



During your clinic visit, Mark Goren, MS, OTR/L, CHT, the senior occupational therapist at the MDA/ALS Center of Hope, is available to discuss hand and upper extremity weakness and how it is affecting your ability to engage in meaningful activities of daily living (ADL's). For questions and further assistance, please contact Mark directly at [MGoren@DrexelMed.edu](mailto:MGoren@DrexelMed.edu).

*People living with ALS (PALS) and their families often experience frustration while engaging in the most basic, meaningful ADL's. Eating, grooming, bathing, dressing, toileting, homemaking, leisure pursuit, and work related activities are often challenging to PALS. At the MDA/ALS Center of Hope, Mark Goren will offer solutions to help PALS adapt.*

## EATING

Unfortunately, once muscle weakness begins, no amount of strengthening can reverse the process. Your occupational therapist may recommend assistive devices and equipment to help compensate for weak musculature. For example, if cutting food becomes difficult, a different type of knife may help. The internet offers a wide variety of assistive devices to help compensate for hand weakness. Some examples include:



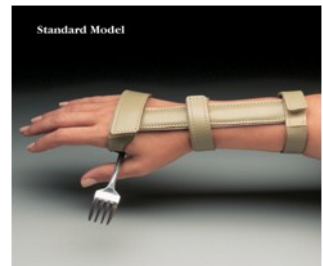
[Built up handle utensils](#)



[Rocking T-kife](#)



[Universal cuff](#)



[Dorsal wrist support with universal cuff](#)

## GENERAL TASKS

Devices are available to help with key turning, handwriting, page turning, opening jars, and more! Ask your occupational therapist about them.



## GROOMING

Grooming and bathing activities, essential for wellbeing, are often discussed during the multidisciplinary team visit at the MDA/ALS Center of Hope. Hand and arm weakness may contribute to difficulty holding a wash cloth or soap. Reaching your feet or back may also present a challenge. Once again, modifying the way you engage in these activities may be beneficial.



Bath mitt with  
soap holder



Bendable long sponge

## BATHROOM

Fall prevention at all times, especially during bathroom activities, is important to discuss during your clinic visit. The use of grab bars, shower chairs, and raised toilet seats are encouraged!



A barrier free shower allows easy access for roll-in shower chairs.

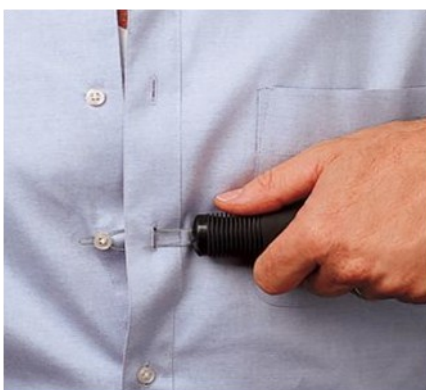


## DRESSING

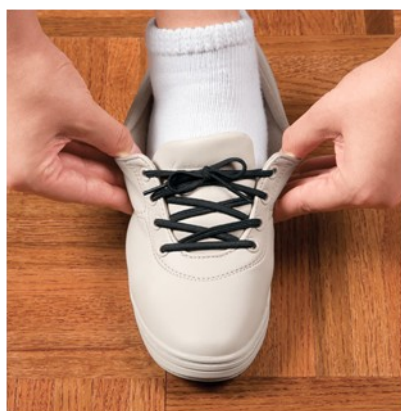
Buttons, zippers, and tying shoe laces can be difficult for a person with hand weakness. There are many assistive devices available to help compensate for these fine motor deficits.



Velcro buttons



Button hook



Elastic shoe laces

## HOMEMAKING

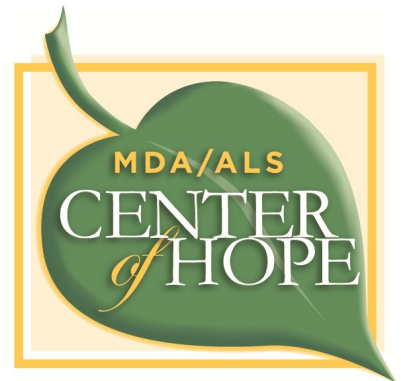
Homemaking activities may be problematic when struggling with upper extremity and/or lower extremity weakness. Home modifications are often valuable to help engage in these activities with less difficulty. Here is an example of a kitchen sink with the cabinet doors removed. This allows for placement of a wheelchair or high chair in front of the sink, room for your legs underneath the sink, making it easier to wash dishes safely. Lowering dishes to below shoulder level also allows for easier accessibility.





## LEISURE

Leisure pursuits contribute to a positive quality of life. Most sports now offer adaptive solutions to help maintain independence with your choice of activity. Here are two examples:



*To learn more about adaptive solutions to help people living with ALS maintain independence and preserve quality of life, please discuss the unique challenges you face with the clinic team at the MDA/ALS Center of Hope. Read about preparing for your clinic visit at [www.ALSHopeFoundation.org/The-Center-of-Hope](http://www.ALSHopeFoundation.org/The-Center-of-Hope)*