10.59



MOTION ACTIVATED SOAP DISPENSER

This allows for independence with cleaning residual limbs or prosthetic hooks.
MSRP \$9.99



LONG HANDLED FLOSSER

Allows for independence with dental hygiene. Can be placed in prosthesis or residual limbs.
MSRP \$9.99



AUTOMATIC TOOTHPASTE DISPENSER

This device allows for independence with dispensing toothpaste onto a toothbrush.
MSRP \$7.99



Grooming

TOOTHPASTE TUBE SQUEEZER

Allows for increased ease dispensing toothpaste onto toothbrush, pushes paste towards opening, less pressure required.

MSRP \$8.99



PUMP TOOTHPASTE

Allows for independence with dispensing toothpaste onto toothbrush, utilizing prostheses or residual limbs.

MSRP \$2.99



ELECTRIC TOOTHBRUSH

Allows for increased ease with brushing teeth due to larger grip, can be used with prosthesis, residual limbs or toes.

MSRP \$22.99



PORTABLE CORDLESS WATER FLOSSER

Allows for increased ease of cleaning between teeth in hard to reach places.

MSRP \$49.99



Grooming

SCHICK HYDRO SILK TRIMSTYLE RAZOR

This larger grip device allows for increase safety and independence with hair removal.

MSRP \$14.99



ELECTRIC SHAVER

Allows for independence with hair removal. Can be placed in the terminal device or between residual limbs/toes.

MSRP \$31.98



ALL IN ONE GROOMING KIT

This device allows for increased independence with hair removal on face, heard, ears, nose, etc.

MSRP \$29.99



RAZOR EXTENSION HANDLE

This device adds 15-20 inches of length to the razor with a rotating head for maximizing reach while shaving.

MSRP \$9.99



DIY w/PVC



Grooming

HAIR REMOVAL CREAM OR GEL

This lotion allows for independence with with hair removal and lasts longer than shaving.

MSRP \$5.84



6 INCH COTTON SWABS

Allows for independence with cleaning inside ears or nose. Can use prostheses, residual limb or toes.

MSRP \$8.99



SUCTION CUP SCRUB BRUSH

This device can be adhered to the front of the sink for cleaning prosthesis or residual limbs.

MSRP \$12.99



TOE NAIL CLIPPER WITH SUCTION

Allows for safe and independent toenail clipping using residual limb, toes or prosthesis. Easy DIY project too.

MSRP \$16.95

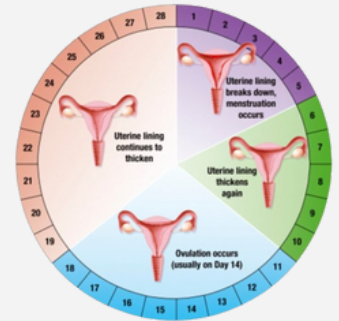


Grooming

MONTHLY CYCLE

Speak with your MD as they can prescribe birth control (pills, devices, procedures, etc) that will help limit or eliminate your cycle.

Cost: \$ Varies



DIVA CUP

Allows individual to manage monthly cycle by collecting flow rather than absorbing.

Cost: \$34.99



PERIOD UNDERWEAR

Can be used as a stand-alone menstrual product or in combination with others .

MSRP \$17.00



HAIR DRYER STAND

Increases independence by allowing user to dry hair without having to hold the dryer. Free standing holder.

MSRP \$25.99



Grooming

BESTIE ADJUSTABLE HAIR DRYER HOLDER

Increases independence by allowing user to dry hair without having to hold the dryer. Mounts to wall.

MSRP \$34.95



HOT AIR STYLER

Allows for independence with drying and styling hair with the 2 in 1 brush and hair dryer.

MSRP \$31.99



ALL- IN- ONE BLOW DRY PADDLE BRUSH

Allows for independence with drying and styling hair with the 2 in 1 brush and hair dryer.

MSRP \$29.99



LONG HANDLED BRUSH/COMB

Attach a u-cuff to this brush or attach the brush to a wall for increased independence with brushing hair.

MSRP \$12.83



Grooming

1-UP HAIR TIE

Hair tie is a long elastic band with a toggle, allows for independence putting hair in a ponytail. Use furniture or residual limb to pull cord.

MSRP \$5.95



LARGE SUCTION CUPS (12/PK)

Super glue or zip tie deodorant, electric razor, to a suction cup for increased independence with grooming activities.

MSRP \$6.99



SUCTION CUP VISE

Used to hold deodorant, razor, hair brush, hair dryer, etc. Individual uses body movements to perform their ADL's on stationary object.

MSRP \$6.99



SNAKE CLAMP

Used to hold deodorant, razor, hair brush, hair dryer, etc. Individual uses body movements to perform their ADL's on stationary object.

MSRP \$ Varies



Grooming

BESSEY VACUUM BASE VISE

Used to hold deodorant, razor, hair brush, hair dryer, etc. Individual uses body movements to perform their ADL's on stationary object.
MSRP \$33.99



CECEFAN 1080° SWIVEL FAUCET-EXTENDER SINK-AERATOR

Allows for independence with washing face or residual limbs without the need for excessive bending.
MSRP \$19.99



CONTACT LENS TOOL

Allows for increased independence with inserting and removing contact lens.
MSRP \$5.99



CERTAIN DRI ANTIPERSPIRANT

Can be place between knees to rub into armpits. Can also be placed in a clamp with suction cup base. Use on residual limbs to reduce perspiration as well.
MSRP \$5.67

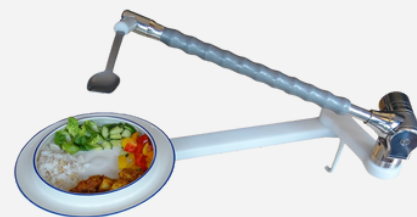


Eating/M Meal Prep

QR codes are scannable & clickable

NEATER EATER

This device allows for independence with feeding.
Manual and robotic options available.
MSRP \$6,987.00



OBI ROBOT FEEDER

This device allows for independence with feeding after
food is set up by a caregiver.
MSRP \$8,200



ELECTRIC VEGETABLE PEELER

Allows for independence with certain aspects of meal
prep and will peel or zest most fruits and vegetables.
MSRP \$32.99



ABLEWARE EASY ACCESS CANISTER SET

Allows for independence with retrieving snack
food items that may come in hard to open bags.
MSRP \$29.95



Eating/M Meal Prep

ELECTRIC JAR OPENER

Allows for independence with opening jars. Smaller models may not work consistently on all sizes and types of jars.

MSRP \$128.00



5 IN 1 OPENER

Allows for independence with opening various bottles and containers with lids.

MSRP \$4.99



ONE TOUCH ELECTRIC CAN OPENER

Allows for independence with opening a can. Safer option with no sharp edges.

MSRP \$19.99



RUBBER JAR GRIPPERS

Allow for independence with opening jars or act as nonslip base for bowls, plates, phones.

MSRP \$7.99



Eating/M meal Prep

AIR PRESSURE CORK REMOVER

Allows for increased independence with opening a bottle of wine.

MSRP \$6.99



VIPER BAG OPENER

Allows for independence with opening snack/food bags or mail by cutting through bags of food or envelopes.

MSRP \$14.25



ATTENTO BOARD

Allows for independence with cutting food & transporting dishes. Custom peg system securely holds dishes.

MSRP \$105.00



CHEF'N PREP MIXING BOWL STAND

This device keeps a bowl steady while stirring or mixing items inside the bowl.

MSRP \$11.51



Eating/M meal Prep

KETTLE TIPPER

Allow for increased independence and safety with pouring hot liquid from a kettle.

MSRP \$85.00



POURING AID

Allows for increased safety and independence with pouring from large containers.

MSRP \$48.05



CARAFE FREE COFFEE MAKER

Allows for independence with making and dispensing coffee. Adapted coffee mug with handles required.

MSRP \$62.99



EXTRA LONG FLEXIBLE RE-USABLE STRAWS

Allows for independence with drinking a beverage without having to pick the drink up off of a surface.

MSRP \$29.99



Eating/M Meal Prep

MAGIC TAP DRINK DISPENSER

Allows for independence with obtaining a drink by pressing glass/cup against lever to dispense beverage.

MSRP \$13.25



THE SPILLNOT

Allows for independence with carrying a drink without spilling.

MSRP \$18.95



SWIVEL UTENSILS

Utensils self level which increases independence during feeding and decreases spilling.

MSRP \$32.00



LIFTWARE LEVEL

Utensils self level which increases independence during feeding and decreases spilling. Starter Kit

MSRP \$195.00



Eating/M meal Prep

FOAM TUBING

Build up the grip for a steadier and more confident grip while eating. Can also be used for grooming and hobby tools.
MSRP \$15.99



MEZZALUNA KNIFE

Easy-to-use adaptive knife cuts food with a rocking motion. Can be used with residual limbs or prosthesis.
MSRP \$9.99



ROCKER KNIFE

Easy-to-use adaptive knife cuts food with a rocking motion. Can be used with residual limbs or prosthesis.
MSRP \$18.00



ROCKER PIZZA CUTTER

Used to cut food items to increase independence with feeding and meal preparation.
MSRP \$7.88



Eating/M Meal Prep

RIGHT ANGLE KNIFE

Allows for independence with feeding & meal prep.
Can be used with prosthesis or residual limbs.

MSRP \$19.95



BAGEL GUILLOTINE

Allows for independence with cutting bagels, english muffins, hamburger buns, rolls etc

MSRP \$14.99



PIZZA CUTTER

Allows for independence and increased safety
with cutting up any food during meal prep.

MSRP \$9.99



VEGETABLE CHOPPER

Allows for independence with chopping vegetables.
Can be used with prosthesis or residual limbs.

MSRP \$24.95



Eating/M meal Prep

MIX N' CHOP

Allows for independence with mixing, cooking and chopping.
Can be held with prosthesis or between residual limbs.

MSRP \$9.99



HI D PARING BOARD

Allows for independence with cutting fruits or vegetables or spreading bread. Suction cup base and stainless steel nails to hold food in place while cutting.

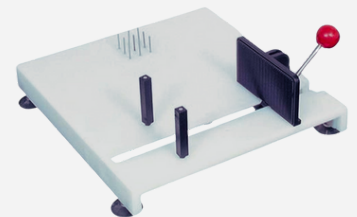
MSRP \$54.99



DELUXE CUTTING BOARD

Allows for independence with the task of cutting fruits or vegetables, mixing, has vice for opening boxes and jars.

MSRP \$79.99



PIVOT KNIFE CUTTING BOARD

Secured tip allows for independence with cutting food.
Can be used with prosthesis or residual limbs.

MSRP \$64.95



Eating/M meal Prep

MANDOLINE

Allows for increased independence with food prep, safe holder stabilizes food that glides against the blade to safely slice fruits and vegetables.

MSRP \$45.99



DYCEM BULK ROLL MATTING (8" X 2 YDS)

Stabilize almost anything especially bowls, plates, phones, and jars. Also helps with opening jars.

MSRP \$28.99



UNIVERSAL CUFF

Allows for increased independence with various ADL tasks by inserting utensil, toothbrush, brush, flosser, etc.

MSRP \$14.99



RIGHT ANGLE POCKET

Can be added to the inside pocket of universal cuff for increased length or improved angle for eating, typing or phone use.

MSRP \$29.99



Eating/M Meal Prep

REHABILITATION ADVANTAGE UTENSIL HOLDER

Allows for independence with eating. Can be used on longer residual limbs and donned independently.

MSRP \$9.19



VERTICAL HANDLE UTENSILS

Vertical handle utensils can be bent to shape & secured on a residual limb to increase independence with feeding.

MSRP \$7.99



AUTOMATIC POT STIRRER

Allows for increased independence with stirring pots during stove-top meal preparation.

MSRP \$36.95



ZIPLOC BAG HOLDER (2 PACK)

Allows for independence with meal preparation or clean up by holding bag open while emptying contents into bag.

MSRP \$6.70

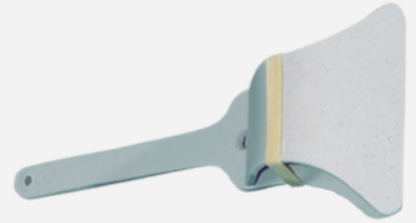


Eating/M meal Prep

SAMMONS PRESTON SANDWICH HOLDER

Whether utilizing a prosthesis, residual limbs or toes individual can manipulate the holder which provides a flat holding surface.

MSRP \$22.75



EGG CRACKER

Allows individuals to crack an egg independently either using prosthetic device, residual limbs or toes.

MSRP \$12.99



BURGER HOLDER

Prevents sandwich/burger from falling apart, individual can use a prosthesis, residual limbs or toes to manipulate the holder.

MSRP \$8.99 (pkg of 4)



SCOOP DISH/PLATE WITH SUCTION

Dish with raised/scooped sides keeps food on dish while using utensil to scoop up food. Allows for independence with eating.

MSRP \$12.99



Eating/M Meal Prep

PLATE GUARD

Can be added to existing plate to help with scooping food onto the fork or spoon. Prevents spilling from plate.

MSRP \$14.99



STOVE TOP POT/PAN HOLDER

Allows for independence with stirring. Keeps the pot/pan handle from spinning while stirring.

MSRP \$32.00



THERMOMIX

Allows for independence with meal prep. It can cook, boil, simmer, chop, blend, knead, whisk, grate, etc.

MSRP \$999.00



MINI FOOD PROCESSOR

With a push of a large button, this device can shred, dice, and grind food to increase independence with meal preparation.

MSRP \$19.99



Eating/M Meal Prep

NINJA 8-IN1 AIR FRYER/OVEN

Allows for increased independence, speed with meal prep.
Manipulate controls with prosthesis or residual limb.

MSRP \$146.99



MULTI-PURPOSE SILICONE MICROWAVE MAT

Allows for independence with meal prep. Can be used
as a pot holder, jar opener, microwave mat, etc.

MSRP \$12.99



AUTOMATIC SALT AND PEPPER GRINDER

Allows for independence with grinding salt & pepper.
Type 1 push button or Type 2 gravity assisted

MSRP \$19.99



SUCTION CUP GLASS AND PLATE SCRUBBER

Allows for independence with cleaning glasses as
well as plates within the sink.

MSRP \$8.79



Communication

QR codes are scannable & clickable

DRAGON NATURALLY SPEAKING SOFTWARE

Allows for independence with typing documents or filling out online forms.

MSRP \$129.99



SMART PHONE/TABLET (WIFI + CELLULAR)

Accessibility features include communications using voice recognition for apps, forms, photos and phone calls.

MSRP \$ Varies



TOUCH SCREEN FINGER SLEEVES

These sleeves can be placed on the terminal device to allow for independence with phone or tablet use.

MSRP \$5.99



TOUCH SCREEN STICKERS

These stickers can be placed on the terminal device to allow for independence with phone or tablet use.

MSRP \$16.99



Communication

WIRELESS EARBUDS

Allows independence with making private phone calls, reading incoming text messages, & listening to music
MSRP \$19.99



STYLUS

Allows for independence manipulating a touch screen phone, tablet or laptop.
MSRP \$5.99



BENDABLE SUCTION CUP PHONE MOUNT

Allows for hands free access at home and in the community for videos, calls, etc. Can also hold deodorant securely.
MSRP \$35.75



WIRELESS CHARGING MAT

Allows for independent charging of smartphones, tablets or watches as it eliminates the need to plug anything into a port.
MSRP \$74.99



Communication

PHONE LANYARD WALLET

Provides convenient and easy access to a phone as well as an ID or credit card.

MSRP \$10.25



ELASTIC APPLE WATCH BAND

Allows for independence or increased ease with donning a watch. No buckle required.

MSRP \$9.99



SOLO LOOP WATCH BAND

Allows for independence or increased ease with donning a watch. No buckle required.

MSRP \$9.99



TRACK BALL MOUSE

Allows for increased ease using a computer mouse with a prosthesis, foot or residual limbs.

MSRP \$109.99



Smart Home

QR codes are scannable & clickable

SMART HOME HUB

Control your smart home devices such as lights appliances, alarm, thermostat, TV, music, etc
MSRP \$18.99-\$295.00



WIFI THERMOSTAT

Allows for independence with controlling the temperature via phone app or voice control.
MSRP \$29.99-\$129.99



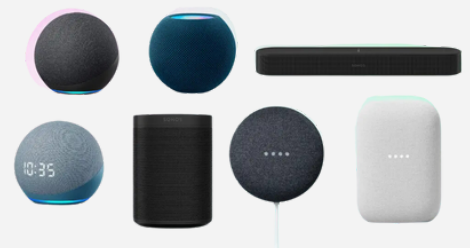
SMART LOCK

Allows independence with locking/unlocking doors at home via a fob, keypad, voice or app.
MSRP \$79.00-\$249.00



SMART SPEAKER

Set reminders, make calls, control of lights, alarms, TV, thermostat, appliances & many other devices via voice.
MSRP \$34.99-149.00

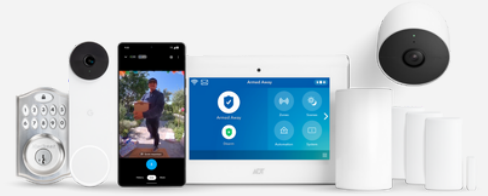


Smart Home

WIRELESS HOME SECURITY SYSTEM

Allow for independence with control of home security via voice or app.

MSRP \$188.96



STREAMING TV STICK

Allows for voice control of the TV via remote control or voice when connected with smart home speaker.

MSRP \$29.99



SMART BULBS

Allows for independence with turning lights on/off via a phone app or voice when paired with compatible hub.

MSRP \$53.99



ROBOT VACCUM

Allows for independence with cleaning floors via app, automated schedule or voice control.

MSRP \$149.99



Driving/Vehicle

QR codes are scannable & clickable

STEERING KNOB

Should be installed by a certified adaptive driving facility. Knob must match car make and model. Check local laws for restrictions.
MSRP \$17.99



SURE-GRIP AMPUTEE RING SPINNER KNOB

Should be installed by an adaptive driving facility. Ring must match car make and model. Check local laws for restrictions.
MSRP \$89.95



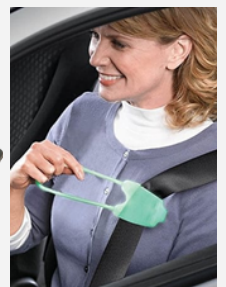
TRI PIN STEERING KNOB

Should be installed by an adaptive driving facility. Ring must match car make and model. Check local laws for restrictions.
MSRP \$174.95



SEAT BELT GRABBER HANDLE

Allows for increased ease of fastening seatbelt utilizing residual limbs or prosthesis.
MSRP \$9.99



Driving/Vehicle

HOSE CLAMP 1 1/16"-2" (BOX OF 10)

Apply as a figure 8 pair to blinker and/or wiper lever as an extension for easier manipulation when using prosthesis/toes.

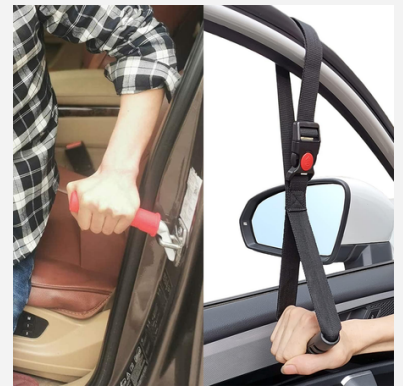
MSRP \$8.99



AUTO CANE

Assists with independence of getting in/out of car utilizing a prosthesis or residual limbs.

MSRP \$15.95



SEAT BELT EXTENDER (RIGID)

Increases length of seatbelt to accommodate for extra space needed to manipulate fastening a seatbelt.

MSRP \$15.99



WIRELESS CARPLAY ADAPTER

Allows wireless navigation, music playing, Siri assistant, phone calls, without plugging smart phone in. Android and Apple options.

MSRP \$49.98



Miscellaneous

QR codes are scannable & clickable

CREDIT CARD PULL TABS/CARDBEENIE

Sticker pull tab attaches to ID, credit card, etc for increased independence retrieving cards from wallet.

MSRP\$14.99



EAZYHOLD SILICONE ADAPTIVE AID

Assist individuals with holding onto a device with a secure grip either by using a prosthesis or residual limb.

MSRP \$34.99



HANDS FREE CHANGING STATION

Hands free changing station for Texas Assistive Devices tools using n-abler wrist (sports, home repair, daily tasks).

MSRP \$ Varies



SHAPEIT FLEX STYLUS

The individual can bend or shape this stylus to fit around a prosthesis or residual limb

MSRP \$49.00



Miscellaneous

SNAKE CLAMP

Choose 1) gooseneck arms, 2) mounting bases and 3) attachments. This device will allow for independence with tasks such as brushing teeth, shaving, drying or brushing hair or application of deodorant. Also allows independent communication using smart phone or tablet. MSRP \$ Varies



ALLEN HEX WRENCH SET

Allows individual or a family member to fix basic issues on a prosthesis. Metric and/or Standard. MSRP \$9.96



SPINDO PILL DISPENSER

Allow independence with medication management, releases meds into a cup with a simple push of a button. MSRP \$35.99



HERO AUTOMATIC PILL DISPENSER

Allows independence with medication management by releasing medications with a timer/app or push of a button. MSRP \$45.00/mo



Miscellaneous

BOLT RECHARGEABLE LIGHTER

Allows for independence with lighting a candle, cigarette, etc.
Slide cover to heat coil, no buttons to push.

MSRP \$14.50



ELECTRIC RECHARGEABLE LIGHTER

Allows for independence with lighting a candle, small campfire, cigarette, etc.

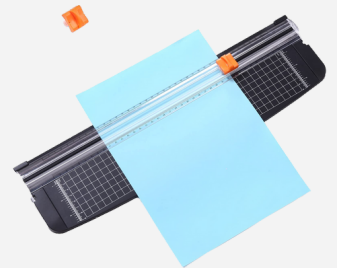
MSRP \$19.99



PAPER CUTTER (SLIDER)

Allows for independence with cutting using residual limbs or a prosthesis.

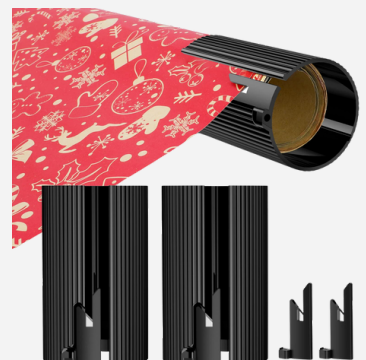
MSRP \$13.99



WRAPPING PAPER ROLL CUTTER (TUBE)

Allows for independence with cutting wrapping paper using residual limbs or prosthesis.

MSRP\$13.99



Miscellaneous

SAFETY WRAPPING PAPER CUTTER

This equipment allows for independent cutting utilizing prosthesis, residual limbs or toes.

MSRP \$8.88



SLICE ROTARY CUTTING TOOL

This equipment allows for independent cutting utilizing prosthesis, residual limbs or toes.

MSRP \$19.06



LOOP SCISSORS

This equipment allows for independent cutting utilizing prosthetic arms, residual limbs or toes.

MSRP \$11.99



ELECTRIC SCISSORS

One button operation allows for independent cutting utilizing prosthetic arms, residual limbs or toes.

MSRP \$26.99



Miscellaneous

MOUTH STICK

Allows for independence with manipulating a keyboard, touch screens, car controls, remote control, etc

MSRP \$19.99



MOUTH STICK SLEEVES (PKG OF 4)

These sleeves are to keep the part of the mouthstick that goes in the mouth clean/sterile.

MSRP \$14.99



PLAYING CARD HOLDER/STAND

Allows for increased independence with holding and organizing cards during a card game.

MSRP \$13.99



ACTIVE HANDS - LIMB DIFFERENCE GRIPPING AID

This device can be used to assist with grip at the gym, in the kitchen, in the garden or on a bike.

MSRP \$95.00



Miscellaneous

EYEVAC

Allows for independence with sweeping. Device senses when dust/food/etc. is near and turns on to vacuum.

MSRP \$149.00



MOTION SENSOR TRASH CAN

Activated to open by motion to increase independence with trash management.

MSRP \$59.00



PORTABLE RECHARGEABLE NECK FAN

This can be worn around the neck and helps with cooling when hot.

MSRP \$26.99



HEAVY DUTY SPRING CLAMPS (2" & 6")

2" clamps, clip onto credit cards and IDs to increase grip.
6" clamps, use for donning socks and stabilizing objects like deodorant or razor.

MSRP \$1.50



Miscellaneous

REACHER GRABBER TOOL

Allows for independence with reaching and grabbing items overhead or on the floor.

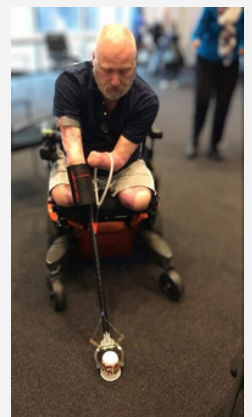
MSRP \$9.99



ADAPTED REACHER/GRABBER

Adaptation of standard reachers for use with residual limbs for independent grasp of items that are out of reach.

MSRP \$ Varies



MAGLOC DOG LEAD CONNECTOR

Uses a magnetic clasp to connect the leash to the collar for increased independence with dog walking.

MSRP \$16.95



DOGBUDDY POOPER SCOOPER

Allows for independence with picking up after a dog while out walking. Can use a prosthesis or residual limbs.

MSRP \$13.99



Miscellaneous

HAND-KNITTED RESIDUAL LIMB WARMER

Protect limb in colder climates or when prostheses are not worn. Offered for amputees of all different levels.

MSRP \$23.00



ELECTRIC SPIN SCRUBBER

Allows for independence with cleaning around the house (bathroom, kitchen, windows, floors, etc).

MSRP \$ 48.00



MOLDABLE GLUE

Allows for temporary prosthetic fixes as well as various fixes around the home.

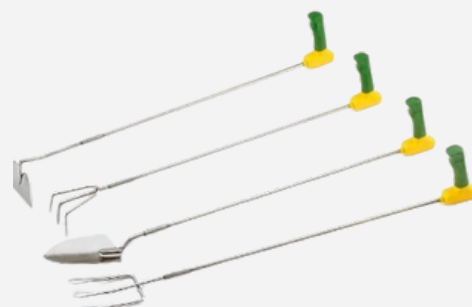
MSRP \$11.99



EASI-GRIP GARDENING TOOLS

Allow for increased independence with gardening. Long and short handled versions available.

MSRP \$198.95



Miscellaneous

CASTRATION BANDER

This can be used to replace rubber bands on a voluntary opening body-powered prosthesis.

MSRP \$12.85



RESISTANCE LOOP BANDS

Allows for independence with upper body and lower body resistance training/strengthening.

MSRP \$4.99



SURGICAL TUBING

Provides increased tackiness when applied to the end of a prosthetic hook for improved grip.

MSRP \$9.49



DOOR KNOB LEVER ADAPTER (2 Pack)

Allows for independence with doors. Levers are easier to manipulate than knobs.

MSRP \$22.66



Miscellaneous

DYCEM BULK ROLL MATTING (8" X 2 YDS)

Stabilize almost anything especially bowls, plates, phones, and jars. Also helps with opening jars.

MSRP \$28.99



UNIVERSAL CUFF

Allows for increased independence with various ADL tasks by inserting utensil, toothbrush, brush, flosser, etc.

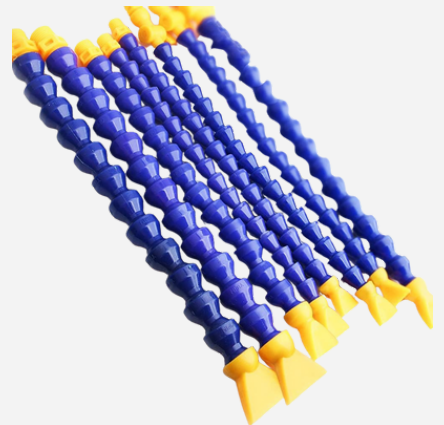
MSRP \$14.99



LOC LINE FLEXIBLE HOSE/TUBE (10 PK)

Provides extension while eating, grooming, toileting. Can be purchased in set inch lengths or 15 ft coils.

MSRP \$15.99



FOAM TUBING

Build up the grip for a steadier and more confident grip while eating. Can also be used for grooming and hobby tools.

MSRP \$15.99

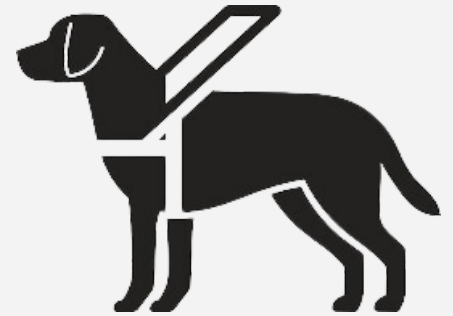


Resources

QR codes are scannable & clickable

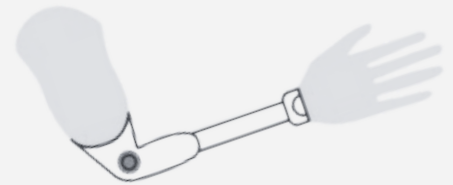
SERVICE ANIMAL WEB LINKS

Document provides an overview of a few resources related to service animals.



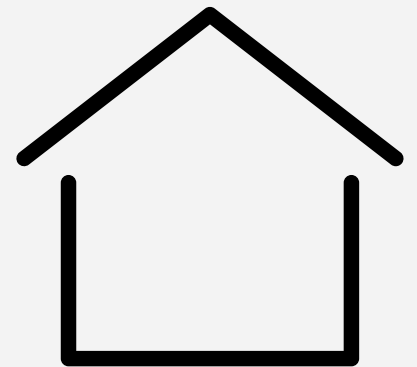
UPPER LIMB PROSTHETIC MANUFACTURERS

Document provides an overview of the various upper limb prosthetic manufacturers available.



HOME MODIFICATIONS VS HOME REMODELS

Ideas for basic/temporary modifications versus complete and permanent renovations/remodels.



DRIVER REHABILITATION RESOURCES

Find a driver rehab specialist, learn about modifications to your vehicle, where you can rent accessible vehicles and much more.



Resources

SEPSIS ALLIANCE

Charitable organization run by a dedicated team who share a strong commitment to battling sepsis. Mission: To save lives and reduce suffering by improving sepsis awareness and care.



AMPUTEE COALITION

Provides resources, support and advocacy on limb loss/limb difference. Offers a broad range of resources and programs for healthcare providers, amputees and their families.



LIVING WITH AMPLITUDE: AMPUTEE RESOURCE DIRECTORY

This searchable database includes contact information, web links, and descriptions to help you find resources for amputees.



CHALLENGED ATHLETES FOUNDATION

Empowering lives through sport. High costs of adaptive sports equipment and lack of resources should not keep individuals with physical disabilities from being active.



Resources

SKILLS FOR LIFE PRIVATE GROUP

Place to connect with others who are living without both arms or all four limbs. Membership questions must be answered. Admins need to vet new requests. Only those living without both arms or their family members should request to join. Healthcare providers may be permitted to join on a case by case basis.



ENHANCING SKILLS FOR LIFE NEWSLETTER

Helpful resources, events, and updates pertinent to living without both arms or all four limbs.



ENHANCING SKILLS FOR LIFE YOUTUBE CHANNEL

Recommended for searching ways to complete various ADL tasks. Also a place to find others living without both arms or all four limbs who have public YouTube Channels.



SKILLS FOR LIFE 5 1/2: BILATERAL UPPER LIMB LOSS VIDEOS

Tips & tricks of how others with bilateral upper limb loss/limb difference or quad limb loss/limb difference accomplish daily tasks. Virtual Workshop held in October 2021.



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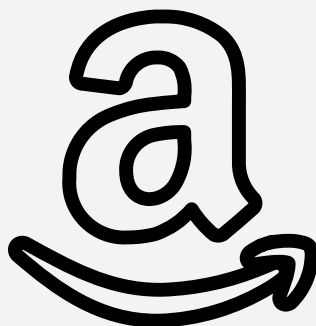
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ESFL Amazon Shopping List

In addition to this publication, we have created an ***Enhancing Skills for Life Shopping List*** that includes many of the items listed in this catalog. Please let us know what we are missing from this list so we can add it and make it even more comprehensive and useful for other people living without both arms or all four limbs. You can add items to your cart, but make sure it ships to your address instead of the one associated with the list.

Email us your product or link at: info@enhancingskillsforlife.org



Contributors & Acknowledgments

We would like to thank the following for their contributions:



Alyssa Daniels, OTD

Development & Program Coordinator, ESFL
Clinical Support Specialist, PSYONIC Inc.



Amanda Sugar, OTD

Rush University Capstone Student 2023
Staff OT, Northwestern Memorial Hospital

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- Enhancing Skills for Life Staff: MaryBeth Schneider, Karen Lundquist, Alyssa Daniels and Kelsey Rohren
- This project was partially funded through the Empowerment Grant from Hanger Foundation



***Support our work,
Donate today***



***This catalog is dedicated to the
memory of Jesse Benitez, MD***



About the Authors



Shawn Swanson Johnson OTR

Founder & Executive Director, Enhancing Skills for Life

Shawn is an Occupational Therapist with over 25 years of upper limb difference rehabilitation experience. Her background includes clinical as well as teaching upper limb difference rehabilitation. She has worked with the major military centers, presented at national and international conferences and has published a number of articles and chapters. Shawn has served on the Amputee Coalition's Scientific and Medical Advisory Committee, Sepsis Alliance Advisory Board as well as the Board of Directors for the U.S. National Member Society of the International Society for Prosthetics and Orthotics (US-ISPO). Shawn is co-chair of the Skills for Life Bilateral Upper Limb Loss Workshops.

[Email Shawn](#)



Kristi Turner, DHS, OTR

Center for Bionic Medicine at Shirley Ryan Ability Lab

Kristi has 25 years of experience as an occupational therapist and works at the Shirley Ryan AbilityLab in the research Center for Bionic Medicine (CBM). She specializes in the treatment of upper limb absence, multiple limb absence, and burn injury. She has presented on a variety of topics on upper limb absence at both national and international levels and authored numerous journal articles. Kristi serves on the Upper Limb Advisory Committee for the Amputee Coalition and the Outcomes Research Committee for the American Academy of Orthotists and Prosthetists. She conducts research and training for individuals with upper limb absence, including those with Targeted Muscle Reinnervation (TMR) or other surgical interventions, using both conventional and experimental prosthetics as well as advanced control systems in both civilian and military settings. Kristi is the co-chair of the Skill for Life Bilateral Upper Limb Loss Workshops.

[Email Kristi](#)



Julie Klarich OTR, CHT

Upper Limb Loss Rehabilitation Consultant

Julie graduated from Towson University in 1985. Julie worked at Presbyterian /St. Luke's Medical Center in Denver, Colorado for 18 years in the outpatient therapy department. Her work as an Occupational Therapist and Certified Hand Therapist includes training individuals with limb loss/difference using the latest technology in prosthetics. She has many years of experience in hand and amputee care and has lectured at Universities and conferences on evaluation and treatment for upper limb amputees.. Julie was a valued member of the Skills for Life Workshop planning committees from 2002-2018.

[Email Julie](#)



Hands Free: Adaptive Equipment Catalog

* As Occupational Therapists who have been working with multi-limb loss/limb different individuals for over 90 years combined (at the time of this publication), Shawn Johnson, Kristi Turner and Julie Klarich have been accumulating helpful info and ideas over the span of their careers. They realized that a comprehensive list of adaptive equipment, what the equipment helps with, where to find it and how much it might cost, just did not exist. This comprehensive list of equipment will help individuals with bilateral upper limb or multi-limb loss/limb difference be more independent with daily self-care tasks. It will also help insurance companies and case managers understand the complexities of self-care and what is possible with the right equipment in order to decrease dependence on caregivers. This list will also be helpful for any healthcare provider working with this unique population. This list has been compiled over their years of experience and was categorized and organized by area of need. This list has also been procured by tips from the Skills for Life Workshops as well as the Skills for Life and Quad Squad Facebook private group members (those with bilateral upper limb loss/limb difference or quadruple limb loss/limb difference). Some of the photos were crowd sourced and submitted by individuals living with bilateral upper limb loss/difference. The remainder of the photos were sourced from the internet and are the property of their respective owners (Amazon, Google, manufacturers site, etc). These images are imperative in helping those in need be able to fully understand what the equipment is, what task it can help with and where it can be found.

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SKILLS FOR LIFE**

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