



# GETTING TO KNOW ASSISTIVE DEVICES

PROMOTING DINING  
INDEPENDENCE

# Assistive devices, anyone?

HOW to use assistive devices that promote self-feeding:

- *Keep an accurate list of assistive devices needed.*
- *It is super important to maintain sufficient inventory of the assistive devices, for all three meals plus snacks per day, for each person needing assistance with self-feeding.*
- *All assistive devices that are reusable must be washed and sanitized after each use.*



But what kinds are there?

# Assistive devices in a nutshell



- **Dishes.** Dishes with *inner lip or bowl-like* dish aids in scooping food items on to an eating utensil. *Divided plates* keep foods apart and can also aid in scooping.
- **Utensils.** *Built-up, easy-grip handles* and/or angled and swivel handles help people with dexterity issues. *Weighted utensils* can help slow down tremors.
- **Cups and glasses.** *Easy-grip and two-handed vessels* help people hold the cup or glass and can control the flow of liquid into the mouth, *Nose cut-outs* make it easier for people with range-of-motion difficulties to tip a cup to their lips.

- **Straws.** *Adaptive straws* with extra length and flexibility enable people to drink on their own.
- **Colored Placemats.** *Non-slip placemats* keep plates within reach and can provide color contrast to help people with visual impairment.

But how are they used?

# plate guard



- Attaches to the side of the plate
- Enables patient to scoop food onto utensils
- Use of inner lip or bowl-like dish is less institutional looking and can serve the same purpose
- Placement: *Side of plate opposite of the patient's eating hand.*

# divided plate



- Also allows scooping of food
- Separation of food
- Assist with visual impairments (clock method to locate food on plate)
- Do NOT use to keep pureed-type foods from running together. Pureed foods should be pudding-thick and hold its own shape.

# scoop bowl



- Dish with one side sloped upward to allow patient to scoop items onto fork/spoon

# two-handled cup



- Cup with 2 handles, can be used with or without lid
- Enables stability while drinking for weak grip, arthritis
- Decreases spillage

# built-up utensils



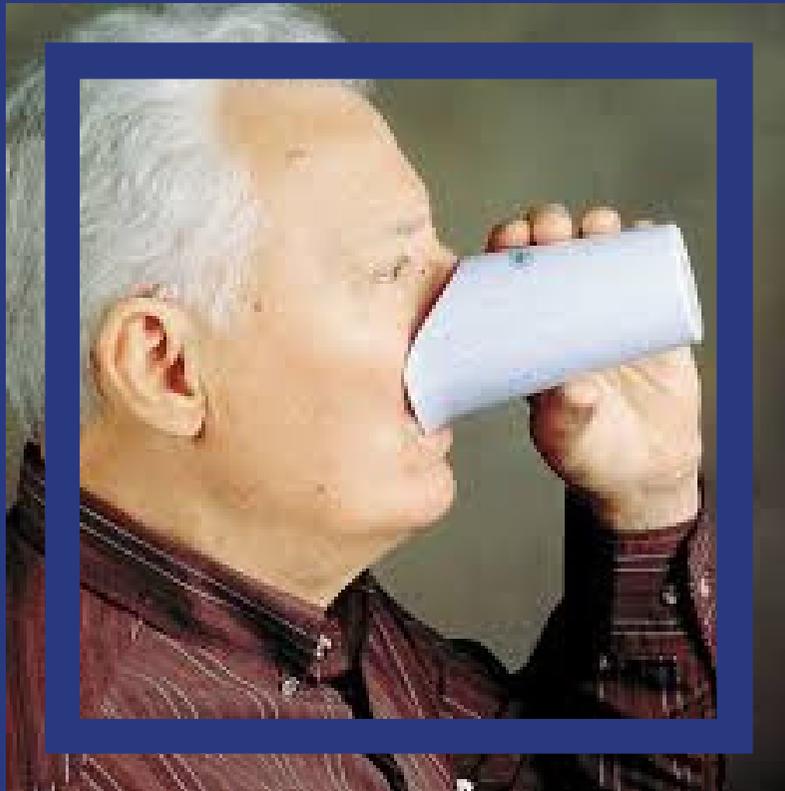
- Can be fork, spoon or knife
- Thick, built-up handle provides increased grip of utensils
- Bendable handle to decrease the angle for bringing food to mouth (for patients with decreased range of motion)

# weighted utensils



- Heavier than built-up utensils
- Handle is NOT bendable
- For patients with tremors, weakness
- Weight provides stability by minimizing the movement of the arm

# cut-out nose/nosey cup



- Rim of cup has cut out notch
- For patients with decreased neck range of motion