



THE AMMONS LAW FIRM
A LIMITED LIABILITY PARTNERSHIP

Top 7 Adaptive Devices For Spinal Cord Injury Survivors



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7 Must Have Adaptive Devices

Individuals with spinal cord injuries experience varying degrees of movement limitation. One of the most important steps in rehabilitation is participating in every-day activities and routines again. This sometimes means applying creative approaches.

Technology has come a long way in helping people with physical limitations enjoy their favorite activities. Regaining independence is possible again with the assistance of adaptive devices and the determination of an SCI survivor. Here is a list of must have tools of the trade.

1. Transfer Assists

If you have a recent spinal cord injury, you will soon appreciate the value of assists. These bars, handles, and hoists can help ease the transfer to and from your wheelchair. Assists are not limited to those for the shower, bed, or bathroom. Many people find installing them in key areas throughout the home, extremely useful and time saving.

2. Bed Supports

If your bed is low, consider investing in bed lifts to raise the bed higher for an easier transfer. Bed lifts are available at many major department stores. Once in bed, there are special support cushions to help you sit upright and others to prevent slipping during the night.

3. Car Accessories

Some individuals with spinal cord injuries retain or regain upper body function. With adaptive devices, they can safely operate a vehicle. Car accessories to consider include: steering knobs, transfer seats, additional handlebars, and motorized lifts.

4. Support Cushions

Stimulating healthy circulation is a large part the daily routine for those with severe cases of spinal cord injury. It helps prevent deep vein thrombosis, osteoporosis, and circulatory complications. There are many support cushions that are designed specifically for those with physical disabilities. This includes everything from knee support cushions to mattress tilters and leg raisers.

5. Toilet Seats

Throughout our lives we spend hundreds of hours on this "throne." This doesn't change just because we lose movement function. In fact, this becomes more important than ever. Consider investing in a toilet seat cover that is non-slip and has a pressure relieving surface. Think of your comfort and convenience above all else.

6. Reachers

Sometimes, reaching an item can be incredibly frustrating. Light-weight and easy-to-use "reachers" bridge this gap and return functionality. They come in varying sizes and often have magnetic tips or comfort grips. This adaptive device is incredibly popular and is extremely versatile. It helps individuals with SCI adjust to daily activities with less assistance.

7. Accessible Gardens

While this is not exactly a device, adaptive gardens are great for relaxing and for your health. To start, all you need is one garden box that is approximately 3 feet high, with additional bracing along the sides. This height makes it wheelchair accessible, while creating a lush environment for your new plants.

The box can either have a "bottom" or be "free draining," depending on the plants you wish to grow. There are many tools out there that are specifically designed for people with upper body limitations. This includes everything from support cuffs for improved arm strength to easy grip garden tools.



Most of these are available at your local scooter/assistive store or online. For cheaper prices, be sure to check out your local newspaper, store, or e-bay for refurbished items. Don't be afraid to be inventive.

If you need additional ideas or advice, don't be afraid to reach out to online or local support groups. They can share the combined experience of people who have been in your exact shoes and how they adapted.

For more information about spinal cord injuries, please visit www.spinalcordinjurylawyer.org or call 1-866-523-1603 for further information. The attorneys at the Ammons Law firm have decades of experience helping individuals with spinal cord injury receive the care they need, both inside and outside of the courtroom. We have a large network of SCI specialists who can assist you if we are unable to. Call today.