



# AT for Food Preparation, Eating, & Drinking **PART 2: Enjoying the Meal**

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# Adapted eating & drinking devices can help those with:

- ▶ Limited or no grip strength
  - ▶ Arthritis
- ▶ Pain caused by grasping
- ▶ Limited or no muscle control
  - ▶ Spasticity
  - ▶ Ataxia
- ▶ Upper limb differences
- ▶ Upper extremity disabilities
  - ▶ Limited or no muscle strength
  - ▶ Recovering from shoulder or carpal tunnel surgery
- ▶ Dementia
- ▶ Visual impairments
- ▶ Sensory issues

# What we'll cover today:

- ▶ Utensils/cutlery
  - ▶ Modifying existing utensils
  - ▶ Adapted utensils
- ▶ Stabilizers
  - ▶ Adding weights
  - ▶ Non-slip materials
- ▶ Plates & bowls
- ▶ Non-electric feeding devices
- ▶ Robotic feeders
- ▶ Adapted cups & straws

# Helpful items for many types of eating/drinking needs

- ▶ [Bibs to protect clothing](#)
- ▶ Non-slip placemats
  - ▶ Use a grippy jar opener under plates/bowls
  - ▶ Non-slip shelf liner
  - ▶ Dycem
- ▶ [Plate guards](#)
- ▶ [Non-skid, lipped/scoop plates](#)
- ▶ [Divided plates](#)
- ▶ Plates/bowls with suction bottoms
- ▶ [Weighted plates & bowls](#)



[Dycem](#)



[Non-slip Oval Scooper Dish](#)



[Able-T Plate Guard](#)

# Limited or no grip strength

# Pain from grasping

Arthritis

# Add-ons to make existing utensils easier to grasp



EazyHold Silicone Universal Cuff



Foam Grip Tubing



NuMuv Grip Aid



"Industrial" Twist Ties

# Add-on straps for those with very limited or no grip strength



[Easy On Utensil Holder](#)



[Universal Holder Strap](#)

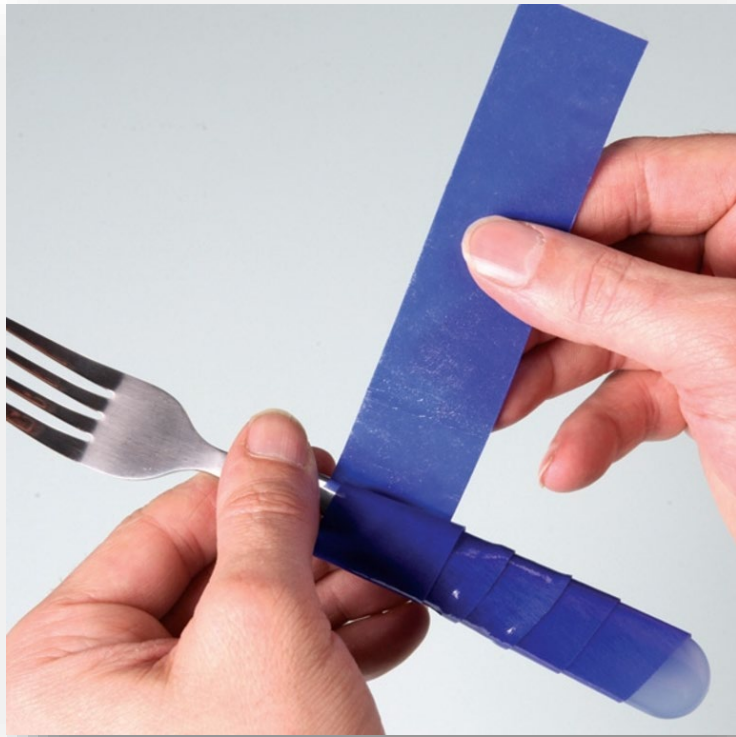


[Goodie-Strap](#)

Works with big grip or built-up handle utensils



# 2 DIY options to utensils easier to hold



[Dycem Non-Slip Self-Adhesive Strips](#)



[Instamorph](#)



Credit: Tech Access of Rhode Island  
[How to Make Your Own Built-up Utensil Using Instamorph](#)



# Utensils with built-up or ergonomic grips



SP Ableware  
Built-up Handle



Power of  
Red Fork



Integral Cutlery

# Adapted utensils for those with limited or no grip strength



Finger Loop Utensils



Vertical Handle  
Hand Clip Fork



Hand Clip  
Spoon



Hole-in-One  
Cutlery

Heads can be  
adjusted to any  
angle

# Rocker Knives for Reduced Strength, Dexterity, & One-Handed Use



T-Grip Rocker Knife



L-Shaped Rocker Knife



Rocker Knife



Vertical Grip  
Rocker Knife

# Lightweight utensils for those for whom grasping causes pain



Homecraft  
Lightweight Foam-  
Handled Cutlery



Featherlike Utensils

# Spill-proof Cups



The Kennedy Cup



Munchkin Miracle 360 Cups



# Limited or No Muscle Control

Tremors, apraxia, spasticity



# Hand & forearm weights for tremors



Handithings Hand Weight



Weighted Forearm  
Compression Sleeve



Functional Hand Weights

# Weighted utensils



[OXO Good Grips Weighted Utensils](#)



[KEatlery Weighted Utensils](#)

# Covered/scoop spoons



S'up Spoon



Angled Spoon with Built-up Handle



Covered Spoon

# Stabilizing utensils



Steady Spoon



Plastic Handle  
Swivel Utensils



EliSpoon No Spill Spoon

Works best with heavy, moist foods  
such as mashed potatoes & oatmeal

# Non-electric stabilizers

- ▶ Check out the [Neater Eater Range](#)



# Obi Adaptive Eating Device



Obi is a switch-activated self-feeding device



# Upper extremity differences or disabilities

Use of one hand, weakness, limited arm/wrist movement

# Knork



Knork (knife + fork)

# Angled utensils for those with limited arm & wrist movement



Evo OT Ware Easy Grip Utensils



Power of Red Bendable Spoon



Easie Eaters with Shields

# Dementia & Visual Impairments

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# Color & Contrast

- ▶ Red to stimulate appetite
- ▶ Contrast!
  - ▶ Mashed potatoes with turkey gravy on a cream plate - no contrast
  - ▶ Mashed potatoes with turkey gravy on a navy blue plate - great contrast



[Independence Red Partition Plate](#)

# Sensory Issues

Over or under-stimulation while eating



# Give the perfect portion



## The Right Bite

Exposes only an appropriately-sized bite. Can help individuals who have difficulty visually judging bite size and prevent injury to a therapist or caregiver.

# Utensils with different textures



Special Supplies Duo Spoons



Plastisol-Coated Spoons

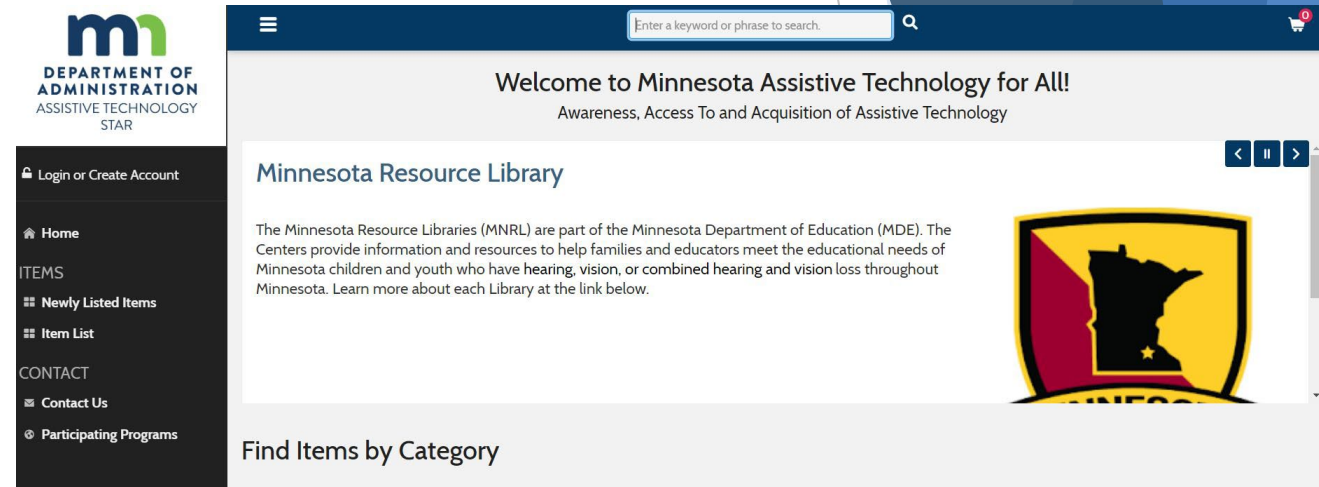
# Connect with an expert & try before you buy!

Free demonstrations and short-term loans of AT are available through your state's AT Program!

## North Dakota Short-Term Loans



## Minnesota Short-Term Loans



# Contact Us - North Dakota

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