

Controlling Body Temperature

Keeping Cool



During **warm weather** I have carried reusable ice pack and washcloths in a small cooler in the event my body gets overheated. The ice pack is ideal under my hands, under my legs or behind my back to bring down any temperature. We use the washcloth in cold water to wipe down my arms, legs and over my head if needed.



Beating the Chill

During the **cold weather** I use a warming pad around my neck to prevent cold weather chills. It works great at home and it's easily heated in the microwave. I have heard they are filled with rice, grain or you can find them with synthetic products. Mine are microwavable.



Warm Hands



I found an easy method to keep my hands warm. We found a golf mitten that opens at the fingertips allowing my caregiver to slide it on while holding my fingers in place.

When venturing into the cold and under constant supervision I have used chemical heating pads on my wrists and the back of my legs to on the arteries to eliminate a major drop in body temperature. We are sure to check regularly to prevent burns and never directly against the skin.

Jacket

I found during cold weather getting a standard jacket on and off was cumbersome and extremely difficult. After a couple of experimental jackets we developed a much easier jacket to use.

The design behind my fifth jacket style is to allow easy on and off for me and my caregivers. I have often compared the jacket to the design of the classic cowboy chaps. The jacket zipper in the front is still functional.

1. Start with an oversized jacket, it gives more room to get your arms in and out. I also found it was easier to work with the jacket with lined sleeves, my long sleeved shirts slide in and out without bunching up.
2. Take a measurement as you sit in your chair of the distance of exposed back and neck and over if all width of chair back.
3. Transcribed these measurements of the chair back to the back of your jacket. With a scissors, removed the area of jacket making sure the apex of the horseshoe shape is no higher than the distance of exposed back and neck.
4. An additional cut will be made from the center of the apex through the top of the neck.
5. The edge of the horseshoe shape will need to be sewn shut.
6. The final edge from the apex of the horseshoe to the top of the neck will also be sewn closed and a method for closing the jacket from behind will be applied. I had used buttons, Velcro and snaps and prefer the snaps.

The buttons did not give it a very clean finish and was drafty. The Velcro seemed to catch on and snagged sweaters and capture lint. In addition, be sure to face the hook side of the Velcro away from your skin to eliminate scratching. Snaps seem to work well, easy to get on and off and out-of-the-way. I have not tried using a zipper, I would assume it would work but I don't think it would close up nearly as easy.

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.