

# Practical everyday living suggestions for people with reduced hand function

This leaflet provides general advice, hints and tips on how to manage with daily life at home if you have reduced grip or dexterity.

## Opening jars and bottles

- Use a rubber glove to grip the jar/bottle top.
- Put an elastic band around the rim of the jar/bottle.
- Use a jar / bottle opener – various types are available.
- Use a jar key – it releases the vacuum.
- Place jar / bottle on tea towel / non-slip matting to prevent slipping.



## Opening tins

- Ring-pulls – there is a gadget available.
- Standard tins – use a table top electric tin opener.

## Peeling fruit and vegetables

- Use a soft/large grip peeler.
- Use a brush on a suction pad to scrub vegetables.

## Filling and lifting kettles/saucepans

- Use a small jug kettle.
- Use a plastic jug to fill the kettle.
- Use two hands to lift (take care not to burn hands).
- Kettle tippers are available for cordless kettles.
- Use a wire mesh basket to cook vegetables in – lift this out and move water when cool.
- Use a straining spoon, if only a small amount.

## Cutlery

- Use chunky cutlery with a soft grip – various types are available.
- Putting small bore pipe-lagging onto the handles of cutlery is a good temporary alternative.

## Turning on taps

- Wear rubber gloves to turn taps
- If changing taps, fit lever taps.
- Various tap turners are available to provide better leverage.

## Writing

- A large barrelled gel / roller ball or fibre tip pen puts less strain on fingers.
- Use a pen-grip.
- Make it wider or more non-slip, e.g. with elastic bands or cohesive bandage.



## Technology

- Consider use of new technology, such as:
  - Tablets / computers
  - Touch screen phones
  - e-readers
- Use a pen / stylus to dial or use a keypad if finger movement is impaired.

## Useful sources of equipment

There are numerous sources of ergonomic equipment, including:

- [www.livingmadeeasy.org.uk/](http://www.livingmadeeasy.org.uk/)
- [Arthr.com](http://Arthr.com)
- [Activehands.com](http://Activehands.com)

## Contacting us

If you would like further help or advice please talk to a member of staff.

Therapies Department, Royal Berkshire Hospital, London Road, Reading, RG1 5AN

Tel: 0118 322 7811

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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

RBFT Occupational Therapy Department, May 2022

Next review due: May 2024