

## Equipment List

This leaflet has been compiled as a list of equipment and suppliers that members of HemiHelp have over the years found useful in living and dealing with hemiplegia. Please help us keep it up to date by letting us know of any changes to the details you find here, or if you discover a brilliant piece of equipment and think others should know about it.

Included here are aids for writing, dressing, washing and eating as well as a few miscellaneous suggestions all designed for people with either the use of one hand or limited use of both hands. At the back of the leaflet is an address directory for you to contact the suppliers directly.

### Aids for Writing

#### **Angled Desk Top**

'Write angle' wedge of desk top at a 20 degree angle, also available with a non slip mat.

*Philip & Tacey Ltd*

Angled desk top with magnetic top

*Posturite (UK) Ltd*

Bookstand/clip board/Sloping board all in one.

*Beesneez*

Posture pack writing slope

*Back in action*

#### **Desk Clamp**

'Free hand' desk clamp—assists with reading, writing and drawing

*Peta*

#### **Drafting head**

'Variomatic' by Staedler

Good for geometry

*Available from all good stationers.*

#### **Foam Grip**

'Dexball' holds pen, pencil or spoon in position

*Insight Medical Products*

#### **Hand huggers**

Triangular colouring and lead pencils, colouring pens and markers and triangular ink pens.

You can purchase these from our website [http://www.hemihelp.org.uk/support\\_us/shop](http://www.hemihelp.org.uk/support_us/shop)

#### **Keyboards**

Computer keyboard designed for use with one hand.

*PCD Maltron*

### **Magnetic boards**

A4 paper can be secured to a metal board using magnets or slipped between pages of an exercise book.

(These boards have sharp edges and therefore should be bound or framed before they are given to children) NES Arnold

### **Pencil Grips**

Either specially moulded or triangular. Make grip much easier

*Nottingham Rehab and Homecraft*

### **Rulers and Geometry Sets**

'Discovery' & 'Achiever' by Helix.

These are good math's sets, which can have magnetic strips stuck on the back for use with or without a metal/magnetic board.

*Available from all good stationers.*

### **Rulers and protractors with handles**

*NES Arnold*

### **Ruler Cutter and Mat**

Operates along the same lines as a traditional guillotine

*Brookvine Home Shopping*

### **Scissors**

Self-opening handles of loop scissors that are easy to grip and can be operated with just a small squeeze.

*Peta, Functional Solutions, Stirex, NES Arnold*

Easy grip scissors.

*Homecraft*

Left handed scissors

*Anything left handed*

### **Personal Hygiene**

#### **Long reach sponge**

Plyfoam sponge on an extra long handle

*Keep Able and Homecraft*

#### **Nail Clipper Board**

Securely attached to a plastic base on suckers to provide stability whilst clipping.

*Functional Solutions (part of Promedics)*

#### **Plaster cast cover**

Waterproof protectors that slip over casts and splints to protect them when taking a bath or shower.

*Homecraft, VM Marketing & Help at Home*

#### **Stay put nail brush**

Secured with suckers this nail brush doesn't need to be hand held

*Keep Able*

**Tube squeezer**

Attach to a tube of eg. Toothpaste for simple control.

*Keep Able*

**Aids For Eating****Dycem & Stay in place Mats**

Non-slip mats in a variety of shapes and sizes, also available on a reel for table tops etc.

*Keep Able, Remap, Lakeland, Homecraft, and Benefits Now.* You can also purchase these from our website [http://www.hemihelp.org.uk/support\\_us/shop](http://www.hemihelp.org.uk/support_us/shop)

**Dyna Fork**

Fork with an extra wide prong which is sharpened to enable it to be used for cutting – both left and right handed available.

*Nottingham Rehab*

You can also purchase these from our website

[http://www.hemihelp.org.uk/support\\_us/shop](http://www.hemihelp.org.uk/support_us/shop)

**Spork**

Plastic version of The Knork - knife, fork, spoon in one. Can be purchased from Amazon (below) or individually from some camping shops and Home Store.

[www.amazon.co.uk/Light-My-Fire-Spork-Spoon/dp/B0013L2FGW](http://www.amazon.co.uk/Light-My-Fire-Spork-Spoon/dp/B0013L2FGW)

**Electrical Tin Opener**

Light & comfortable mains operated opener.

*Homecraft*

**Free Hand tray**

This tray has a handle that allows you to carry it with one hand.

*Keep Able, Homecraft, & Help at Home*

**Grater & Peeler Boards**

Frame with detachable blade and optional spike to hold veg in place.

*Homecraft*

**J Nelson Knife**

This is a two-in-one knife & fork enabling you to eat with one hand.

*Keep Able or Remap*

**Mini jug kettle**

Ideal for boiling small quantities, this kettle is light and easy to lift.

*Homecraft*

**Plate surround**

Guard which snaps on the side of any plate between 23-28cm, to push the food against so that it falls back onto the spoon.

*Keep Able, Homecraft or Remap*

### **Rationell interior fitting drawer mat**

Stay in place matting

*Ikea (branches Nationwide)*

### **Relief Knife range**

This range has a large contoured easy-grip handle designed to limit wrist movement.

*Homecraft*

### **Safety cooking basket & strainer**

Mesh wire basket avoids the need to lift heavy saucepans

*Homecraft*

### **Saw Handle Knife**

Can be easier to use a saw handle action to cut than a standard knife action

*Keep Able or Remap*

### **Selectagrip**

Soft rubber handle to slip over an ordinary spoon or fork – many sizes and shapes.

*Nottingham Rehab and Homecraft*

### **Snap-on Apron**

No fussy strings or ties this apron simply snaps on round the waist.

*Help at Home*

### **Twist & Turn Jar Opener**

Fits to the underside of a kitchen wall cabinet, so you just need to grip the jar or bottle, not the opener.

*Lakeland and Homecraft*

### **One-handed workstation**

The base unit is held in place by non-slip pads and the grating unit is detachable.

*Keep Able*

### **Aids To Dressing**

#### **Tie adaptations**

Send your school tie away with a cheque for £2.50 to have it adapted to be a clip-on.

*Filaspun or Fashion & Corporate Ties*

#### **Elastic & Curly shoelaces (Coilers *TM*)**

These are designed for easily taking off and putting on your shoes without the hassle of tying. *Fledglings*.

You can also purchase these from our website

[http://www.hemihelp.org.uk/support\\_us/shop](http://www.hemihelp.org.uk/support_us/shop)

#### **Grey school trousers**

Elasticated waist boys' school trousers up to men's sizes.

*Kevins School Outfitters, Wearable Clothing*

Hook and Eye fitting  
*John Lewis (Nationwide)*

### **Othoses**

High stability, low weight fun fabrics  
*Otto Bock*

### **Socks for interfaces**

'Smartknit' socks suitable for AFO and KAFO interfaces  
*Gilbert and Mellish Ltd*

### **Therapeutic Shoes**

Available in pairs or as individual shoes to match requirements. Constantly updated range. *Otto Bock*

### **Wheelchair clothing**

Warm clothing and waterproofs for wheelchair users  
*Able2Wear*

### **Miscellaneous**

#### **Beds**

Cotswold Cots make beds to order.

#### **Card Curve**

Holds a "hand" of cards in a curved shape.  
*Lakeland*

#### **Card Shuffler**

An electronic device that shuffles one or two packs at a time.  
*Keep Able, Homecraft and Brookvine Home Shopping*

#### **Exercise ball**

Great for improving circulation and building strength in the hand.  
*Keep Able*

#### **Exercise putty**

For finger and hand exercise, easy to handle non-oily putty  
*Homecraft*

#### **Hot water bottle stand**

Holds the hot water bottle so it can be filled safely.  
*Chester care*

#### **Microwave Hot Water Bottle**

Cotton quilted cover with non toxic reusable gel pack heated in the microwave.  
*Scotts of Stow, Homecraft and Brookvine Home Shopping*

### **Needle threader**

All standard needles can be threaded on this simple plastic device.

*Homecraft*

### **Twiddler hand exerciser**

Chromed metal spring for exercising fingers and hands by stretching and squashing.

*Homecraft*

### **Useful Addresses**

#### **Ace Centre Advisory Trust (Aiding Communication in Education)**

92 Windmill Road, Headington, Oxford OX3 7DR

*Tel:* 01865 759800

*Email:* info@ace-centre.org.uk Website; ace-centre.org.uk.

Or Broadbent, Watershedings, Oldham OL1 4HU

*Tel:* 0161 627 1358

Assessment, advice and information for young people in education who have communication difficulties. Good Leaflets.

#### **Anything Left-Handed Ltd**

18 Avenue Road, Belmont, Sutton, Surrey SM2 6JP

*Tel:* 020 8770 3722

*Fax:* 020 8715 1220

*Email:* alhleft@aol.com

*Web Site:* www.anythingleft-handed.co.uk

Specialist mail order company which provides properly designed, fully left handed versions of everyday items such as scissors, pens and kitchen utensils. There is also a shop at:

57 Brewer Street, London W1F 9UL

(tel: 020 7437 3910 call for opening hours).

#### **AWEAR**

*Web Site:* www.awear.org.uk

Charity offering advice to disabled people regarding clothing, as well as to retailers about how to make themselves more accessible.

#### **Back in action**

Web site: [www.backinaction.co.uk](http://www.backinaction.co.uk)

Search under posture - £29 standard posture pack or £49 with a seating wedge.

#### **Beesneez**

POBox 25, Ossett, WF5 0YW.

*Fax:* 01924 264558

*Web Site:* www.beesneez.co.uk

#### **Benefits Now**

*Tel:* 01983 539954 *Website:* www.benefitsnowshop.co.uk

**BIME (Bath Institute of Medical Engineering)** Wolfson Centre, Royal United Hospital, Combe Park, Bath, BA1 3NG

*Tel:* 01225 824103

*Fax:* 01225 824111

*Email:* bime@bath.ac.uk

*Web Site:* www.bath.ac.uk/Centres/BIME

Registered charity carrying out design and development in medical and rehabilitation engineering. Works with both users and medical professionals. Informative web site.

### **Brainstore**

Brainstore Ltd, PO Box 8908, Witham, Essex, CM8 1WY

*Tel/Fax:* 01376 501000 *Website:* www.brainstore.co.uk

Products aimed at ages 8-16 to improve learning performance

### **Brookvine Home Shopping**

Copsham House, 53 Broad Street, Chesham, Bucks, HP5 3EA

*Tel:* 01494 773395

Mail order catalogue with a vast selection of household equipment.

### **Children Today**

The Moorings, Rowton Bridge, Christleton, Chester, CH3 7AE

*Tel:* 01244 335 622

*Fax:* 01244 335 473

*Email:* childtoday@aol.com

The provision of equipment and aids for helping children and young people to overcome their difficulties

### **Cotswold Cots**

Grawins, Rock Close, Casterton, Oxon, OX18 3BP

*Tel:* 01993 842 885

www.cotswoldcots.co.uk

Will make beds to order for those with special needs.

### **Disabled Living Foundation**

380 Harrow Rd, London, W9 2HU

*Tel:* Helpline: 0870 6039177 (10am-4pm). MiniCom:0870 6039176

*Email:* advice@dlf.org.uk and sales@dlf.org.uk

*Web Site:*www.dlf.org.uk

Huge amount of information about useful gadgets, plus equipment centre

### **Equip for Life**

Free ads online for second hand equipment for disabled users

*www.equipforlife.org.uk*

### **Filaspun**

1 Parkwood Street, Keighley, W. Yorks, BD21 4QR

*Tel:* 01535 210426

Company that will adapt any tie to a clip on

### **Fledglings**

6 Southfield, Ickleton, Saffron Walden, CB10 1TE.

*Tel:* 0845 458 1124

*Fax:* 0845 458 1125

*Email:* enquiries@fledglings.org.uk

A search and supply service, particularly for unusual items designed for children with special needs

### **Gilbert & Mellish Ltd**

3 Lightning Way, West Heath, Birmingham, B31 3PH

*Tel:* 0121 475 1101 *Fax:* 0121 478 0163

Web site: [www.gilbert-mellish.co.uk](http://www.gilbert-mellish.co.uk)

### **Great Little Trading Company**

Pondwood Close, Moulton Park, Northampton, NN3 6DF

*Tel:* 0870 850 6000

*Fax:* 01604 640107

Ingenious household gadgets and clothing aids

### **Handi-care**

1 Glenville Parade, Hucclecote, Gloucester, GL3 3ES

*Tel:* 01452 610448 or 0800 243469

Mail order household equipment for disabled people. Also four stores, and a freephone helpline for advice.

### **Help at Home**

*Tel:* 08700 552222

Inexpensive range of household equipment. Phone for a catalogue.

### **Homecraft**

Nunn Brook Road, Huthwaite, Sutton in Ashfield, Nottinghamshire, NG17 2HU, UK

*Tel:* 08444 124 330, *Fax:* 08448 730 100

Website: <https://www.homecraft-rolyan.com>

### **Hotter Comfort Shoes**

Liverpool Road, Skelmersdale, Lancashire, WN8 8AX

*Tel:* 0800 083 3083

*Web Site:* [www.hottershoes.com](http://www.hottershoes.com)

Velcro boots and shoes approx £49

### **In-Car Safety Centre**

Unit 5, The Auto Centre, Stacey Bushes, Milton Keynes, MK12 6HS

*Tel:* 01908 220 909 *Fax:* 01908 317 536

*Website:* [www.in-carsafety.com](http://www.in-carsafety.com)

Children's car seats etc



**MERU (Medical Engineering Resource Unit)**

8 Damson Way, Orchard Hill, Carshalton, Surrey, SM5 4NR

*Tel:* 020 8770 8286

*Fax:* 020 8770 8398

*Web Site:* [www.meru.org.uk](http://www.meru.org.uk)

MERU design and manufacture bespoke equipment & devices to meet the needs of disabled children where there is no commercially available alternative

**NES Arnold Ltd**

Novara House, Excelsior Road, Ashby, Leicestershire, LE65 1NG

*Tel:* 01530 418901

*Web Site:* [www.nesarnold.co.uk](http://www.nesarnold.co.uk)

Part of Nottingham Rehab Group, for schools and colleges.

**Nottingham Rehab Supplies/Ways and Means**

Findel House, Excelsior Road, Ashby Park, Ashby de la Zouch, Leics, LE65 1NG

*Tel :* 0845 606 0911 *Web Site:* [www.novara.co.uk](http://www.novara.co.uk)

Enormous catalogue of products for the home, educational toys, hobbies and haberdashery.

**Keep Able**

Unit 38c, Telford Way Industrial Estate, Kettering, N16 8UN

*Tel:* 01536 525 153

and 01384 484544

*Fax:*01536 515077

*Web Site:* [www.keepable.co.uk](http://www.keepable.co.uk)

Mail order household equipment for disabled people. Also nine stores, some with qualified therapists to give advice.

**Kevin's Outfitters**

436 Greenford Road, Greenford, Middx.

*Tel:* 020 8578 1210

Supplier of grey school trousers with elasticated waists.

**Keytools Ltd**

PO BOX 700, Southampton, SO17 1LQ

*Tel:* 023 8058 4314

*Fax:* 023 8055 6902

*Email:* [info@keytools.com](mailto:info@keytools.com)

*Web site:* [www.keytools.com](http://www.keytools.com)

Keytools supply a range of computer equipment for special needs.

*Tel;* 01784 744900

*Website :* [www.ottobock.co.uk](http://www.ottobock.co.uk)

Catalogue of mobility aids especially for children.

**Lakeland Ltd.**

*Tel* 015394 88100

*Web site:* [www.lakelandlimited.com](http://www.lakelandlimited.com)

**Lodge sons**

Units 9-12 Douglas Buildings, Royal Stuart Lane, Cardiff, CF10 5EL.

*Tel:* 029 2025 1331

*Fax:* 029 2025 1341

*Email:* sales@Lodgesons.co.uk

*Web Site:* www.Lodgesons.co.uk

Gadgets for the disabled driver, such as infra red controls, bleeper systems and steering balls. Manufacture all kinds of scissors, including push down scissors and those for left-handers. Manual available, 'Developing Scissors Skills', produced by paediatric occupational therapists.

**Otto Bock**

32 Parsonage Road, Englefield Green, Egham, Surrey, TW20 0LD

*Tel:* 01784 744900 *Website:* www.ottobock.co.uk

Catalogue of mobility aids especially for children

**PCD Maltron Ltd**

15 Orchard Lane, East Molesey, Surrey, KT8 0BN

*Tel/Fax:* 020 8398 3265

*Email:* sales@maltron.com

*Web Site:* www.maltron.com

The range of computer equipment includes one handed keyboards for right or left hand and the single finger keyboard.

**Peta UK Ltd**

Marks Hall, Marks Hall La, Margaret Rd, Dunmow, Essex CM6 1QT

*Tel/Fax:* 01245 231811

*Email:* peta@peta-uk.com

*Web Site:* www.peta-uk.com

**Philip & Tacey Ltd.**

POBox 468, North Way, Andover, Hants, SP10 5BA.

*Tel:* 01264 332171 *Fax:* 01264 384808

*Website:* www.philipandtacey.co.uk

**Posturite**

10 Diplocks Way, Hailsham, East Sussex, BN27 3JF

*Tel:* 01323 847777

*Web Site:* www.posturite.co.uk/products

Producers of sloping boards with magnetic facility.

**Promedics Ltd**

Moorgate Street, Blackburn, BB2 4PB

*Tel:* 01254 619 000

*Fax:* 01254 619 001

*Email:* enquiries@promedics.co.uk

Run Functional Solutions. Producers of orthopaedic and

## **electromedical products**

### **Remap GB**

Hazeldene, Ightham, Sevenoaks, Kent, TN15 9AD

*Tel:* 01732 883818

*Fax:* 01732 886238

*Email* john.wright@remap.org.uk

*WebSite:* www.remap.org.uk

Teams of engineers who make up one-off pieces of technical equipment or modify commercial equipment free of charge.

### **Scotts of Stow**

*Order line:* 0990 449 111

*Enquiry line:* 0990 449 449

Phone for a catalogue. All sorts of household equipment.

### **Schein Paediatric Footwear**

C/o Salts Healthcare, Lord Street, Birmingham, B7 4DS.

*Tel:* 0121 333 2000

Shoes, sandals and booties in various colours and patterns. Open to the toes and extra depth.

### **Steps—Special Toys Educational Postal Service**

7 Chatto Road, Torquay, Devon

*Tel:* 01803 311322

*Website:* www.stepscharity.org

Adapted toys which can be borrowed on long term loan

### **VM Marketing**

St Peters Church, Ubbeston, Halesworth, Suffolk, IP19 0EX

*Tel:* 01986 798120

*Fax:* 01986 798040

*Web Site:* www.vmmarketing.co.uk

Suppliers of Limbo protectors to use over splints when bathing, washing and even swimming.

### **Wearable Clothing**

*Tel:* 0141 774 9000

*Web site:* ww.wearableclothing.com

Mail order catalogue of clothing predominantly for wheelchair users, but stocks elasticated waist grey (school) trousers up to adult sizes and clip on ties.

### **Whizz Kidz**

1 Warwick Row, London, SW1 5ER

*Tel:* 020 7233 6600

*Web Site:* www.whizz-kidz.org.uk

**HemiHelp**

6 Market Road

London

N7 9PW

Helpline: 0845 123 2372

(Mon-Fri 10am-1pm)

Admin: 0845 120 3713

Fax: 0845 120 3723

Email: [support@hemihelp.org.uk](mailto:support@hemihelp.org.uk)

[www.hemihelp.org.uk](http://www.hemihelp.org.uk)

Charity No: 1085349

*Although great care has been taken in the compilation and preparation of this leaflet to ensure accuracy, HemiHelp cannot accept responsibility for any errors or omissions.*

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