

Around the House

Ear Bud

I have a custom fit ear bud for my home phone, they are ideal for Bluetooth use. It is comfortable, holds itself in my ear all-day and eliminates my caregiver having to hold my phone and it's more comfortably than those factory made ear buds.

Find a local audiologist, I think it cost me \$50-60. I used Hometown Hearing in Olathe.



Wrist Straps

Straps around my wrists and feet help keep my arms and legs in place. Especially helpful control spasticity if I am spending time alone.

I found some inexpensive strapping and easy to use snaps in the sewing department at the local store and was able to make a pair of straps for less than \$5.

We cut the length after measuring the distance around my wrist and hand rest. Obviously we left a little slack for blood flow.

The first pair we made with the Velcro and found the Velcro wasn't strong enough for my occasional spasticity. I also found that a single snap would pop off so we added a second snap.



Foley Bag Cover

I wear shorts for a couple of reasons; it's easier for my caregivers when dressing and easier to get on and off my exercise bike but most importantly I've got great legs and don't mind showing them off.

Initially, I couldn't find a cover to hide my Foley leg bag. Of course, I didn't want to wear it on my calf so I had to attach it to my chair. With a little material and some Velcro and snaps it tucks away behind my legs. I also cover the tubing with additional black material.

On those days that I must wear pants I attach the bag the old-fashioned way.



Check out www.MakeaSplashInc.com for other ideas.



Make a Splash! Inc will work with the newly injured and their families on the transition to life in a wheelchair. In addition we will introduce life with a disability to able-bodied audiences and express the importance of making good choices in their daily lives.