

Life Hacks 2016

(Generated by attendees of the 2016 Annual Iowa Wellstone Dsytroglycanopathy conference and collated by Andrea Brooks)

- ❖ Amazon Prime- Free delivery of anything too heavy for me to carry. Combined with a hand-truck stored in my hallway closet to roll my heavy items where I want them to go.
- ❖ Easy Spirit Travel-time shoes- They are slip on, comfortable, and have a rubber bottom for grip.
- ❖ *Keep your cell phone on you whenever you are alone in case of emergency. Tell 911 operators you just need a lift assist, no sirens please.*
- ❖ Silky pajamas or sheets, less friction makes it easier to roll over and get out of bed.
- ❖ Use a “Car Cane” to help get in and out of vehicles. A small removable handle that fits most cars.
- ❖ Shewee device so ladies can pee standing up.
- ❖ *Furniture risers (look like cups) to raise your bed to make it easier to get out of bed. (Home Depot)*
- ❖ Bed rail- slides in between mattress and box spring to help get out of bed easier. (Amazon)

- ❖ Aquatherapy- gentle stretches and exercises in a heated pool to maintain range of motion and improve stability and maintain strength.
- ❖ Having a reacher available at all times- home, work, car, etc. to pick up items that are dropped or are on the ground. Also helpful to pull up pants/clothes.
- ❖ *Modifying home bathtub into a walk in shower. (Luxury Bath or Bath Fitters)*
- ❖ Folding cane for easy transport and use as needed. Helpful in a crowd since people can visually see you have poor balance so are less likely to bump into you.
- ❖ Use a cup with a lid and handle. Easier to hold, carry and less likely to spill.
- ❖ Store dishes, pans, plates and cups at counter height so easy to reach and use.
- ❖ *When our daughter got too old for bibs, we found lots of cute aprons on Etsy to use instead. She gets to wear fashionable, age appropriate prints or solids and it protects her lap too.*
- ❖ Furniture sliders under chairs to help move me under the table when sitting in a chair. It is easier for me and easier for the helper. (Home Depot)
- ❖ Pub level/Counter level table and chairs for easy access at meal time.

- ❖ Light weight 3in. sturdy foam pad to take to outings to help get out of low chairs.
- ❖ *Using a walking stick bought at a sporting goods store for stability when walking.*
- ❖ No matter what your child with MD says, s/he will get tired after a big day and will want to be carried. Save your back and bring the wagon or stroller.
- ❖ Invest in water bottles such as Camelbak so you don't have to lift and tip a bottle up.
- ❖ Ask teachers to provide child-size chairs throughout the classroom for kids to sit without having to get all the way down and having to get back up again. For example, at group times when entire class is sitting on the floor.
- ❖ *Wearing slip-on shoes/ballet flats. They look nice and are easy to put on, take off and easy to walk in.*
- ❖ As a parent, I moved to a one story home and installed a ramp from the garage into the house.
- ❖ Grabbers in every room!
- ❖ Lady J- female urinary gadget. This device allows women to urinate standing up. I added a little bit of tubing to avoid leakage on legs or pants with duct tape. (Amazon)

- ❖ *Using a Go-Go travel scooter for travel. It disassembles into 4 pieces for easy transfer into a car trunk. Great for air travel too.*
- ❖ Use an electric toothbrush, light weight hairdryer and light weight hairbrush.
- ❖ *Get a chair height toilet (ADA).*
- ❖ Use a long handled bath pouf to reach your legs and back when showering.
- ❖ *Get a power lift chair/ recliner to use in the living room.*
- ❖ Cover the seat of your car with a silky fabric for less friction when sliding in/out of the car.
- ❖ Place a TOILEVATOR under the base of your toilet. It is designed to raise the toilet by 3.5". It is a spacer between the floor and toilet base. (Amazon)
- ❖ *When your scooter is stuck in mud or snow, slide your seat forward and back quickly to generate momentum and pack a "runway".*
- ❖ *Just tell strangers you have a "muscle" problem. They don't need to know the whole story and this will satisfy their curiosity.*