



# “Sharing Adaptive Tricks & Tips”



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# 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](http://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



<https://www.hannaford.com/product/Etos-Bamboo-And-Loofah-Soap-Pouch/959839.uts#>



# 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\\_&mclid=e8b0ad83632b1d1947a3f6034c0a37ba&creative=78065381874980&device=c&matchtype=e](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_&mclid=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

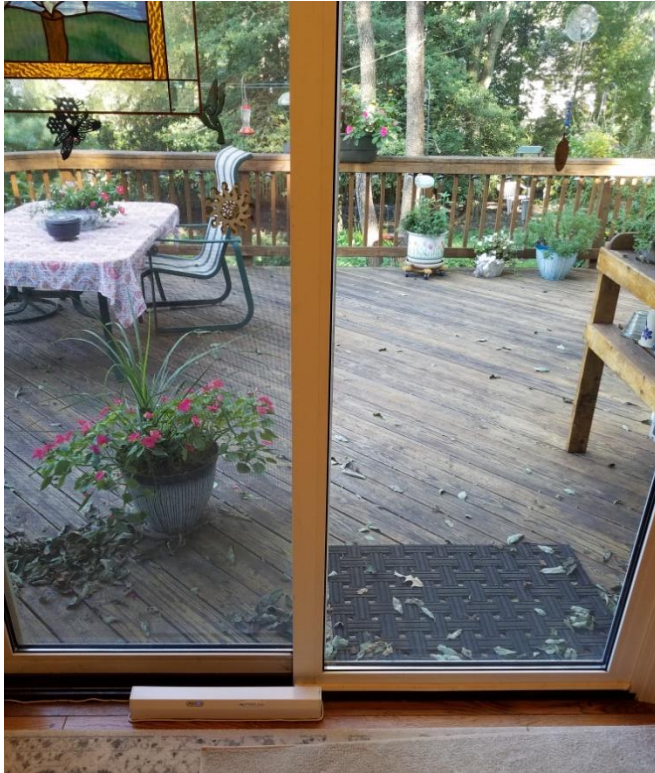


Combination lock  
(for first  
responders)





# Adaptive Modifications - Home



Automate your Patio Door  
Auto slide ([AutoslideofAmerica.com](http://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

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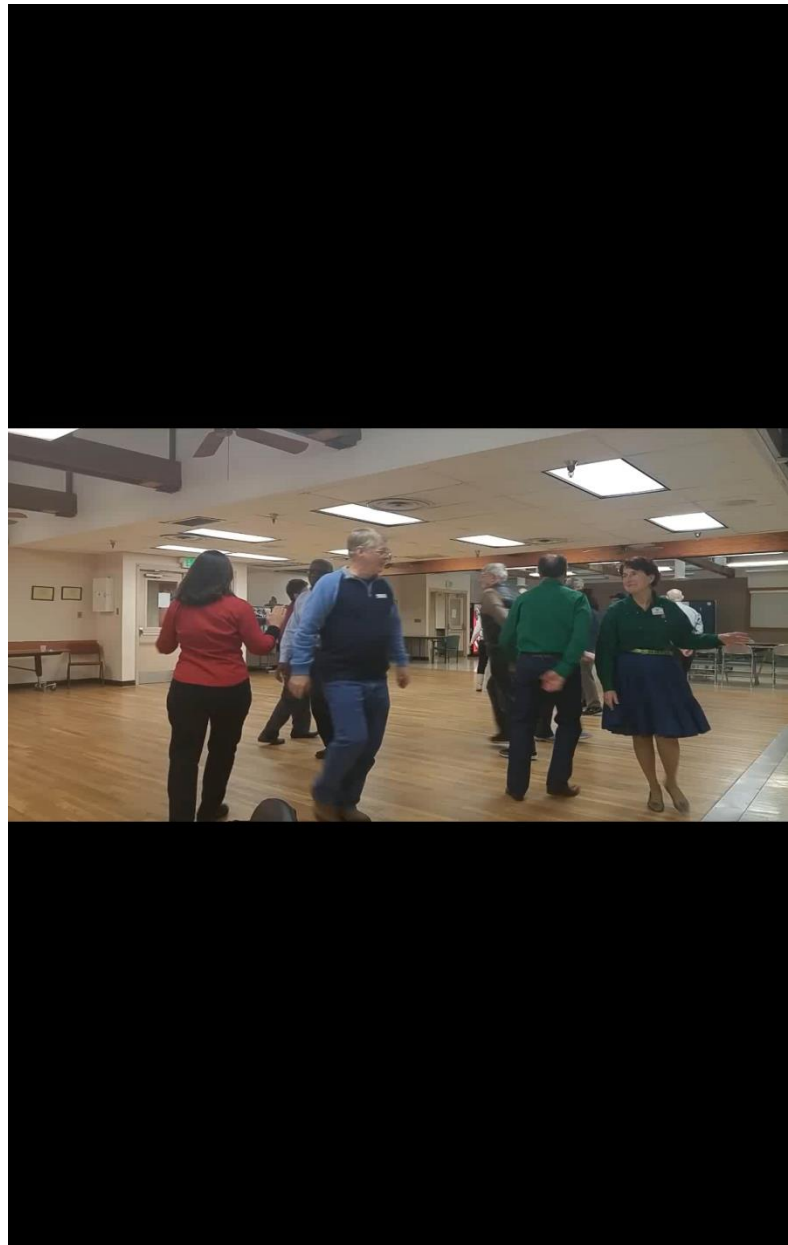


# Ballroom Dancing





# Square Dancing





# Line Dancing





# Tai Chi







# Water Aerobics





# Pickleball and Ping-Pong





# Piano





# Hand Therapy





	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug			Minutes
	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	#	% of days	
Grip and Pinch Digiflex	2	2	1	2	2		1	2	2	2	1	1	1	2	21	150.0%	2
Therapy Putty Exercises	1	1		1			1		1		2			1	8	57.1%	30
Piano	1	1	1	2		1	1	1	1		1	1	1		12	85.7%	20
Speech	3	2	2	3	1	2	1	3	1	3	2	2	1	3	29	207.1%	10
Clam Shell	1	1		1		2		2	1	1		1			10	71.4%	6
Leg Raises			1	1			1		1				1		5	35.7%	6
Stetch Bands	1					1				1				1	4	28.6%	2
Step Ups		1			1			1			1	1			5	35.7%	3
Tai Chi		1							1						2	14.3%	50
Dancing			1	1						1	1				4	28.6%	50
Swimming	1			1			1			1				1	5	35.7%	20
Aerobic Walking	1	1	1	1	1		1	1	1		1	1			10	71.4%	20
Line Dance Class						1							1		2	14.3%	50
Total Items for Day	11	10	7	13	5	7	7	10	9	9	9	7	5	8	117	8.36	
Number of days	1	1	1	1	1	1	1	1	1	1	1	1	1	1	14	days	
Total Exercise Minutes	133	154	119	188	57	105	109	90	147	132	176	72	89	106	1571.0	112.21	min/day
Total Exercise Hours per Day	2.2	2.6	2.0	3.1	1.0	1.8	1.8	1.5	2.5	2.2	2.9	1.2	1.5	1.8	28.0	2.00	hours/day



# 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.