



In this week's edition of Tech Spotlight, let's talk low tech. Technologies described as "low tech" are solutions that are relatively inexpensive, easy to learn and readily available. They can be purchased off the shelf or even fabricated at home, and they can mean the difference between independence and relying on others.

Let's look at some adapted tools and gadgets that can have a big impact:

Easy Twist Jar Opener



Can help individuals with limited grip strength and dexterity to open lids
<https://www.amazon.com/easy-twist-jar-opener/s?k=easy+twist+jar+opener>

Universal Built Up Handle



There are a wide variety of built-up handles and grips on the market. They can be used on everyday grooming tools and utensils for individuals who have difficulty grasping narrower shafts. There are even some DIY ideas you can find by a simple online search. **Consideration to individual feeding concerns must be given and appropriate team members consulted before any modifications to an individual's utensils.*

Reacher/Grabber



A reacher or grabber is a great tool for individuals who have decreased mobility and flexibility to secure items out of reach, such as a snack from a shelf or a dropped TV remote. Many options even have magnetic tips to pick up items like dropped coins.

https://www.amazon.com/Reacher-Grabber-Tool-Foldable/dp/B07VFWT1M/ref=sr_1_16?dchild=1&keywords=reacher+grabber&qid=1599600842&sr=8
-16

Easy Key Turner



Provides more leverage and better grip surface to turn keys for those with limited finger strength and dexterity.

https://www.amazon.com/Keywing-Converts-Perfect-Arthritis-Parkinsons/dp/B07PTT6MYZ/ref=sr_1_1?dchild=1&keywords=easy+turn+key&qid=1599600722&sr=8-1

Think about making everyday tools accessible to all. There are so many options out there! The Enabling Technology Department is always here to help! Reach out to Julie Daly julie.daly@kencrest.org or Joe McGuire joseph.mcguire@kencrest.org at any time.