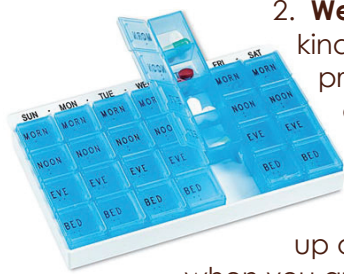


Great Gifts to Increase Independence Part II

By Tara Coleman MA, OTR/L, CAPS, ABDA

Here are some more ideas to get your dear friend or loved one who has a mobility impairment. My clients just love these items and many were upset they had struggled for so long without them.

1. **Electric Jar Opener:** This is the best gift ever. With this item you can leave the struggle of opening jars in the past and open any jar with ease.



2. **Weekly Pill Box:** There are many kinds on the market but my clients prefer the weekly pill box that divides the pills into morning, noon, evening and bedtime and allows taking each day out individually. Filling it up once a week enables to see when you are running low on pills and reorder in plenty of time.



Helps you to get in and out of your car with less effort.

3. **Deluxe Metro Car Handle:** There are a few devices like this on the market. Essentially, it is a steel bar with a soft handle that secures into the car door's frame providing a handle to assist people to get in and out of the car with less effort.

4. **Electric Can Opener:** Opening cans with a manual can opener can be tough on the joints and requires an amazing amount of hand strength. Using an electric can opener will help reduce the strain on older joints, especially for those with arthritis.

5. **Kitchen Trolley:** This item helps people bring items, such as a meal, from one room to another hands free! Juggling objects and trying to push a walker or a cane with the other hand can be very dangerous. (Just to note, some people may not be safe walking with a trolley with four wheels on it.)



Wondering where to buy these items? Ability Rehab can order it for you. If you know someone who would benefit from any of these devices, have them contact Ability to get the expert help of an occupational therapist to learn ways to be more independent and safe performing their day to day tasks.

TAKE THIS QUIZ

Call in to answer the questions and enter the raffle to win a gift certificate.

1. What is the name of the first article?
2. What event is Ability Rehab participating in April 24th?

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