During your clinic visit, Mark Goren, MS, OTR/L, CHT, the senior occupational therapist at the MDA/ALS Center of Hope, is available to discuss hand and upper extremity weakness and how it is affecting your ability to engage in meaningful activities of daily living (ADL's).

People living with ALS (PALS) and their families often experience frustration while engaging in the most basic, meaningful ADL's including eating, grooming, bathing, dressing, toileting, homemaking, leisure pursuit, and work related activities. Unfortunately, once muscle weakness begins, no amount of strengthening can reverse the process. At the MDA/ALS Center of Hope, Mark Goren will offer solutions to help PALS adapt.

**EATING**

Your occupational therapist may recommend assistive devices and equipment to help compensate for weak musculature. For example, if cutting food becomes difficult, a different type of knife may help. The internet offers a wide variety of assistive devices to help compensate for hand weakness.

- Built up handle utensils
- Rocking T-kife
- Universal cuff
- Dorsal wrist support with universal cuff

**GENERAL TASKS**

Devices are available to help with key turning, handwriting, page turning, opening jars, and more!

- Soap holder
- Bendable long sponge

**GROOMING**

Grooming and bathing activities, essential for wellbeing, are often discussed during the multidisciplinary team visit at the MDA/ALS Center of Hope. Hand and arm weakness may contribute to difficulty holding a wash cloth or soap. Reaching your feet or back may also present a challenge. Once again, modifying the way you engage in these activities may be beneficial.
BATHROOM
Fall prevention at all times, especially during bathroom activities, is important to discuss during your clinic visit. The use of grab bars, shower chairs, and raised toilet seats are encouraged!

A barrier free shower allows easy access for roll-in shower chairs.

DRESSING
Buttons, zippers, and tying shoe laces can be difficult for a person with hand weakness. There are many assistive devices available to help compensate for these fine motor deficits.

- Velcro buttons
- Button hook
- Elastic shoe laces
LEISURE

Leisure pursuits contribute to a positive quality of life. Most sports now offer adaptive solutions to help maintain independence with your choice of activity. Here are two examples:

To learn more about adaptive solutions to help people living with ALS maintain independence and preserve quality of life, please discuss the unique challenges you face with the clinic team at the MDA/ALS Center of Hope. Read about preparing for your clinic visit at www(ALSHopeFoundation.org/The-Center-of-Hope