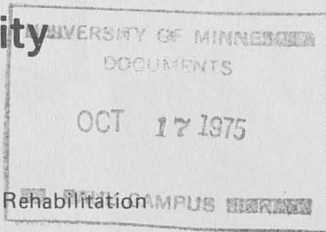


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ABILITY -- not disability

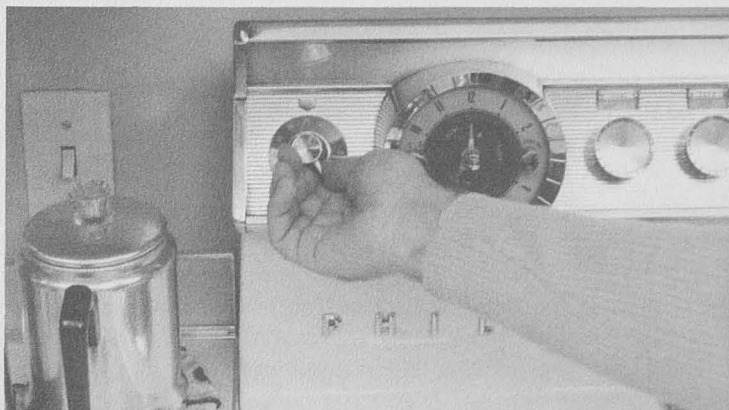
With One Arm

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People with one arm can do almost all household tasks a person with two arms can do with the help of special techniques and devices.

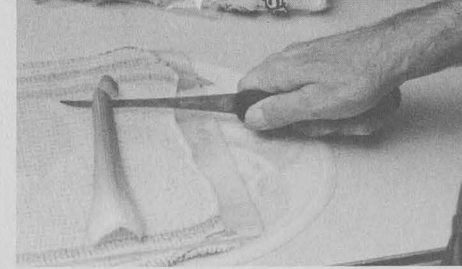
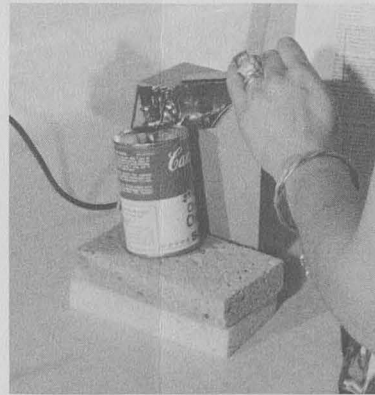
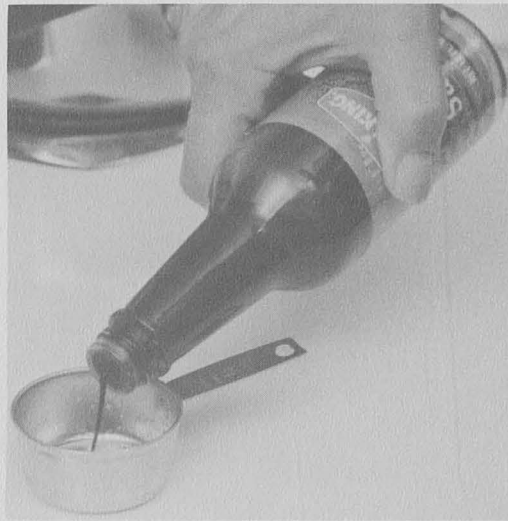
The person with the use of one arm because of a stroke has additional limitations. He may have trouble remembering how to do things and when to do them. A stroke usually occurs when the blood supply to one part of the brain is cut off, often by a blood clot. This can affect speech, hearing, and memory as well as arm and leg control. Each stroke patient has a different situation.



Memory problems can be overcome by planning each task and writing things down. Often the stroke patient can remember something that happened 20 years ago, but can't remember he has something cooking on the stove. Always set the timer.

When recovering from a stroke, a person should plan easy meals. He tires easily and often has to stop and rest. At first, cook simple dishes that do not require recipes. Assemble all ingredients before starting.

One stroke patient puts everything into different sized containers after chopping so he can see what goes into the recipe. He can estimate amounts instead of doing precise measuring.



Usually a stroke victim with the use of one hand also will have a weak leg. In that case, sit down to work, or lean up against a counter for support.

Special Equipment

A jar opener for the one handed or those with weak hands may be ordered from Fashion Able, Fred Sammons, or Miles Kimball. The V-shaped sides grip the jar top while one hand turns the bottle. Another method is to clamp the bottle into the corner of a drawer and then turn the cap. If it is a metal cap, tap it with a knife handle or run under hot water to expand it.

Most hardware stores carry flat-bottomed measuring cups and spoons that can be used without holding. The cups should have long handles for an easy grip. Use a larger cup than necessary, then it won't spill when transferring it to a bowl.

Electric can openers for the one handed are available, but when a person already has a standard model, lifting the can up and bracing it against the cutting edge with the help of one or two sponges solves the problem.

Sharp knives are essential.

Special Techniques

Keep a tea kettle or pan of water on the back of the stove. Then you won't have to transfer pans back and forth to the sink to fill them.

Always set the timer and write a note to remind yourself when a dish will be ready. You may set the timer for every 10 minutes and walk back and forth to the kitchen for exercise.

Neatness is functional. Often stroke patients have bad vision and they can easily push something off the counter. Keep unnecessary items out of the way.

Use packaged convenience foods to make cooking easier and save energy.

Brace cartons against the body when they must be pried open.

Open cartons with pull strips with the teeth. The box also can be braced against the counter with the body and opened with one hand.

Open cellophane or paper packages with a scissors.

Level off a measuring spoon by scraping it against the container.

Large windows are a necessity for a shut-in. They bring the outside in.

Getting out with friends and acquaintances is important for anyone with a handicap. It is easy to get depressed if one stays home all the time.

Stroke patients with speech difficulties need to practice speaking.

Keep busy with projects. People with physical limitations can do many arts and crafts.

*Mail order houses for rehabilitation equipment:

- . Fashion Able
Rocky Hill, New Jersey 08553
- . Fred Sammons, Inc.
Box 32
Brookfield, Illinois 60513
- . Miles Kimball
41 West Eighth Ave.
Oshkosh, Wisconsin 54091
- . Rehabilitation sections of such catalogues as
Penney's, Sears Roebuck, and Montgomery Ward

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Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Roland H. Abraham, Director of Agricultural Extension Service, University of Minnesota, St. Paul, Minnesota 55108. We offer our programs and facilities to all people without regard to race, creed, color, sex, or national origin.

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