Occupational Therapy: Long-Handed Aids

Long handled aids can help people with reduced flexibility or movement to complete tasks with minimum strain. Long-handled aids can assist with personal care activities such as bathing and grooming, cleaning and dressing. These devices can be useful if you have pain, fatigue or have recently had a total hip replacement surgery.

- **Dressing Stick**
  Hooks on either end of the dressing stick to allow users to reach clothing and pull up.

- **Long Handled Shoe Horn**
  Assists with getting shoes on and off and reduces bending and straining.

- **Long Handled Reacher**
  Used to help pick up hard to reach items. It can also help with dressing.

- **Long Handled Bottom Wiper**
  Holds toilet paper or wet wipes and reduces the need to twist.
<table>
<thead>
<tr>
<th>☐ Long Handled Toe Wiper</th>
<th>☐ Long Handled Sponge</th>
<th>☐ Long Handled Comb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assists with washing and drying between the toes.</td>
<td>Allows easy cleaning of hard to reach areas.</td>
<td>Assists with reaching behind the head to comb hair.</td>
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</tbody>
</table>

**Therapist’s Name___________________**
**Contact No._____________________

Your therapist will supply you with a local supplier list