

# Self-Help Tools for People with Arthritis

- Elastic, coil or wide shoelaces
- Easy open gas cap
- Tool to help open cans, bottles, jars and gas caps (such as: non-slip drawer liner, gloves with good grips, a “turning T handle” or a “strap wrench”)
- Convert door knobs to door levers
- Roller knife and round bowl
- Wide-handled eating utensils
- Wide-handled and/or ergonomic gardening tools
- Flexible and non-slip cutting boards
- Damp washcloth or non-slip drawer liner for under cutting boards and plates
- Fat pens (pink foam hair rollers on pens and utensils to improve grip)
- Electric kitchen knife
- Electric can-opener
- Spring-loaded or rolling scissors
- Gloves with good grip
- Leather steering wheel cover
- Large push-buttoned telephones
- Tub bars and handrails
- Zipper pulls and buttoning aids. Replace buttons and zippers with Velcro and elastic
- Tread tape around shampoo bottles to add grip
- Elevated toilet seat
- Ergonomic computer keyboard
- Lightweight garden hose
- “No hands” frame for quilting or embroidering
- Dog scooper for picking things up
- Cardholders and shufflers

# Places to Shop for Self-Help Tools

(Listed alphabetically)

## **Access To Recreation, Inc.**

8 Sandra Court  
Newbury Park, CA 91320  
Phone: 1-800-634-4351 (toll free)  
<http://www.accesstr.com>

## **AD-AS Furniture Solutions of Universal Design**

2728 S. Cole Rd.  
Boise, ID 83709  
Phone: 1-800-208-2020 (toll free)  
<http://www.ad-as.com>

## **Aids For Arthritis, Inc.**

35 Wakefield Dr.  
Medford, NJ 08055  
Phone: 1-800-654-0707 (toll free)  
<http://www.aidsforarthritis.com>

## **The Boulevard**

JJ Marketing, Inc.  
Developers of Blvd.Com  
1205 Savoy Street, Suite 101  
San Diego, CA 92107  
Phone: 1-800-833-8735 (toll free)  
<http://www.blvd.com>

## **Comfort House**

189-V Frelinghuysen Ave.  
Newark, NJ 07114-1595  
Phone: 1-800-359-7701 (toll free)  
<http://www.comforthouse.com>

## **Dynamic Living**

428 Hayden Station Road  
Windsor, CT 06095-1302  
Phone: 1-888-940-0605 (toll free)  
<http://www.dynamic-living.com>

## **Earth Bud-Eze**

8900 Minnetonka Blvd  
Minneapolis, MN 55426  
Phone: 952-933-6115  
Toll Free: 1-877- 344-3279  
<http://www.earthbudeze.com>

## **Flaghouse**

601 Flaghouse Dr.  
Hasbrouck Heights, NJ 07604  
Phone: 1-800-793-7900 (toll free)  
<http://www.flaghouse.com>

## **Freedom Living Devices**

Freedom Living Devices Inc.  
#6 - 2345 Ave. C North  
Saskatoon, SK, Canada  
S7L 5Z5  
Phone: 1-866-699-9300 (toll free)  
<http://www.freedom-living.com>

## **Great Grips**

6545 White Falcon Court  
Colorado Springs, CO 80919  
Phone: 1-800-346-5662 (toll free)  
<http://www.greatgrips.com>

## **Independent Living Products**

10799 N. 90th Street  
Scottsdale, AZ 85260  
Phone: 1- 800-377-8033 (toll free)  
<http://www.ilp-online.com/home.asp>

## **Life With Ease**

P.O. Box 302  
Newbury, NH 03255  
Phone: 1- 800-966-5119 (toll free)  
<http://www.lifewithease.com>

**North Coast Medical**  
18305 Sutter Boulevard  
Morgan Hill, CA 95037  
Phone: 1-800-821-9319 (toll free)  
<http://www.ncmedical.com>

**Maddak Ableware**  
661 Route 23 South  
Wayne, NJ 07470  
Phone: 973-628-7600  
<http://www.maddak.com>

**Majors Medical Supply**  
1625 W. Mockingbird Blvd., Suite 315  
Dallas, TX 75235  
Phone: 1-800-338-2999 (toll free)  
<http://www.majorsmedicals.com>

**Maxi Aids**  
42 Executive Blvd.  
Farmingdale, NY 11735  
Phone: 1-800-522-6294  
<http://www.maxiaids.com>

**Medmall Online**  
Wilmington Medical Supply  
1731 Dawson Street  
Wilmington, NC 28403  
Phone: 1-800-593-5556 (toll free)  
<http://www.medmallonline.com>

**OXO International**  
75 Ninth Avenue, 5th Floor  
New York, NY 10011  
Phone: 1-800-545-4411 (toll free)  
<http://www.oxo.com>

**Perform Better**  
PO Box 8090  
Cranston, RI 02920  
<http://www.performbetter.com>

Phone: 1-888-556-7464 (toll free)  
**Rheumatoid Arthritis HQ**  
4843 Howard Street  
Skokie, IL 60077  
Phone: 847-677-1457  
<http://www.rheumatoidarthritis.com/3assistivedevices.html>

**Sammons Preston**  
W68 N158 Evergreen Blvd.  
Cedarburg, WI 53012  
Phone: 1-800-228-3693 (toll free)  
<http://www.sammonspreston.com>

**Smith & Nephew**  
1450 Brooks Road  
Memphis, TN 38116  
Phone: 1-800-821 5700 (toll free)  
<http://www.smith-nephew.com/businesses/orthopaedics.html>

**Target**  
Your local Target store or  
<http://www.target.com>

**Minnesota Department of Health  
Arthritis Program**  
<http://www.health.state.mn.us>  
search on “arthritis”

**Arthritis Foundation Store**  
includes their book *The Arthritis  
Foundation's Tips for Good Living*  
<http://www.arthritis.org/afstore/storehome.asp>

**Arthritis Foundation Award  
for Easy to Use Products**  
[http://www.arthritis.org/  
resources/easy\\_to\\_use\\_products.asp](http://www.arthritis.org/resources/easy_to_use_products.asp)

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This handout was prepared by the Minnesota Arthritis Program at the Minnesota Department of Health. For more information, please contact Linda Feltes at 651/282-2954 or [linda.feltes@state.mn.us](mailto:linda.feltes@state.mn.us). These materials can be downloaded from the Minnesota Department of Health's Web site.

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