

## Work

- Consider an appointment with your company'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.

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

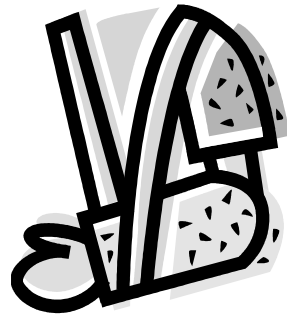
Reading	0118 937 3600
Wokingham	0300 365 1234
West Berkshire	01635 292130
Bracknell	01344 351500
South Oxon	0845 050 7666

## Other useful contacts

Wiltshire Farm Foods	0800 066 2710
Oakhouse Foods	0845 643 2009

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

Emergency Department  
Occupational Therapy Team  
0118 322 7015



Royal Berkshire NHS Foundation Trust  
London Road  
Reading RG1 5AN  
Telephone 0118 322 5111  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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# Managing everyday activities one- handed

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

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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.

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## Personal care

### Showering

- 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.

### Dressing

- Sit down to dress - you may feel slightly off-balance with one arm out of use.
- Dress affected limb first; undress the opposite way.
- Loose-fitting cardigans/shirts will

be easier to put on/take off than tight-fitting items.

- Bra – consider using a clothes peg to clip to bra together while you fasten it.

## Meal preparation

### Preparing food

- 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) are available through organisations such as the Red Cross.

### Cooking

- Consider that often we pick up saucepans with two hands, as 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 instead of lifting the whole item.

- 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 for a period of time, such as Wiltshire Farm Foods or Oakhouse Foods. These services can also deliver other shopping items.

## Household tasks

- Consider using online shopping for a period of time and getting items delivered to your door.
- Pet feeding – consider using sachets rather than tins as these may be easier to open.