

Adaptive Tools

Work Smarter, Not Harder



For the most part, human beings are creatures of habit. People have a tendency to continue to do a project or task the way they are used to, the way they have always done it. And while this is sometimes a good thing, oftentimes it can mean those projects or tasks are not being done as effectively or efficiently as they could be. This can be even more evident when dealing with a progressive disease like Parkinson's, which if not addressed can lead to a loss of independence in certain areas of everyday life.

Adaptive tools/equipment are devices used to assist an individual in completing many activities involved in day-to-day life. Adaptive tools can help individuals become more independent with everyday activities like dressing, bathing, and grooming to cooking, gardening, and even playing games. These activities, and others, fall under the spectrum of "Activities of Daily Living" or ADLs. Tools can range from high-tech electronic devices to decidedly low-tech options like using a length of rope to help close an overhead door (like a garage door or hatchback).

How much do Adaptive Tools Cost?

Adaptive tools are not necessarily expensive, though that certainly depends on the type of tool required. Adaptive tools can be created (ie: using elastic for shoelaces to create a slip-on shoe) or repurposed (ie: using non-slip cupboard liners can keep plates and bowls from sliding while eating or prepping food). Not every item can be created or repurposed however, some do need to be purchased.

Alberta Health offers the Aids to Daily Living (AADL) program to help Albertans with long term disability, chronic or terminal illness to maintain independence by providing financial assistance to buy certain medical equipment and supplies. A Client Services Coordinator can help to determine if this program might be right for you!

Who can Help Determine which Tools are Best?

An Occupational Therapist can be a valuable resource in helping to determine which tools or devices would provide the most benefit for one's individual needs. Occupational therapists address problems in the area of self-care, work and leisure. They provide advice and instruction on adaptive equipment, safety awareness, energy conservation and mobility issues. And assess home situations and provide appropriate guidance for equipment purchase/home adaptation.

Adaptive tools can help you "work smarter, not harder" by helping you become more effective in the tasks you want to accomplish.

For more information on this topic watch our web video titled "Adaptive Tools with Bronte"