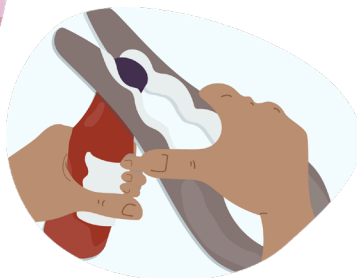


Small aids to help you at home

Occupational Therapy



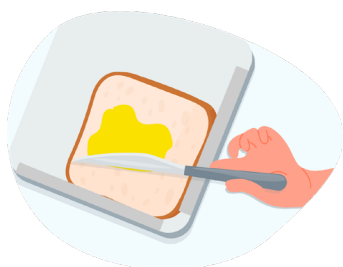
This leaflet shows you some small aids that can support you with every day tasks.

They can help you stay independent at home if you have limited mobility, hand movement, strength or grip.

You can buy these items from online shops. There are some links in the where to buy section of this leaflet.

Search using the item names listed below to find what best suits your needs.

Cooking and food preparation



Spreader board

Bread board with spikes or food preparation board.

Holds food in place so you can cut or spread with one hand.



Non-slip mats

Dycem mats.

Stops plates and cups from sliding to prevent spills.



Rubber jar gripper

Spill Not or under-counter lid remover.

Helps you open jars or bottles with one hand.



Easy peeler

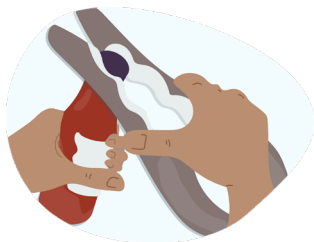
Palm peeler or finger grips.

Makes peeling fruit and vegetables easier.



Easy pull can opener

A large easy grip ring pull to help you open cans easier.



Multi-grip opener

Helps you open containers, jars and screw-top bottles.



Kettle pourer

Kettle tipper.

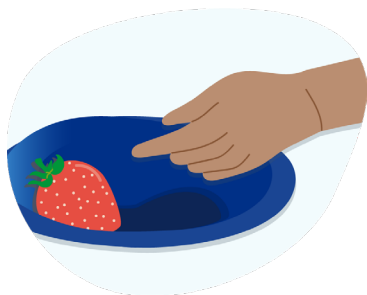
Makes pouring hot water from the kettle safe and easy to avoid spills and burns.



One-cup kettle

Helps you prepare a hot drink with just one button press.

Eating and drinking



Adapted plates and bowls

Scoop plates and bowls or plate guards.

Stops food falling off the plate.
Good for one-handed eating.



Adapted cutlery

Cushioned handles for better grip.
Weighted for improved control.
Bendable or angled for easier scooping or one hand use.



Adapted cups

Two handles for better grip and stability.

Around the home



Long reacher

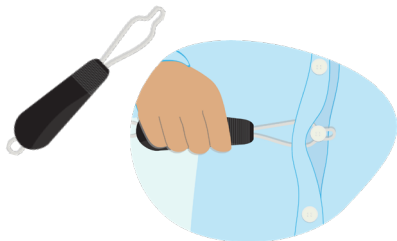
Grabber tool or helping hand.

Helps you pick things up without bending, stretching or straining.



Sock aids

Helps you put on socks without bending, stretching or straining.



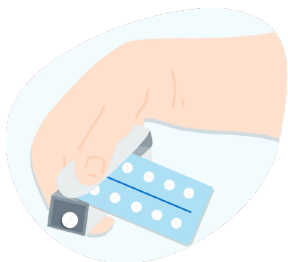
Button hook and zip puller

Makes dressing and undressing on your own easier.



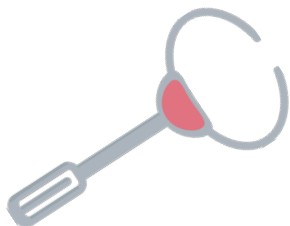
Leg lifter

Helps you to move your legs into and out of bed, chairs and the bath.



Pill popper

Helps take pills out of the blister packs.



Bra Angel dressing aid

Helps put on a bra with one hand.

Front fastening bras are also available if that would be easier.

Try before you buy

We have a small selection of items in stock you can try.

Ask your Occupational Therapist about testing an item at one of your sessions.

This will help you decide what would be best for your needs.

Where to buy

- **Amazon:** search for small aids quickly
www.amazon.co.uk
- **Living Made Easy:** gives links to lots of different suppliers
www.livingmadeeasy.org.uk

Need help?

Telephone us on 0191 566 5650.

We are open from 8.30am to 4.30pm, Monday to Friday.

You can leave a message on our secure voicemail system outside of these times.

Complaints, comments and suggestions

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website www.cntw.nhs.uk/contact/complaints
- telephone the complaints department on 0191 245 6672
- email complaints@cntw.nhs.uk

We are always looking at ways to improve services. You can provide feedback in the following ways:

- the quickest way for you to do this is to complete our short online survey at www.cntw.nhs.uk/yourvoice
- complete a Your Voice survey, available on wards, reception areas or from staff
- other options for sharing your feedback and experience can be found on our website www.cntw.nhs.uk/yourfeedback

Patient Advice and Liaison Service (PALS)

PALS provide confidential advice and support, helping you to sort out any concerns that you may have about any aspect of your or your loved one's care.

We act independently when handling patient and family concerns, liaising with staff, managers and, where appropriate, relevant organisations, to negotiate prompt solutions.

If necessary, we can also refer patients and families to specific local or national-based support agencies.

PALS North of Tyne/North Cumbria

Telephone: 0800 032 0202

Email: pals@nhct.nhs.uk

Post: FREEPOST PALS

PALS South of Tyne

Telephone: 0800 328 4397

Text: 07825 061 035

Email: pals@cntw.nhs.uk

Post: Patient Advice and Liaison Service, Garden Lodge,
Hopewood Park, Ryhope, Sunderland, SR2 0NB

9.00am to 4.30pm, Monday to Friday

An answerphone is always available for you to leave a message.
A member of the PALS team will aim to return your call as soon as possible.



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (Braille, audio, larger print, easy read, BSL or other languages). Please telephone the Patient Information Centre on 0191 246 7288.

Published by the Patient Information Centre
2026 Copyright: Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Ref: PIC/946/0126 January 2026 V1
Review date: 2029

Website: www.cntw.nhs.uk