

# Complementary Products - Arthritis

## Toileting

- Over toilet frame
- Raised toilet seat
- Grab rails
- Bottom wiper

## Bathroom

- Shower chair
- Shower stool
- Bath seat
- Non-slip bath and shower mats
- Long handled bath / shower sponge
- Footbrush
- Grab rails

## Dressing

- Button hooks
- Zip pullers
- Dressing sticks
- Sock and stocking aids
- Long handled shoehorn
- Arthritis bra – front closing
- Elastic shoe laces
- Angled long handled brush and comb
- Easy grip nail clippers
- Extra long toenail scissors

## Bedroom

- Overbed tables
- Bed lever
- Adjustable blanket support
- Knee / hip pillow
- Cervical support pillow

## Seating

- Electric lift / recliner chairs
- Height adjustable orthopaedic chairs
- Chair raisers
- Seat lift
- 'Light' pressure relieving cushion
- Lumbar back support

## **Kitchen**

- Utensils with a built up handle, e.g., Good Grips utensils. Alternatively tubular foam or lightweight slip on handles
- Angled cutlery and ergonomic kitchen knife with a right-angled handle / blade
- Jar Popper
- Jar openers
- Can openers
- Peelers
- Spring action scissors
- Kettle / jug tipper
- Cutting board with clamp and spikes
- Non-slip matting, e.g., Dycem and Magic Grip
- Inner lip plate or partitioned scoop plate and plates with suction base
- Plate guards
- Easy grip cups
- Utensil straps
- Tap turners and lever style taps
- Kitchen trolley
- Step stool with handle

## **Daily Living**

- Easy reacher
- Doorknob grippers
- Key turner
- Pill cap opener
- Plastic, rubber and foam grips can be added to existing pens and pencils
- Lap tray
- Suction nail clippers
- Tube squeezer
- Long handled cleaning products
- Long handled dustpan and brush
- Support gloves / wrist supports
- Toe protector / bunion relievers / toe separators / toe straightener / toe cushion
- Autodrop eye drop guide
- Carry bag handle

## **Mobility**

- Folding walking stick
- Handybar
- Swivel car seat

## **Recreation**

- Lightweight, long handled and adapted garden tools
- Card holder
- Book holder
- Pedal exerciser
- Grips for pens / pencils