

# Tips and Tricks

Reflections on  
my life to help  
you keep doing  
the things you  
want to do



# Constant Changes

What was easy a few years ago

is difficult today

may be impossible in a few years

**We must adapt!**

Pill bottles - gas pumps - the TSA

# www.tsa.gov/precheck



Transportation  
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## Travel

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## TSA Pre✓®

### Keep moving. TSA Pre✓® saves you time and stress.

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Available to US citizens, nationals and LPRs.

1. Daily Living
2. Home Alterations
3. Mobility
4. People

Get rid of these...

Throw rugs

Shoe laces



# Grabbers

Cost: \$12

Strategically  
placed



FitPlus Premium Reacher  
Tool 32"



# Jar Opener

Cost: \$18

Pampered Chef

Any twist top

Physics concept  
of torque



# Suction Grab Bar

Cost: \$15-25

Suction cups to  
smooth walls

For balance  
only





# Soap On a Rope

Cost: \$12

Never drop your  
soap again

Milled soap -  
expensive but  
lasts a long time



# Terry Cloth Bathrobe

Cost: \$50

Use as towel



# Button Hook

Cost: \$12

Morning fingers  
are weaker

Takes practice



# Electric Toothbrush

Cost: \$10-\$150

Two handed brushing?

Get electricity involved

You get what you pay  
for



# Hand Warmers

Cost: <\$1 each

Fingers stop  
working when  
cold.







# Home Alterations





# Grab Bars

Cost: \$8 - \$25

Different sizes

Where you need  
support

Mount to door frame or  
studs



# Programmable Thermostat

Cost: \$30-150

No more cold (frozen)  
fingers in the morning



# Ramp

Cost: Having a good friend



# Toiletvator

Cost: \$100



# Stair Lift

Cost: \$1000-3000

Craig's List - \$1200

One flight

Slooooooowwww



# Mobility

When is it time to  
get mobility help?

When you say,  
“I’m not going if  
there is a lot of  
walking”



# Knee Support

Cost: \$20

Helps prevent the knee from giving out.





# Two Canes

Cost: \$40 - \$150

Pros - Balance - Walk  
faster and longer

Cons - two hands -  
no buffet lines



# Wheelchair

Cost: \$100 - \$2500 (0)

Pros - 15 lbs - folds  
and wheels come off

Cons - requires upper  
body strength



ATP - Assistive Technology Professional

# Scooter 1

\$1200 (CL \$500)

Pros - fast & fun -  
80lbs - folds - big  
wheels

Cons - flat tires



SNR by Ev Rider

# Scooter Lift

\$3500 (CL \$1700)

Joey by Bruno













# Scooter 2

Cost: \$600

Pros - fast & fun -  
20lbs folds - solid  
wheel

Cons - tips easy -  
twist throttle



TopMate ES30 Electric Scooter



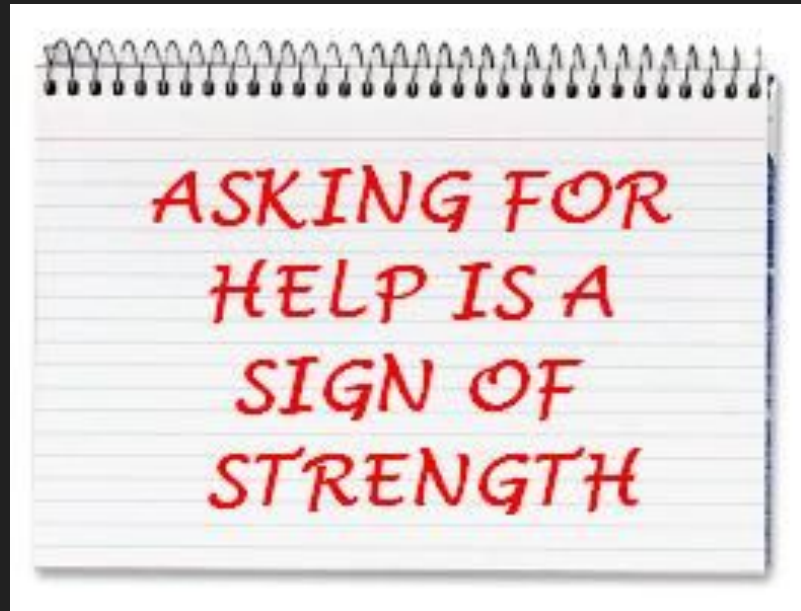
# People

# Ask for help!

*Avoid "no thanks,  
I've got it"*

Let people help you  
win-win 99%

*Avoid door bitterness*  
“Hold the door!”



# Telling People

Casual: no details needed

Acquaintance: I have a muscle condition that makes walking difficult

Friends: If they ask- I have KD. It's a neuromuscular disease that weakens my motor muscles. It is degenerative but progresses slowly.

Family: KD is genetic...

# Closing

Don't avoid all effort!

- Mow the lawn
- Do the dishes
- FITBIT



Do things that are challenging *but be smart.*

chainsaw and house demolition

Embrace and appreciate the constants in your life

Faith - Family - Spouse - other?



