



Content provided on this list, including information that may be provided directly or by linking to a third-party website is provided for informational purposes only and does not constitute endorsement by NDF or its affiliates of any websites or specific products.

## Bedroom

Item	Picture	Uses	Reasons Why We Like	Possible Drawbacks	Price
Pregnancy Pillow <a href="#">Leachco</a> <a href="#">Snoogle</a>		Sleep Aid Sitting Aid Lounging Aid	Decreases amount of times waking up at night More comfortable sleep	Someone may need to assist in using the pillow	<a href="#">\$44.35</a> on Amazon <a href="#">\$59.99</a> on Bed Bath & Beyond (use a 20% of coupon) -also sold at: buybuyBaby Babies"R"Us Diapers.com Toys"R"Us Destination Maternity Nordstrom



**NEUROMUSCULAR  
DISEASE FOUNDATION**  
JOIN THE GLOBAL EFFORT TO CURE NEUROMUSCULAR DISEASES

<p>Blanket Lift Bar Support Frame</p> <p><a href="#">DMI Blanket Lift Bar Support Frame, Adjustable</a></p>		<p>Keeps all bedding off your feet.</p>	<p>Keeps the sheets, blankets, and/or comforter off of your feet. This way they do not weigh down your feet and cause pain.</p>	<p>Needs to readjusted occasionally</p>	<p>This exact product: <a href="#">\$28.61</a> on Amazon <a href="#">\$24.49</a> on Home Depot</p> <p>-Can search on line for: <a href="#">Blanket Lift Bar Support Frame</a></p>
<p>Drive Medical Adjustable Height Home Bed Assist Handle</p>		<p>To assist getting in and out of bed</p>	<p>Some bed rails can assist with turning over at night depending on your needs</p>	<p>Need to make sure the model can work with your own bed</p>	<p>Price various depending on the model needed for your bed.</p> <p>This model is <a href="#">\$28.48</a> on amazon</p>



The Original Stretch Out Strap		To Stretch out	*Own 2 of these: 1 to use as intended – for stretching. * 2 - Not used this as intended. This is looped on the bottom of the bed and use this to sit up in bed in the morning.		<a href="#">\$15.95</a> on Amazon
<b>Kitchen</b>					
Zyliss EasiCan Electric Can Opener		To open cans	You do not have to hold the can opener or the can once the opener is in place.	Batteries tend to run out quickly.	<a href="#">\$12.99</a> for green or <a href="#">\$17.00</a> for red on Amazon



**NEUROMUSCULAR  
DISEASE FOUNDATION**  
JOIN THE GLOBAL EFFORT TO CURE NEUROMUSCULAR DISEASES

<p>OXO Good Grips Jar Opener with Base Pad</p>		<p>Jar Opener</p>	<p>You do not have to squeezing the handle together like other openers</p>		<p><a href="#">\$9.99</a> on Amazon</p>
<p>Jokari Deluxe Ring Pull Can Opener</p>		<p>Opens cans that have a tab</p>	<p>Makes opening soda cans and soup cans much easier.</p>		<p><a href="#">\$7.68</a> on Amazon</p>
<p>Chef'n PalmPeeler</p>		<p>To Peel Vegetables</p>	<p>You do not have to grip the peeler; it attaches to your middle finger.</p>	<p>Takes some getting used to.</p>	<p><a href="#">\$6.29</a> on Amazon <a href="#">\$6.99</a> Kitchen Kapers</p>



**NEUROMUSCULAR  
DISEASE FOUNDATION**  
JOIN THE GLOBAL EFFORT TO CURE NEUROMUSCULAR DISEASES

<p>Chef'n PalmBrush</p>		<p>To Clean Fruits and Vegetables</p>	<p>You do not have to grip the peeler; it attaches to your middle finger.</p>		<p><a href="#">\$6.96</a> on Amazon  <a href="#">\$6.99</a> on Kitchen Kapers  Check out other Chef n Palm products on Kitchen Kapers website: <a href="http://www.kitchenkapers.com">www.kitchenkapers.com</a></p>
<p>Jelli Clear Fork, Jelli Clear Spoon, Jelli Clear Knife</p>		<p>To eat</p>	<p>This silverware was recommended because of it is lightweight and has a thicker handle for easier gripping.</p>	<p>You do not need to buy a whole set. Just a pair or two for the person who needs the silverware.</p>	<p><a href="#">\$2.95</a> per fork, knife, spoon on Crate and Barrel</p>



<p>Rubbermaid Refill, Reuse 20-ounce Chug Bottle (4 Pack)</p>		<p>For cold drinks</p>	<p>There is a ring you can hold the bottle by or use it to attach the bottle to something. Dishwasher safe (even bottom rack) and do not have the O-ring that many bottles have that eventually wears out. Very light weight.</p>	<p>Hard to find the 20 ounce bottles in stores. When you buy online, you often don't get much choice in color.</p>	<p><a href="#">\$12.99</a> for 4 on Amazon</p>
<p>Drink-Aide Water Bottle</p>		<p>Attaches to wheelchair and you can drink from it.</p>	<p>Holds cold liquids. Recommend buying a water bottle cozy to keep liquid colds. More independence in drinking.</p>	<p>Recommend not putting in dishwasher.</p>	<p>Much cheaper from their own website. \$65-75 depending on straw size <a href="https://www.drink-aide.com/">https://www.drink-aide.com/</a></p>
<p>Tervis Products  Handle for 16 oz. Tumbler</p>		<p>To put on cups without handles.</p>	<p>This turns cups without handles into a cup with a handle.  Comes in many colors.</p>		<p>Both are <a href="#">\$5.99</a> on Tervis.com  Various prices on Amazon when search: <a href="#">Tervis handles</a></p>



<p>Handle for 24 oz. Tumbler</p>			<p>You can turn the double handle upside to accommodate smaller cups.</p>		
<p>Tervis Products –  Flexible Straws (9 in. or 11 in.)  Straight Straws (9 in. or 11 in.)</p>		<p>To assist in drinking.</p>	<p>Fits all Tervis products. Bendy or straight. Colored or clear options. Dishwasher safe.</p>		<p><a href="http://www.tervis.com">\$3.99</a> for 6 on Tervis.com  <a href="http://www.amazon.com">\$6.99</a> for 6 on Amazon</p>
<p>Tervis Tumblers and Mugs  10 oz. Wavy Tumbler, 12 oz. Tumbler</p>		<p>To Drink</p>	<p>Various Sizes Lids have space for srtaw. Lifetime guarantee.</p>	<p>A little more on the expensive side. The lids and cups are sold separately.</p>	<p><a href="http://www.tervis.com/shop">http://www.tervis.com/shop</a></p>



**NEUROMUSCULAR  
DISEASE FOUNDATION**  
JOIN THE GLOBAL EFFORT TO CURE NEUROMUSCULAR DISEASES

<p>16 oz. Tumbler, 24 oz. Tumbler</p> <p>Mug</p> <p>Shown – Travel Lid (will fit straws)</p>			<p>Can personalize, buy designs, or sports teams.</p>		
<p>Wine Bottle Gift Bag</p> <p>*Note – not used for this purpose</p>		<p>To hold single drinks that could spill while walking.</p>	<p>Used to hold coffee cups, water bottles, or cups with straws while walking. I would put the cup in the bag and the handles around my wrist. Always kept one in the car.</p>	<p>Notified my bosses of the bags use beforehand so they would know I am not carrying alcohol.</p>	<p>Can find at many stores.</p>



<b>Bathroom</b>					
<p>Big John Original Toilet Seat</p>	 <p style="text-align: center; font-size: small;">ADA Compliant Reg #: 4.23 ADAAG</p>	<p>ADA Compliant Toilet seat</p>	<p>-adds 1.5 to 2.5 inches to the toilet height depending on the model -adds width to the toilet seat -adds stability and prevents seat from shifting</p> <p>*Have used model 1W</p>		<p>6 different models on <a href="#">Big John Products website</a></p> <p><a href="#">\$67-\$139</a> on Amazon depending on the model</p>
<p>Drive Medical Elevated Raised Toilet Seat with Removable Padded Arms, Standard Seat</p>		<p>To use in toilets when traveling</p>	<p>-Able to use hotel restrooms more easily when traveling -Have stored in a duffel bag and checked on airplanes for free under disability guidelines -can also carry on in duffel bag</p>	<p>Due your due diligence when trying out these risers before using them in public places</p>	<p><a href="#">\$25.99</a> on Amazon – this model is Drive Medical Elevated Raised Toilet Seat with Removable Padded Arms, Standard Seat</p> <p>- This is a general amazon search for <a href="#">portable toilet seat riser</a></p>



**NEUROMUSCULAR  
DISEASE FOUNDATION**  
JOIN THE GLOBAL EFFORT TO CURE NEUROMUSCULAR DISEASES

<p><a href="#">Giraffe Razor Extension Handle</a></p>		<p>To shave your legs without bending over</p>	<p>You can bend the handle to get the right angle. There are two attachments to fit different size razors. Can use sitting down.</p>	<p>Takes a little bit of time to get used to using.</p>	<p><a href="#">\$29.99</a> on Amazon <a href="#">\$29.99</a> on Walmart</p>
<p>Lovable Friends 12 washcloths in bag with bonus toy, blue</p>		<p>To wash</p>	<p>Lighter than other wash clothes so easier to hold when wet.</p>	<p>Can be more expensive. Harder to find "adult" designs.</p>	<p>Can get anywhere baby items are sold. <a href="#">\$4.99</a> for 6pk at Bed Bath and Beyond <a href="#">\$6.99</a> for 12pk on Amazon</p>
<p>Blue Soap Saver with String Lock</p>		<p>Put soap in the bag and use it from there.</p>	<p>You can put your soap in this bag and drawstring it shut. This helps prevent you from dropping slippery soap.</p>		<p><a href="#">\$5.99</a> on Amazon</p>



<p>TopNotch Bath Brush with Long Handle. Blue Shower Back Scrubber</p>		<p>For bathing</p>	<p>Able to reach legs and feet and/or back. I like the plastic ones over the wooden all-natural ones because I can clean them with bleach and use again.</p>		<p>Can find at most stores that sell soap and other bathing products. <a href="#">\$8.88</a> on Amazon</p>
<p>Satsuma Designs Terrycloth Bath Wash Mitt, White</p>		<p>For bathing</p>	<p>Mitts are designed to stay are your hand better. Prefer the baby ones because they are more gentle.</p>	<p>The more gentle ones have baby designs.</p>	<p><a href="#">\$7.50</a> on Amazon  Can also search for: <a href="#">Bath gloves</a></p>
<p>General term - Loofah  Aquaessential s Mesh Pouf Bath Sponge (8 Pack)</p>		<p>For bathing</p>	<p>Pull apart the loofa and tie a knot in one end. Put a bar of soap in and then tie a knot on the other end. You can use the loofah scrub your back and other places with the soap locked in.</p>	<p>Must buy a lot of loofahs</p>	<p><a href="#">\$8.49</a> for 8 on Amazon.  Also can find in most stores that sell bath products.</p>



<b>Dressing</b>					
Jobst Sock donner		To assist in putting socks on.	Helps you put your socks on independently by opening the sock up.	Takes a while to get used to using.	<a href="#">\$26.75</a> on Amazon
Ribbed Handle Zipper Pull and Button Hook		To help button and zipper			<a href="#">\$8.14</a> on Amazon



Dressing stick with zipper puller by Vive		To aid in dressing			<a href="#">\$14.99</a> on Amazon  *shown in conference
<b>Eating</b>					
Universal Holder Strap for Elderly, Hand Cuff with Pocket for Holding Daily Living Tools, Adjustable Velcro Implement Holder		Holds items in hand so you don't have to grip.	Cuff with utensil pocket wraps around hand to securely hold utensils, grooming aids and writing instruments with various handle sizes and shapes for versatility		<a href="#">\$18.00</a> on Amazon



## Car

<p><a href="#">Stander HandyBar – Automotive Standing Aid Car Assist Handle</a></p>		<p>Assist in getting out of the car.</p>	<p>I always use that silver hook to lean on when getting out of the car. Now, I don't have to anymore!</p>		<p><a href="#">\$19.79</a> on Amazon</p>
<p><a href="#">Car Caddie - Automotive Standing Support Mobility Aid and Vehicle Support Handle</a></p>		<p>Assist in getting out of the car.</p>	<p>Depending on how you get out of the car, this can help you get out easier.</p>		<p><a href="#">\$10.97</a> on Amazon</p>



## Miscellaneous

<p>General Term - Reacher</p> <p>RMS Featherweight- The Original Grabber Reacher 2 Pack</p>		<p>To help pick up items dropped on the floor</p>	<p>-has magnetic tip to help pickup keys and other magnetic objects -Good to keep a couple around the house</p>	<p>-does require some amount of grip to use</p>	<p><a href="#">\$19.97</a> for 2 on Amazon</p>
<p>General Term -Leg Lifter</p> <p>Necro Leg Lifter - #NC94301</p>		<p>To lift your leg.</p>	<p>Not just to get your legs in the car. I use for moving them on my wheelchair, my bed, etc.</p>		<p><a href="#">\$12.99</a> on Amazon</p>



**NEUROMUSCULAR  
DISEASE FOUNDATION**  
JOIN THE GLOBAL EFFORT TO CURE NEUROMUSCULAR DISEASES

<p>Kinsman Enterprises 31061 Leg Lifter with Pre-Formed Foot Support, 40 in. length, Regular Quad, Navy</p>		<p>To assist in lifting the leg.</p>	<p>When the regular leg lifter didn't work for me anymore because of my grip strength, this leg lifter did. I used my arms and wrists to lift instead of gripping with my fingers.</p>		<p><a href="#">\$16.35</a> on Amazon.</p>
<p>General Term - Spiral Coil Wrist Band</p> <p>Shells 7PCS Colorful Soft Highly Spring Spiral Coil Wrist Band Key Ring Chain</p>		<p>Keychain you put on your wrist</p>	<p>Some of us have the dropsies, but with this, your keys don't fall to the ground! -Can also be used for bath brushes on a stick or loofahs on a stick so they don't fall to the bathroom floor when washing.</p>	<p>Buy a bunch so if they stretch out, you have more.</p>	<p>Can usually find at most dollar stores. <a href="#">\$8.59</a> for 7pcs on Amazon <a href="#">\$3.99</a> per dozen Oriental Trading</p> <p>Search online: <a href="#">Spiral Coil Wristband</a></p>



**NEUROMUSCULAR  
DISEASE FOUNDATION**  
JOIN THE GLOBAL EFFORT TO CURE NEUROMUSCULAR DISEASES

<p>BongoTies Original Bongo Ties A5-01 – 10 pack</p>		<p>Quick and sturdy way to tie or hold something together.</p>	<p>When rubber bands become hard to use. Have multiple sizes. -I use one to hold my phone to the arm of my wheelchair when I need my hands free.</p>		<p><a href="#">\$6.99</a> on Amazon for 10 pack Original Size</p>
<p>Windsor Laptop Stand (Black Cherry)</p>		<p>Table to use with any chair</p>	<p>Many options to suit your needs: Tilt Height adjustments Edge guard Wheel and rod configuration</p>	<p>Has wheels</p>	<p><a href="#">\$49.99</a> on Amazon</p>



<p><a href="#">TFY Smartphone Security Hand Strap Holder</a></p>		<p>Attaches phone to hold so you don't have to grip phone</p>	<p>Works as intended and is reasonable in price.</p>		<p>Search on Amazon for:  TFY Smartphone Security Hand Strap Holder for iPhone 6 / 6S (Plus) - iPhone 7 / 7 Plus - iPhone SE - Samsung Galaxy S4 / S5 - Galaxy Note 2 / 3 / 4 - Nexus 5 / 6 and More (Black)  <a href="#">\$12.00</a> on Amazon</p>
<p>Plug Tugs</p>		<p>Helps with pulling out plugs</p>	<p>Plug tugs are plastic strips that wrap around your plugs creating a flexible handle allowing you to pull the plug out easily.</p>		<p>Can be found on <a href="#">Activehands.com</a>  <a href="#">\$12.99</a> for a pack of 10</p>
<p>Adjustable Risers</p>		<p>Extra 8" high extra 5" high or extra 3" high, the opening is 3" x 3" x 3/4" deep</p>	<p>When you need more height on your bed or furniture.</p>		<p><a href="#">\$23.99</a> on Amazon  On Amazon search for: Home-it Adjustable Bed Risers or Furniture Riser bed lifts in Heights of 8, 5 or 3 Inches Heavy Duty Set of 4 bed riser</p>