

## AT FOR SELF-GROOMING

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Taking a shower and getting smartened up before having to rush out the door may set you into a nervous frenzy—especially if you do not have the right tools to help you get spruced up. If you have limited upper-body mobility, such as hand tremors, weakness in the arms, hands, neck, or shoulders, or the use of only one hand, there are numerous assistive technology (AT) products and even several mainstream tools that can help you maintain your personal hygiene safely and independently. This guide provides insight into some of the AT products available on the market that may help lessen the difficult and sometimes challenging tasks of dental, skin, hair, and nail care.

### Dental Care



Maintaining good oral hygiene has numerous benefits. It not only reduces plaque build-up on your teeth and gets rid of bad breath, but it can also [reduce your risk](#) of getting certain types of diseases and illnesses, such as gingivitis and pneumonia. It is no wonder, then, why regular visits to the dentist are so highly recommended. When you are not sitting in your dentist's chair, there are many dental aids that may help you in maintaining your oral hygiene at home.

Many mainstream power toothbrushes, such as the [Interplak® Rechargeable Power Toothbrush](#), may be beneficial in brushing your teeth if you have limited upper-body mobility. When turned on, its brush head's eight individual bristle tufts start counter-rotating, enabling them to clean between your teeth, polish your tooth surfaces, and gently massage your gums. Using a power toothbrush like this one requires less strength and dexterity to brush your teeth than a standard one. You push the on/off button to turn it on, and you press its rotating bristle tufts against and move them across your teeth to brush. It not only simplifies the whole brushing process, but, according to Interplak, it may also help you remove more than 90 percent of plaque each time you brush. When you are done, you push the on/off button to turn the toothbrush off and place it on its base to recharge it.

Weighted and large-grip toothbrush holders, such as the [Large Weighted Universal Holder](#), may also be an option, particularly if you have hand tremors. The holder measures 5.25 inches in length and 1.13 inches in diameter and weighs a total of 7 ounces. You place your standard toothbrush (half an inch in diameter or less) in the holder. Then you secure your toothbrush by tightening three set screws on the holder around it using an Allen wrench (which comes with

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the holder). Combined, the toothbrush and holder are thicker and approximately 3 to 4 ounces heavier than the average toothbrush. This heftier build and sizeable handle may help you maintain a steadier, firmer grasp when brushing your teeth.

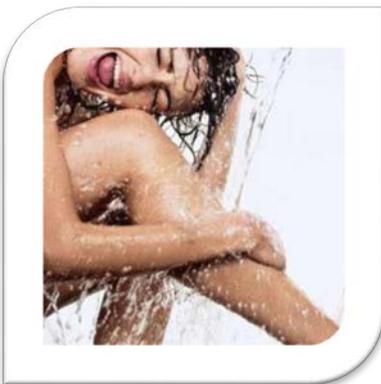
If you have difficulties squeezing out toothpaste, products like the [Touch 'N Brush Toothpaste Dispenser](#) may also be helpful if you have limited upper-body mobility. To use it, you mount it onto a smooth surface, such as tile or glass, with two suction cups (an adhesive disk is also available if you want to mount it on a porous surface, such as wallpaper). Then you remove the cap from your tube of toothpaste and insert the tube into the dispenser. Holding your toothbrush horizontally, you place the brush head against the dispenser lever located at the bottom of it and push. The dispenser's patented vacuum-force technology squeezes and dispenses a measured amount of toothpaste onto your toothbrush. No batteries or electricity are required.



*Touch 'N Brush Toothpaste Dispenser*

Flossing is a must for anyone who wants to achieve optimal dental hygiene. If you have limited upper-body mobility, some mainstream products, such as the [Listerine Ultraclean Access Flosser](#), make flossing possible or easier. This device consists of two parts: an 8.75-inch-long ergonomic handle with nonslip grip, and a disposable head that comes with floss already stretched between the two prongs. With this flosser, you do not have to exert as much strength or strain your fingers to keep the floss stretched taut between your hands like standard dental floss. You may also be able to floss one-handed. Just snap the disposable head onto the handle and maneuver the floss between each tooth to swipe away any plaque your toothbrush might have missed. The floss's high-tenacity yarn can withstand breakage, and the long ergonomic handle helps you reach those hard-to-reach places – even your back molars.

## Skin Care



[According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases](#), your skin plays a major role in protecting your body from illness, as well as damage to your muscles, bones, and internal organs. So, whether you want to kick-start your morning with an invigorating shower to awaken your mind and stimulate your senses, or close out the day with a relaxing shower or bath to soothe away sore muscles and wash off the day's grime, washing your skin effectively is very important. Regardless of when you shower or bathe, adaptive and mainstream aids are available to help you wash thoroughly and independently.

The [Naiver Battery-Powered Automatic Sensor Soap Pump](#) is one example of a mainstream liquid soap dispenser that also may be helpful in washing your skin if you have limited upper-body mobility. You can mount it on your bathroom wall using the provided screws and fill it with liquid soap. Its infrared sensor can detect your hand from 0–10 centimeters (approximately 3.9 inches) away and dispense soap into the palm of your hand so you can wash your skin with your hands, a sponge, or a washcloth. Given its fully automatic, touch-free operation, you do not have to push a pump, squeeze a bottle, or press down on a lever to get what you need. Plus, its non-contact setup allows you to avoid spreading germs and cross-contamination. Measuring 7.0 inches x 3.8 inches x 4.6 inches and weighing 1.1 pounds, it has a non-drip design; a large, easy-to-fill opening; and a 600-milliliter capacity.



*Naiver Battery-Powered Automatic Sensor Soap Pump*



*Soap Gripper*

If you prefer to use bar soaps, there are many other options available. One example is the lightweight, plastic [Soap Gripper](#). It may help to avoid having your soap slip from your hand. It is comprised of two parts. The first part is a gripper with a suction cup and prong on one side and a ring on the other. The second part is a holder with a hanger on one side and a suction cup on the other. To use the gripper, you embed the prong and suction cup side into one side of a bar of soap. Then you slide your middle finger into the ring of the gripper to help you secure the soap in your hand. Then, you wash your skin with the other side of the bar of soap. When you are done, you can hang the ring of the gripper on the hanger of the holder to dry the soap. The suction side of the gripper can be mounted onto a smooth surface like tile or glass.

Another option is the [Miracle Shop Exfoliating Mesh Soap Saver Pouch](#). It is a mainstream soap holder and an exfoliating washcloth in one. You insert a bar of soap inside this 7-inch-long pouch and tie the drawstring closed to secure it in place. The textured, stretchable mesh material may help you from having the soap slip out of your hand and maintain a firmer grasp on it. To use it, work the soap into a rich lather inside the pouch and wash and exfoliate your skin with the mesh covering. When you are done washing, rinse out the pouch and hang it up to dry.



*Miracle Shop Exfoliating Mesh Soap Saver Pouch*

The [Long Handle Soap Bath Sponge](#) is another example. It has a detachable sponge head with a slightly curved, 12-inch-long plastic handle that is ergonomically designed and has a textured, nonslip grip. To use it, remove the sponge head, insert a bar of soap into an opening located on the back of the sponge head, and then reattach the sponge head to the handle. Then you can wash hard-to-reach places with the sponge while holding onto the long handle. With this device, you may also be able to wash your body thoroughly without having to bend or twist your body into uncomfortable positions.

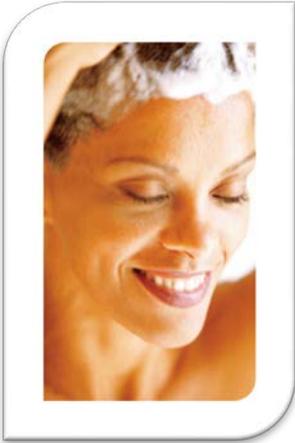
If you have difficulties drying your body with a towel after you are washed and clean due to limited upper-body mobility, you may want to consider a body dryer like the [Valiryo® Body Dryer](#). Standing approximately 7.15 feet (218 centimeters) tall, it emits warm air at a uniform temperature through 23 air vents, allowing you to dry off from head to toe in 2 to 5 minutes—requiring very little or no upper-body movement. It is waterproof and features a motion sensor that turns itself on and off when you step in front and away from it, respectively. It also features adjustable temperature controls (it can dry up to 69.8 degrees Fahrenheit higher than the surrounding room temperature). This body dryer is designed such that you can place it against either a flat wall or in the corner of your bathroom without any loss of air flow.

If you use lotion, you may find a lotion applicator like the [Roll Easy Lotion Applicator](#) helpful. It is a foldable, long-handled device that you can use to apply lotions or creams. The device comes with two easily changeable rollers: use the round roller for hard-to-reach places (e.g., your back) and use the inverted roller to reach everywhere else (e.g., your arms, legs, and neck). With its long handle and pivoting head, you can use the rollers at any angle and cover even the hardest-to-reach spots. Just snap the desired roller into the notches located on the head of the applicator and squeeze lotion directly onto the roller. Then gently glide the roller along your back or wherever you need to apply lotion. The 14.5-inch-long applicator can be folded down to 8.3 inches in length, making it easier to take with you wherever you go.



If you would like additional tips on how to bathe safely and independently, check out AbleData's guide on [AT for Safe Bathing](#).

## Hair Care



Like your skin, your hair helps protect you and supports major body functions, particularly in controlling your body temperature. Now, we all have likely experienced symptoms of a bad hair day— uncontrollable frizz, untamable flyaways, unruly locks, etc. But with adaptive and mainstream hair-styling products like the ones described below, you may be able to nip those wild, hairy symptoms in the bud.

Shampoo aids like the [Etac Beauty Hair Washer](#) are one example of a device that may be helpful in washing your hair if you have limited upper-body mobility. The 14.25-inch-long, slightly curved stick has an ergonomic, oval-shaped, soft-grip handle on one end and a paddle-like brush on the other end that features soft, fingertip-like nodules. It negates the need to wash your hair with your fingers and reduces the reach necessary to shampoo your head. Use the brush end to apply shampoo to your hair and the nodules to gently work it into a lather in your hair and on your scalp. Its extended handle may help you more easily reach your head without straining your hands, shoulders, or arms.

If you use a hair dryer, products like the [Hands Free Hair Dryer Holder](#) may be helpful. With hair dryer holders like this, you do not have to hold up a heavy hair dryer to blow dry your hair. This mainstream unit consists of a 4.5-inch-wide wall-mountable base plate and a connecting 7-inch-long extender that has a hair dryer holder on the other end. The holder can grip most standard-sized hair dryer handles, and the extender, which swerves in its socket, has full movement in all directions so you can move it to dry your hair from multiple angles. With a hair dryer holder like this, you can thoroughly blow dry your hair while simultaneously brushing it with little or no strain to your arms or shoulders.

There are also products that may be helpful in brushing and combing your hair, like the [Etac Beauty Brush and Comb \(Long\)](#). It is a long-handled brush and comb set designed to help reduce strain in your arms, hands, and shoulders as you brush. The handle and head are curved to maximize comfort and control, and each handle has a textured, nonslip grip for added stability. The brush and comb are both 14.5 inches long and weigh 4.0 ounces and 3.2 ounces, respectively. The long model of the Etac Beauty Brush and Comb set is designed for you if you can reach up to your shoulder. A shorter model is also available if you can reach up to your ears.



*Etac Beauty Brush and Comb (Long)*

Another option for helping you brush your hair is the [Easy-Pull Hairbrush](#). You can slip your hand inside its big D-shaped ring handle and fasten it in place using a Velcro® strap, securing the brush in your hand without having to exert strength to hold it. Then you can glide the brush over your hair. The soft, widely-spaced plastic bristles, tipped with tiny bulbs, may allow you to slide the brush through your hair with minimal effort on your part.

## Nail Care



Caring for your nails can be tedious, but the rewards are great. According to the [Centers for Disease Control and Prevention](#), unkempt nails harbor more dirt and bacteria than kempt ones, which can lead to pain and infection. Luckily there are many products on the market that can help keep them well-groomed, gleaming clean, and healthy if you have limited upper-body mobility.

Nail clippers and filers like the [Nail Care Combination Set](#) may be helpful for you if you have limited upper-body mobility because they do not require you to hold or operate any tiny objects. The set consists of a stainless steel nail clipper and emery board mounted on a Plexiglas base, which has nonskid feet and measures 4.25 inches x 3.0 inches x 1.0 inch. When you push down on the lever, the clipper will trim your nails for you with accurate precision, and you can file away any rough edges one-handedly using the emery board, which is held rigidly in place with a spring clip.

Nail brushes like the [Deluxe Suction Nail Brush \(Model Sw4395\)](#) may be helpful in keeping your nails clean. Two large suction cups on the back of this 3.5-inch x 2-inch brush secure it to smooth surfaces so you do not need to hold it to clean your nails. You just have to press and move your nails across its bristles. One end of the brush has shorter, harder bristles to facilitate getting under the nails. The bristles at the other end of the brush are longer and softer for use on fingers and hands.



*Deluxe Suction Nail Brush  
(Model Sw4395)*

## For More Information

[Contact us](#) at AbleData for more information on the products mentioned in this guide and others that may help you with your grooming needs.

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