

# Life Hacks



Most household products and tools

can be purchase on Amazon

## Life Hacks for Children

- ◆ 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.
- ◆ Invest in water bottles such as Camelbaks so you don't have to lift and tip a bottle up.
- ◆ 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.

## Home Management & House Keeping

- Use a grabber/reaching aid to pick things up off the floor to avoid needing to bend.
- Power Toilet Aid – [www.stand-aid.com](http://www.stand-aid.com)
- The Warren Lift (power toilet) – [www.mikewayllc.com](http://www.mikewayllc.com) (manufactured in Burlington, IA) and they will customize to fit individual needs
- Wear an Apple watch so you can call or text someone if you fall and cannot reach your phone
- Get the Hurricane Spin Scrubber to make cleaning your shower or tub easier while standing (it's an electric scrub brush on a five foot long pole)
- Customize your chair height – stackable chairs can be used to adjust chair height. If a regular single chair is too low, try stacking two chairs to get a slightly higher position.
- Place a TOILEVAOR 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.
- Get a power lift chair/recliner to use in the living room.
- Use a long handled bath pouf to reach your legs and back when showering.
- Use an electric toothbrush, light weight hairdryer, and light weight hairbrush.
- Grabbers in every room!
- For women; Lady J-Female urinary gadget or Shewee. This allows women to urinate standing up.
- Move into a one story home and installed a ramp from the garage into the house.
- Wear slip-on shoes/ballet flats. Easy to put on, take off, and walk in.
- Furniture slider under chairs to help move me under the table when sitting in a chair. Easier for me and the helper.
- Store dishes, pans, plates, and cups at counter height for easy to reach and use.
- Modifying home bathtub into a walk in shower.
- Bed rails-slides in between mattress and box spring to help get out of bed easier.
- Silky pajamas or sheets, less friction makes it easier to roll over and get out of bed.
- 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.

## Life Hacks for Children

- ◆ When your daughter gets too old for bibs, you can find lots of cute aprons on Etsy to use instead. Very fashionable, age appropriate prints or solids and will protect her lap too.
- ◆ Use a cup with a lid and handle. Easier to hold, carry and less likely to spill.

## Home Delivery

- ◆ Amazon Prime-Free delivery of anything too heavy to carry.
- ◆ Get a hand-truck stored in hallway closet to roll heavy items to where you want them to go.

## Recreation

- Get light weight 3in. sturdy foam pad to take to outings to help get out of low chairs.
- Aquatherapy-gentle stretches and exercises in a heated pool to maintain range of motion and improve stability and maintain strength.
- Music therapy

## Work

- Get to know the maintenance staff where you work (and live) – they're very helpful!

## Transportation & Travel

- Roll your clothes when you pack them
- Use packing cubes
- A portable folding ramp is helpful when visiting friends and relatives
- Use 1"x5" boards – keep them in your car so when you go to other homes, you can build small stairs to assist in getting up a 7 inch step
- When your scooter is stuck in mud or snow, slide your seat forward and back quickly to generate momentum and pack a "runway."
- Cover the seat of your car with a silky fabric for less friction when sliding in/out of the car.
- 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.
- Using a walking stick bought at a sporting goods store for stability when walking.
- 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 "car-crane" to help get in and out of vehicles. A small removable handle that fits most cars.
- Easy spirit Travel-time shoes, they are slip on, comfortable, and have a rubber bottom for grip.

### Transportation & Travel

- Reserve an accessible room and call to confirm they have it reserved for you. Set your customer profile on hotel websites to “accessible room” preference
- Before booking hotels and resorts, check pictures on Trip Advisor and look at guest photos, to determine true accessibility.
- Use google maps street view to see the layout and accessible routes before you get to your destination.
- Call ahead even if they say they are accessible, and ask details about entries, doorways, single steps, etc. They may not be your version of accessible. Most places will also measure doorways for you if you ask, to ensure your chair will fit through the door
- Google image search when attending major venues (concerts, sports venues) to check things like which section have handrails, how steep certain sections are, how close sections are to the concourses and how close sections are to accessible parking (comparing images and ticketmaster seats). You can map many venues before you get there and know what to expect.
- TSA Cares (855-787-2227) Call ahead before flight to schedule to meet an agent at airport. They will assist and facilitate your passage through security
- Get to the airport early and check in at the gate. Ask if you can board early and move closer- 95% of the time they will do it for free
- Use packing cubes, or roll clothes to fit more in a smaller bag

### Don't forget to bring:

- Bring your handicap parking tag with you
- Travel with a small (square foot) size tract mat. It will allow you to step into a wet tub, but its light weight and dries quicker than a full mat.
- Buy a foldable/portable ramp on amazon for single steps or small thresholds

### Destinations:

- Take beach vacations to places with mobimats so you can get on the beach (Florida has many!)
- I get the cheapest ticket to any concerts and plays. I tell the usher I need to stay in my scooter, and they give me a free upgrade almost 100% of the time.
- Free national park access for US citizens with a permanent disability. America the Beautiful National Parks Access Pass: [store.usgs.gov/access-pass](https://store.usgs.gov/access-pass)
- Wheelchair Getaways offers accessible vehicle rentals

### Socializing & Dating

- Your words can hurt people, but they can also build people up – it has a double feature!
- Kabooti Chair cushion – lightweight and portable
- Sit at counter height tables and chairs
- When at restaurants and sitting at bar or counter height tables, bring along a collapsible stool to rest your feet on. But, also remember to take it home! 😊
- Just say “Hi” 😊
- Go meet people 😊
- Just tell strangers you have a “muscle” problem. They don’t need to know the whole story and this will satisfy their curiosity.

### Eating Out

- Pub level/counter level table and chairs for easy access at restaurants.
- When ordering food from anywhere, call from the parking lot when going to pick up, and ask if they will bring it to the car for a tip. Works 100%
- Review menu online in advance.

### Some more ideas...

- Keep your head up and dance!
- For young children with g-tube extensions – use a small sweat band to keep the tube in place on their leg (this can keep your child from grabbing the tube and chewing on it or opening the port)
- Positive Affirmations: Find something – social media, a book, meme, Grumpy Cat to start your day on the right foot!
- Standing up – when you need to rise, turn around on the chair and push off to get up.