



# WESTERN NEUROPATHY ASSOCIATION

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## Adapt Your Home with Assistive Devices and Safe Practices

Assistive gadgets and mechanical aids can improve mobility and safety by focusing on compensating for numbness, pain, and muscle weakness. These tools and strategies can contribute to continued independence in performing activities of daily living.

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**Mobility** - Canes, walkers, rollators, foot braces for drop foot and orthopedic shoes provide support in maintaining balance and stability while navigating home and away.

**Personal Care** – Grab bars, shower chairs, long-handled sponges, and raised toilet seats enable independent hygiene.

**Dressing** – Button hooks, zipper pulls, sock helpers, and long-handled shoehorns contribute to daily dressing.

**Grooming** – Electric toothbrushes, adapted hairbrushes, and specialized hair drying/curling products compensate for limited dexterity and reduced grip strength.

**Meal Preparation** – Rocker knives, enhanced grip utensils, built-up eating ware, battery operated spice grinders, and modified jar openers allow independent cooking and dining.

**Fall Prevention** - Eliminate area rugs and only keep a nonskid mat for slippery bathroom floors. Use different colored strips on stairs to help distinguish and recognize individual steps. Install motion sensor lights to illuminate floors for nighttime bathroom visits.

Using assistive gadgets for everyday tasks – even those considered small or easy – conserves physical and cognitive energy, allowing time for hobbies, social connections, and activities that provide joy.

Check out the [For Home page on our website](#) to explore accessibility items our support group attendees and WNA members have found helpful.

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