

Practical tips for everyday living for people with hand problems

This leaflet provides general advice, hints and tips on how to manage with daily life at home if you have hand problems.

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 a 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.



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

www.arthritisresearchuk.org/shop/products/mobility-aids.aspx

www.livingmadeeasy.org.uk/

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

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This document can be made available in other languages and formats upon request.

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