



# AT for Food Preparation, Eating, & Drinking

## PART 2: Enjoying the Meal

Presented by:

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# Adapted eating & drinking devices can help those with:

- ▶ Limited or no grip strength
  - ▶ Arthritis
- ▶ Pain caused by grasping
- ▶ Limited or no muscle control
  - ▶ Spasticity
  - ▶ Ataxia
- ▶ Upper limb differences
- ▶ Upper extremity disabilities
  - ▶ Limited or no muscle strength
  - ▶ Recovering from shoulder or carpal tunnel surgery
- ▶ Dementia
- ▶ Visual impairments
- ▶ Sensory issues

# What we'll cover today:

- ▶ Utensils/cutlery
  - ▶ Modifying existing utensils
  - ▶ Adapted utensils
- ▶ Stabilizers
  - ▶ Adding weights
  - ▶ Non-slip materials
- ▶ Plates & bowls
- ▶ Non-electric feeding devices
- ▶ Robotic feeders
- ▶ Adapted cups & straws

# Helpful items for many types of eating/drinking needs

- ▶ [Bibs to protect clothing](#)
- ▶ Non-slip placemats
  - ▶ Use a grippy jar opener under plates/bowls
  - ▶ Non-slip shelf liner
  - ▶ Dycem
- ▶ [Plate guards](#)
- ▶ [Non-skid, lipped/scoop plates](#)
- ▶ [Divided plates](#)
- ▶ Plates/bowls with suction bottoms
- ▶ [Weighted plates & bowls](#)



[Dycem](#)



[Non-slip Oval Scooper Dish](#)



[Able-T Plate Guard](#)

# Limited or no grip strength

# Pain from grasping

Arthritis

# Add-ons to make existing utensils easier to grasp



EazyHold Silicone Universal Cuff



Foam Grip Tubing



NuMuv Grip Aid



"Industrial" Twist Ties

# Add-on straps for those with very limited or no grip strength



[Easy On Utensil Holder](#)



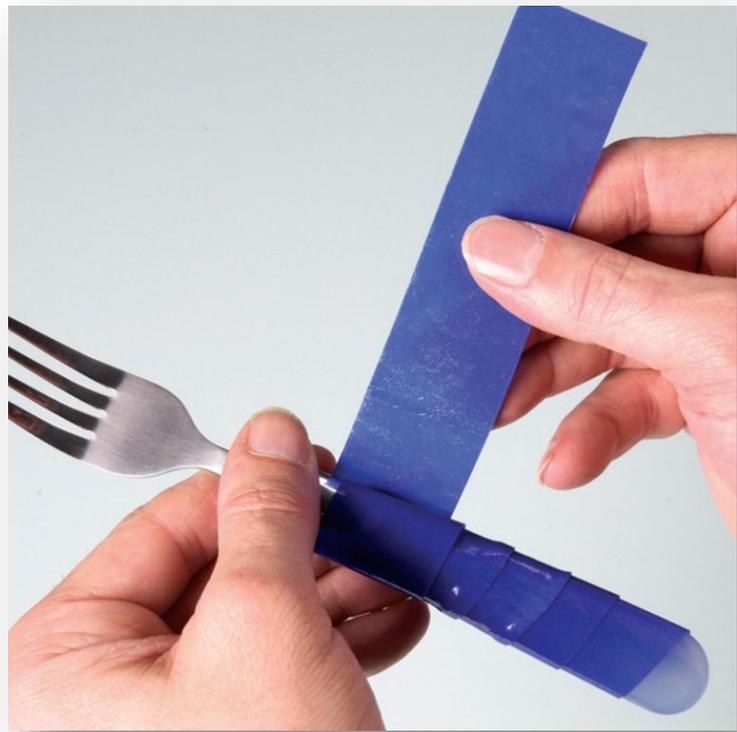
[Universal Holder Strap](#)



[Goodie-Strap](#)

Works with big grip or built-up handle utensils

# 2 DIY options to utensils easier to hold



[Dycem Non-Slip Self-Adhesive Strips](#)



[Instamorph](#)



Credit: Tech Access of Rhode Island  
[How to Make Your Own Built-up Utensil Using Instamorph](#)

# Utensils with built-up or ergonomic grips



SP Ableware  
Built-up Handle



Power of  
Red Fork



Integral Cutlery

# Adapted utensils for those with limited or no grip strength



Finger Loop Utensils



Vertical Handle  
Hand Clip Fork



Hand Clip  
Spoon



Hole-in-One  
Cutlery

Heads can be adjusted to any angle

# Rocker Knives for Reduced Strength, Dexterity, & One-Handed Use



T-Grip Rocker Knife



L-Shaped Rocker Knife



Rocker Knife



Vertical Grip  
Rocker Knife

# Lightweight utensils for those for whom grasping causes pain



Homcraft  
Lightweight Foam-  
Handled Cutlery



Featherlike Utensils

# Spill-proof Cups



The Kennedy Cup



Munchkin Miracle 360 Cups

# Limited or No Muscle Control

Tremors, apraxia, spasticity

# Hand & forearm weights for tremors



Handthings Hand Weight



Weighted Forearm Compression Sleeve



Functional Hand Weights

# Weighted utensils



[OXO Good Grips Weighted Utensils](#)



[KEatlery Weighted Utensils](#)

# Covered/scoop spoons



S'up Spoon



Angled Spoon with Built-up Handle



Covered Spoon

# Stabilizing utensils



Steady Spoon



Plastic Handle Swivel Utensils



EliSpoon No Spill Spoon

Works best with heavy, moist foods such as mashed potatoes & oatmeal

# Non-electric stabilizers

- ▶ Check out the [Neater Eater Range](#)

# Obi Adaptive Eating Device



Obi is a switch-activated self-feeding device

# Upper extremity differences or disabilities

Use of one hand, weakness, limited arm/wrist movement

# Knork



Knork (knife + fork)

# Angled utensils for those with limited arm & wrist movement



Evo OT Ware Easy Grip Utensils



Power of Red Bendable Spoon



Easie Eaters with Shields

# Dementia & Visual Impairments

# Color & Contrast

- ▶ Red to stimulate appetite
- ▶ Contrast!
  - ▶ Mashed potatoes with turkey gravy on a cream plate - no contrast
  - ▶ Mashed potatoes with turkey gravy on a navy blue plate - great contrast



[Independence Red Partition Plate](#)

# Sensory Issues

Over or under-stimulation while eating

# Give the perfect portion



## The Right Bite

Exposes only an appropriately-sized bite. Can help individuals who have difficulty visually judging bite size and prevent injury to a therapist or caregiver.

# Utensils with different textures



Special Supplies Duo Spoons



Plastisol-Coated Spoons

# Connect with an expert & try before you buy!

Free demonstrations and short-term loans of AT are available through your state's AT Program!

## North Dakota Short-Term Loans

North Dakota ASSISTIVE TECHNOLOGY

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Home

Announcement Add

Announcement List

ITEMS

Newly Listed Items

Item Add

Wanted Item Add

Item List

WELCOME TO North Dakota ASSISTIVE TECHNOLOGY FOR ALL!  
Technology to benefit individuals with disabilities

### ND Assistive's AT4All

#### Your Place to Loan, Sell, Buy, or Give Away Equipment

ND AT4All is ND Assistive's equipment database for our equipment loan library where we list our assistive technology for short and long-term loans for the public to easily locate and check out items.

In addition, ND Assistive provides use of this database at no charge to individuals and non-profit, state, and school-based organizations to host their assistive technology inventories. Individuals can simply create an account as indicated below. If you are interested in registering your organization, please contact us to get started.

Please make sure you are searching within the right program for your needs. Below are some steps to get you started. If you need assistance, please email us at [info@ndassistive.org](mailto:info@ndassistive.org) or call 1-800-895-4728.

- Create an account by clicking "Login or Create Account" and follow the prompts.

## Minnesota Short-Term Loans

DEPARTMENT OF ADMINISTRATION ASSISTIVE TECHNOLOGY STAR

Login or Create Account

Home

ITEMS

Newly Listed Items

Item List

CONTACT

Contact Us

Participating Programs

Enter a keyword or phrase to search.

Welcome to Minnesota Assistive Technology for All!  
Awareness, Access To and Acquisition of Assistive Technology

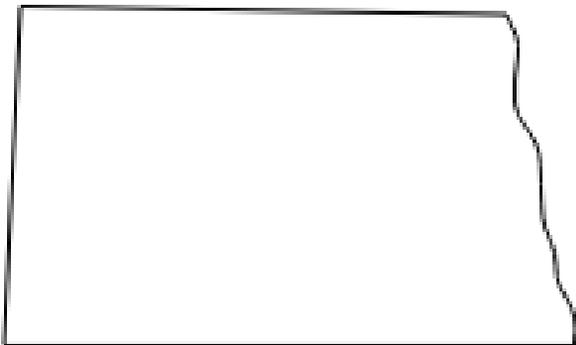
### Minnesota Resource Library

The Minnesota Resource Libraries (MNRL) are part of the Minnesota Department of Education (MDE). The Centers provide information and resources to help families and educators meet the educational needs of Minnesota children and youth who have hearing, vision, or combined hearing and vision loss throughout Minnesota. Learn more about each Library at the link below.

Find Items by Category

# Contact Us - North Dakota

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## North Dakota Assistive

[www.ndassistive.org](http://www.ndassistive.org)  
800-895-4728  
<https://www.facebook.com/NDAssistive/>

## ND AT4ALL

<https://nd.at4all.com/>

## Bismarck Office

4501 Coleman St, Suite 107  
Bismarck, ND 58503

## Fargo Office

3240 15<sup>th</sup> St S, Suite B (south door)  
Fargo, ND 58104

# Contact Us - Minnesota

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## Minnesota STAR

<https://mn.gov/admin/star/>

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## Main Contact

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