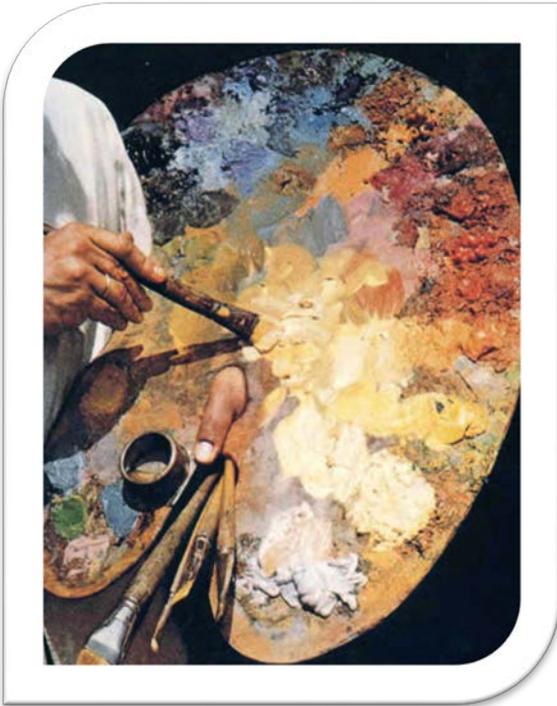


AT FOR DRAWING AND PAINTING



Drawing and painting allow you to artistically express yourself, but they can have therapeutic benefits for you too. According to the [American Journal of Public Health](#), engaging in creative activities like drawing and painting can help reduce stress and depression. All forms of art, including drawing and painting, may also benefit you in other ways, including strengthening your memory, building your problem-solving and motor skills, and nurturing your emotional growth.

If you have an upper- and/or lower-mobility disability, there are a number of products available that can help you if art is your calling. This guide presents several assistive technology (AT) drawing and painting products on the market that may help you. Let's get creative!

Easels

An easel is a great place to start. An easel is designed to make it easier for you to draw and paint by holding paper or a canvas in place and keeping it at a level that is convenient and easy for you to reach. One type of easel that may work for you is an adjustable-angle tabletop one like the [Sammons Preston Easel](#). It is designed specifically for individuals with upper-mobility disabilities in mind. You can adjust the easel's angle from 15 to 75 degrees in 10-degree increments. This allows you to increase or decrease the easel's angle to best match your reach (i.e., the more limited your reach, the higher the angle you should set the easel). Since it is a tabletop easel, if you use a wheelchair you can set it on a height-appropriate table and adjust its angle to best match your reach as well. It also features a support shelf for you to place pencils or paint brushes when you are not using them. It also folds for easy transport and storage.



Sammons Preston Easel

Another option is the [Frieseasel](#). It can be used while you are seated, standing, or lying down. If you use a wheelchair, you can also slip the base of the Frieseasel under your chair, allowing you

to get as close as you need to your canvas or drawing paper. And, with a twist of a handle, the easel can be adjusted to best match your reach. It also features a canvas clamp that withstands tremors or uncontrolled hand movements.



Convert-Able Table

The [Convert-Able Table](#) is a height-adjustable tilt-top easel that you can position above your lap when you are seated in a chair or wheelchair. You can adjust its height to best meet your reach and comfort level. Its table is also slip resistant, so, for example, your drawing paper will stay where you place it without the need to adjust knobs or levers like you would with a standard easel. Its base has swivel wheels to assist you in moving it as well as wheel locks to prevent it from moving once you have found a suitable place for it.



Frieasel

The [Midland Combination Work Table](#) is another tilt-top easel/work table designed especially for artists who use wheelchairs. You can tilt the tabletop to various positions to adjust to a comfortable height above your wheelchair and to best match your reach. Like the Covert-Able Table, it also features swivel, lockable wheels for moving and securing it in place.



Midland Combination Work Table

Brushes

If you are a painter, you will want to pick out some brushes. There are many adaptive brushes available on the market, particularly if you have an upper-mobility disability and difficulty grasping. There are many with various handle lengths and shapes to best suit your grasp and comfort.



Mop Brush

The [Royal & Langnickel Soft Grip Golden Taklon Brush Sets](#) have long, thin handles with a soft rubber grip. Another option is the [Blick Egg Handled Brushes](#). Their handles are short and egg shaped. [Silver Lead Easy Grip Brushes](#) are medium length with ball-shaped ends. Another option that may work better for you is the [Mop Brush](#), which is a short brush with urn-shaped handles. All of these brushes can be used with acrylics, watercolor, and tempera paints—whatever your preferred type of paint!

Drawing Pencils & Erasers

If you have an upper-motor disability or difficulty grasping and drawing is more your passion, there are a number of pencils that you may find helpful. One option is the [Faber-Castell Art Grip Aquarelle Anime Art Sets](#). These are easy-grasp colored pencils that have ergonomic triangular-shaped barrels with a soft-grip zone that may be more manageable and comfortable for you. Similarly, the [Faber-Castell Art Grip Colored Pencils](#) are designed to make grasping easier and have a triangular barrel with soft-grasp dots to aid in grasping.



In case you make a mistake, having an eraser on hand is a good idea. [Faber-Castell Grip Erasers](#) are a set of three erasers: one round-, one oval-, and one triangular-shaped eraser. They are designed to be easier to hold because of their shape. The [Faber-Castell Dust-Free Eraser](#) is another easy-grasp eraser. This rectangle-shaped eraser is designed to aid in more easily positioning your fingers and in grasping. Additionally, by causing less dust, it is easier and requires less movement on your part to wipe away after erasing.

Brush and Pencil Grips and Holders

You may be able to use standard pencils and brushes if you have an upper-mobility disability or difficulty grasping. There are many brush and pencil grips and holders on the market.



[Pencil Grips](#) are contoured, soft rubber that slide over the ends or handles of standard pens, pencils, crayons, and paint brushes to help you better grip them. The [Pencil and Grip Sampler](#), a set of pencils and pencil holders, is another option. The set includes seven standard pencils and nine basic grips in a variety of shapes and sizes to suit your individual needs.

The [Wanchik's Writer](#) is a splint with a holder. You wrap the splint around your palm between your thumb and index finger. Then, you insert a standard pencil or long paintbrush into its holder so you can draw or paint by moving your hand without the need to grip the pencil or paint brush.



Another option is the [Writing Bird](#). It is shaped like a bird with a holder. First, you place a standard pencil or long paintbrush through its holder. Next, you place your hand around the device, positioning the holder and pencil between your index and middle

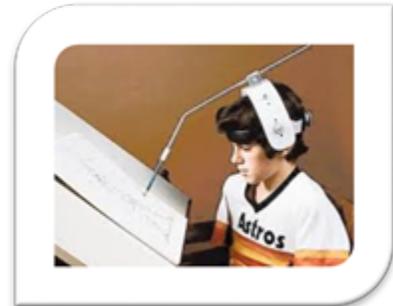
fingers—similar to how you would position them to operate a computer mouse. Then, you slide the device over paper or a canvas to draw or paint.



Sammons Preston Art Tool Universal Art Tool Holder

The [Sammons Preston Art Tool Universal Art Tool Holder](#) is a cuff you can fit on either your right or left hand. It has a palmar pocket that holds pencils or paint brushes so you can draw or paint by setting the point of a pencil on paper or the bristles of a brush on a canvas and moving your hand.

Another option, particularly useful if you have very little or no use of your hands, is the [Adjustable Head Pointer](#). It allows you to draw or paint using your head and neck. It consists of a lightweight, plastic headband and cranial strap, topped by a 19-inch aluminum rod with a holder for pencils and paint brushes. The headband and cranial straps can be adjusted to fit the size and shape of your head. The pointer rod is fully adjustable for length and angle in any direction.



Adjustable Head Pointer

For More Information

Now that you have all your equipment, you are ready to start drawing and painting! To find out where you can purchase these products and get more information on other devices that may help you draw and paint, contact us as [AbleData.com](#). You can check out more [art products](#) on AbleData.

References

Stuckey, H. L. & Nobel, J. (2010). The connection between art, healing, and public health: A review of current literature. *American Journal of Public Health*, 100(2), 254–263. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/>



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