

Work

- Consider an appointment with your employer's occupational health department before returning to work.
- If you do a physical job, discuss with your consultant as to when you will be able to return to work.

Getting on and off furniture

- A high chair (consider raising it using a cushion or folded blanket) will be easier to stand from.
- It may be easier to get out of bed on the side of your strongest arm.
- In bed, consider using extra pillows to support the affected arm and to prop yourself up.
- If standing up or sitting down on the toilet is difficult, then shuffle and lean your body forward and push through your heels (there is an option of fixed rails).

Conclusion

Do not expect to be able to carry out every activity at the same level as previously – this would be unrealistic. Allow yourself enough time – you will inevitably require longer to do the task, particularly in the early days following your injury or fracture.



Please ask the therapist if you have any questions about this leaflet.

**Emergency Department Therapy Team
0118 322 7015**

If you find you need extra help at home, please consider the following options:

- Speak to your GP, or NHS 111 out of hours
- Contact your local social services:

Social Services

Reading	0118 937 3747
Wokingham	0118 974 6800
West Berkshire	01635 503050
Bracknell	01344 352 000
South Oxfordshire	0345 050 7666

Other useful contacts

Wiltshire Farm Foods 0800 066 2710
Oakhouse Foods 0845 643 2009

To find out more about our Trust visit
www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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NHS
Royal Berkshire
NHS Foundation Trust

Managing everyday activities one-handed

Information for
patients attending
the Emergency
Department (A&E)

The aim of this leaflet is to provide general advice, hints and tips on how to manage with daily life at home while you are not able to use one arm / hand due to your fracture or injury.

Personal care

Showering

- If balance is a problem, make sure you use slip-resistant mats in the bathroom.
- Try using a long-handled sponge and use a jug to pour water over yourself to rinse.
- Consider a seat in the shower – shower stools are available for purchase / loan privately.
- Alternatively, meet your hygiene needs through a strip wash.
- To wring a flannel out, wrap it round the stem of the tap and twist.

Dressing

- Sit down to dress – you may feel slightly off-balance with one arm out of use.
- Dress affected limb first and undress the opposite way.
- Loose-fitting cardigans / shirts will be easier to put on / take off than tight-fitting items.

- Elasticated waists are easier to manage than zips and buttons.
- Bra – consider using a clothes peg to clip your bra together while you fasten it.
- Slip-on or Velcro strap shoes will be easier than lace-ups, and socks easier than tights.

Meal preparation

Preparing food

- Ready meals require less preparation, although packaging can be tricky.
- Consider buying prepared / chopped fruit and vegetables in the short term.
- Consider using an electric tin opener or buy ring-pull tins.
- Use scissors to cut small vegetables and other foods or use a food processor.
- “Spike boards” (to hold food in place while you chop / slice etc) or non-slip mats are available through organisations such as the Red Cross.

Cooking

- As we often pick up full saucepans with two hands because they can be quite heavy, you may want to split what you are cooking into two pans to lighten the load.
- Fill saucepans or the kettle with a jug and only boil as much water as you need.

- Use a metal sieve or a cooking basket placed in the top of a saucepan to cook vegetables.
- Be aware of lifting things in and out of the oven one handed – they will be heavy and hot.

Shopping

- Consider using online / telephone shopping services for a period of time and getting items delivered to your door.
- Consider using ready meal delivery services temporarily, such as Wiltshire Farm Foods or Oakhouse Foods. These services can also deliver other shopping items.

Household tasks

- Leave regularly used items out so they are in easy reach.
- Pet feeding – consider using sachets rather than tins, as these may be easier to open.
- Ask friends or family members to help with opening tins, packets etc, and to move heavy items if needed.