

WELLSTONE

Life Hacks: 2023

- For parents with young kids that still need to be carried, TUSHBABY is a shelf carrier that helps save your back: <https://tushbaby.com/>
- MiniMeis chair that sits on a parent's shoulders. It is easy to put a child into and take them out of. They are supported and buckled in. Allows them to see in front rather than the backpack view: <https://us.minimeis.com>
- Use a grabber to pick up kids' toys and to clean rooms
- Have a grabber in your car and multiple throughout your home. Put on hooks so they cannot fall
- Keep a gait belt in glove box
- In each room... smart speaker to call for help or Apple watch (hard fall detection)
- Put boxes in all cabinets to keep things from going so far back that I cannot reach
- Use hand towel holder to put your elbow in to brush hair
- SI belt
- Yoga block under feet at kitchen table
- Carbon fiber shoe inserts... helped stride length
- Risers under furniture to lift chairs or couch
- Custom made wood furniture risers for couches, chairs, etc. – can be painted to match the color of furniture legs: <https://furniture risers.com/>
- IKEA's new line of accessible furniture:
<https://www.ikea.com/ma/en/new/the-story-of-the-omtaenksam-collection-pub26cc1e90>

- For carting groceries and other items, try a CLAX cart. It keeps your items up high (not low): <https://claxcart.com.au/shop/clax-cart/>
- Drawer liner or Dycem (<https://www.dycem.com>): put a non-slip mat in front of the toilet or tub... also good for travel
- Mangar Health Elk: to help lift from a low position: <https://mangarhealth.com/us/by-winnicare/patient-lifting/at-home/elk-lifting-cushion/>
- Caregivers... use your legs, not your backs!
- Upeasy seat lift: <https://carex.com/collections/lifting-seats>
- Use power wheelchair features to help lift to higher seated position when others are lifting you
- Human floor lift – lift up from the floor independently: <https://indeelift.com/>
- Electric seat riser on wheelchair
- Plastic board and furniture moving straps for side transfers in the sitting position
- BathLyft raises and lowers you in the bathtub... safely! You can bathe again. Website also has videos showing how to go from the floor to sitting to standing: <https://solutionbased.com/products/bathlyft>
- Pillow between knees (with Velcro) when sleeping
- Use a knee/ankle wrap (elastic, breathable) to wrap at knees while sitting on scooter or in car to keep knees closer together
- Bidet to toilet!
- Girls: get a female urinal! It will change your life.
 - Travel Jane is small and compact: <https://shop.traveljohn.com/traveljane/>
 - SaniGirl: <https://sanigirl.com/>
- Bra offering a little upper back/posture shoulder support: https://shop.lululemon.com/p/women-sports-bras/Enlite-Bra-Zip-Front-MD/_/prod9090483?color=30429

- For needle muscle biopsies: elevate your leg and rest as much as possible the day of the procedure, limit walking on it that day. Have someone drive you home as driving a long distance can cause swelling.
- Seek Fire Department help in advance... have agreement for them to provide help getting you up – use Knox Box to get in: <https://www.knoxbox.com/>
- *101 Tips for Living with Pompe*: good book (link at bottom of page has instructions for obtaining English version): <https://agsd.org.uk/news/pompe-101-tips-in-italian/>)
- *MDA's Emergency Preparedness for People with Disabilities* includes a 1-page document to fill out/have ready: <https://www.mda.org/sites/default/files/2023/01/Emergency-Preparedness-for-People-with-Disabilities.pdf>
- Online exercise/movement classes:
 - University College London – specific to people with neuro-muscular conditions:
 - Standing: <https://youtu.be/MN5OJs-ZHm8>
 - Seated: <https://youtu.be/tebCn3a7Hf8>
 - Lying: <https://youtu.be/yaZ2aJsCZ8Y>
 - Shelley Mockler's Pilates/movement:
 - <https://youtu.be/yuk3MYkyNjs>
 - <https://youtu.be/yuk3MYkyNjs>
 - Mind Body Solutions adaptive yoga:
 - <https://youtu.be/yuk3MYkyNjs>
 - <https://youtu.be/yuk3MYkyNjs>
 - Adaptive Yoga LIVE – designed by disabled people:
 - <https://adaptiveyogalive.com/>
 - LEAP Service – practices based on yoga, Tai Chi, and Qi Gong principles:
 - https://www.youtube.com/playlist?list=PL0Af0VuX-9FCQqvAfSK1_tWq3UWeJsRmx