

# Aids for Activities of Daily Living (ADL)

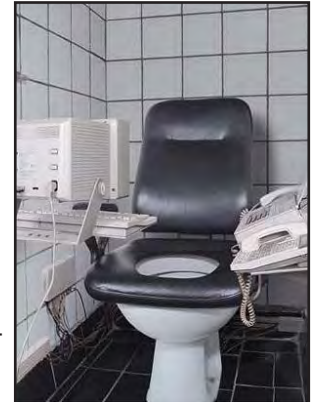
## “Do not disturb-I am paying bills”



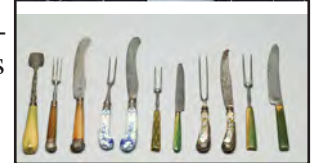
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ADLs are commonly defined as activities performed by individuals without assistance in the course of day to day living that include mobility, dressing, personal hygiene and eating. The term Instrumental Activities of Daily Living (IADL) describes more complex tasks that involve social or societal issues (shopping, bill paying, cooking, housework, etc) that are done on a regular basis.

Before we review the technologies that might assist with these tasks, we have to ask: “How many of these are really activities that we look forward to doing irrespective of disability?” I mean bill paying, housework? I think it would be more useful to tell you ways avoid doing these, let alone providing technology to assist doing them. In fact in some definitions of ADLs, ‘leisure’ is beginning to show up. So we are making progress. Although the task itself may be important from a clinical perspective, we need to focus on how we can make them more interesting so that the technology designs will be more meaningful. Otherwise we will see catalogs full of sock pullers, special drinking cups and spoons...all important and good products, but basically boring. By the way, you can combine bill paying and toileting as shown in the picture to save time.



The Rietz Collection of Food Technology is one of the few, perhaps the only, cross-cultural collections of culinary objects assembled to document historic technologies of cooking and eating. Collected by Industrialist Carl Austin Rietz during the mid-20th century, and acquired by the Department of Anthropology at the California Academy of Sciences in the 1970s, the collection documents the cultural development of technologies associated with preparing and eating food among numerous cultures and time periods.



During the 15th Century, European nobles often carried utensils with them when traveling because many inns did not provide guests with cutlery. Knife and fork sets that fit into sheaths and attached at the belt became popular. Often knives, forks, or spoons like those to the left could be folded or had interlocking handles that could fit into small traveling pouches and attached to a belt. I think we should bring this custom back. It would be cool and definitely a conversation starter...”Is that a fork in your sheath or are you just happy to see me?” It would also be nice to opportunity for individuals with disabilities to share their clever innovations with others in a

public setting.

Chopsticks were developed about 5,000 years ago in China. It is likely that people cooked their food in large pots, which retained heat well, and hasty eaters then broke twigs off trees to retrieve the food. It is thought that Confucius, a vegetarian, advised people not to use knives at the table because knives would remind them of the slaughterhouse. Yeah and he also said, “Man who want pretty nurse must be patient”.



These uniquely designed Chopsticks “Clip” holds two separate pieces of chopsticks together to help users enjoy experience of dining in an Asian cuisine. Its simple design endorses users of all ethnicity and age.

Toothbrushing goes back to 3000 BC when Babylonians and Egyptians made a brush by fraying the end of a twig. About 1600 BC the Chinese developed “chewing sticks” made from aromatic tree twigs that freshened the breath. Records cite Buddha’s use of a “tooth stick” from the God Sakka.



This Cordless light-up toilet seat is a great gadget to have in your home if you want that something different. All you have to do is just lift the lid and ten blue LED lights send a soft glow around the seat. It is powered by 3 AA batteries

Everyone knows how the Japanese love their toilets, complete with butt washers, heated seats, and all. I suppose that’s the culture there, since even public toilets come with high tech bidets that wash your butt the moment you finish your business. Japanese toilet manufacturer Inax has recently lifted the curtain on its Satis Astero Washlet toilet, offering a glimpse to the rest of the world on just how important the Japanese place the toilet in their lives.

The toilet comes with an SD memory card and slot. While the SD memory card slot is not meant to dispense SD-sized toilet paper, it is more than capable of holding your favorite tunes to keep your bowels moving in an encouraging manner. In fact, each purchase comes with an SD card pre-loaded with classics from Bach, Chopin and Mendelsohn. The moment you’re seated, an integrated sensor will activate those tunes which have a two-fold function, of which the first was mentioned earlier while the second prevents those outside from hearing anything more than they should. The sensor is smart enough to know whether you’re going to need the seat up or down (what, it reads minds now?), using a built-in motor to put it into position. Great for couples who always have arguments about whether the toilet sea should be left up or down. Last but not least, a nightlight in the bowl itself helps those with poor aim during the night to shoot right.

For those of you who need one immediately in the US, you can pick up the Brondell Swash 800 High Tech Toilet seat/bidet for about \$900. The Swash features

- a heated seat and delivers a warm water wash with temperature, pressure, and pulsation
- Posterior and feminine warm-water washes
- Wireless remote control
- Warm air dryer



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