

FUNCTIONAL FRIDAY

Everyday Activities After a Stroke: Ways to Manage Changes in Movement

- A stroke can affect your ability to function in everyday activities such as:
 - Activities of daily living (getting dressed, cooking, cleaning)
 - Getting in and out of a car, driving
 - Leisure activities and hobbies
- A stroke may make it hard to move and control your arm(s) and/or leg(s). Adaptive equipment can help you in the short term or long term, depending on the changes you are experiencing.
- Adaptive equipment can be used make everyday activities easier and safer for you and those who may help you.
 - Using adaptive equipment can also make a completing an everyday activity easier or safer
 - Adaptive equipment can help to make your daily activities much more efficient and save your energy

Some examples of adaptive equipment that can be useful for completing your daily activities are shown below.

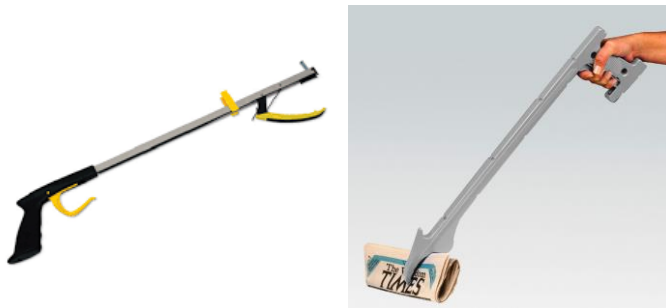
In the Kitchen: EZ off Jar Openers- makes it easier to use affected hand(s) when trying to open a jar



In the Bedroom: Bed cane – helps individual to sit up from bedside much easier/safer



Grabbing items around the house: Reacher – allows individual to grab objects without bending body to reach items below or reaching to grab something over your head



While dressing: Shoehorn- allows individual to put on shoes without bending body



It is important to note that recovery after a stroke is a process and improvements in function can continue to occur over time. Be sure to continue to work with your therapists and use their suggestions to support your rehabilitation.

Where can I find adaptive equipment?

If you shop online, there are many options. Search Google for “adaptive equipment” or the name of the item to see places where you may purchase equipment. Check prices and compare features as well as reviews by other users. Many items can also be found in big box stores such as Wal-Mart and many pharmacies may order for you if you don't shop online. W

Some websites you may find helpful about living with a stroke and ideas for adaptive equipment include

<https://www.stroke-rehab.com/adaptive-equipment.html>

<https://www.flintrehab.com/occupational-therapy-tools-for-stroke-patients/>

<https://www.alimed.com/stroke-blog/>

<https://www.stroke.org/en/life-after-stroke/recovery/daily-living>