

# Solutions for Tremors

## Utensils and Kitchen Aids

- Use heavier glasses and mugs instead of lightweight cups.
- Soup mugs might be a good choice for drinking.
- When holding a mug or small glass, place your thumb along the rim and place your fingers across the bottom.
- Half fill cups, mugs, or glasses
- Consider using dishes that have vertical sides or buy rubber bumper guards to place around the edges of your plates so you can more easily scoop your food.

The following are some options for utensils and kitchen aids that could help a person who has tremors:



Weighted Cutlery



Liftware Spoon®



Neater Eater®



Nelson Dynamic Arm®



Cups with Lids



Mighty Mug®



Plate with Raised Edge



Plate Guard



Food Preparation Unit



Chopping Board with Attached Knife



Stable Table®



Non-Slip Placemats



The SpillNot®



Pot Stabiliser Or Pot Handle Holder



Egg Cracker



Fruit and Vegetable Chopper

## Clothing

- Sit to dress your lower half, especially putting on trousers, socks and shoes
- Try other positions for dressing, for example lying down to put on trousers
- Fiddly zips and buttons can be replaced with Velcro® for easy fastening
- Stretchy materials are also easier to get on and take off
- Use t-shirts and jumpers instead of shirts and blouses as much as possible if fastening buttons is a problem

The following are some options for clothing that could help a person who has tremors:



Loose Clothing



Front-Fastening Garments



Sock Aid



Easy Reacher



Dressing Stick



Button Hook



Long-Handled Shoe Horn



Slip-on Shoes

## Handwriting

- Print rather than write script.
- Write in small letters. It is easier than writing in large letters.
- Rest your forearm on a table while writing.
- Hold the pen between your index and middle finger.
- Place writing paper on a soft surface such as a newspaper to help control shaking hand movements.

The following are some options for handwriting to help a person who has tremors:



Weighted Pen or  
Pencil Weights



Hand, Wrist or Arm  
Weights



Writing Guide



Magnetic Wrist  
Hold-Down

## Computer Aids

- Use in-built computer accessibility options to change the speed and sensitivity of the mouse pointer. Additional software could help control the mouse functions.
- Enlarging the display: By making everything on the screen that bit bigger, you are making the buttons and other targets easier to focus the mouse pointer upon.
- Consider an alternative 'pointing device', such as a joystick, rollerballs, etc.
- A switch can be attached via a switch interface or directly into an alternative mouse that supports switches in-built.
- Doing away with the mouse altogether: A mouse is not actually required for most tasks on the computer. Replace some of the mouse functions with keyboard.

The following are some options for computer aids that could help a person who has tremors:



Adapted Mouse



Joystick



Rollerball



SteadyMouse® Software



External Switch



Big Keys LX Keyboard®



Keyboard Seal



Stylus

## Technical Resources

- Use a telephone with large buttons. Avoid phones with speed dial and redial buttons too close to the number buttons.
- Use a speakerphone, a headset or Bluetooth® device when using phones.
- Use voice-activated dialling if available on your cell phone.
- Lift Pulse® App is an application for mobile phones that records your tremor and allows you to monitor and measure it at home. Available through iTunes and Google Play.

The following are some options for technical resources that could help a person who has tremors:



Lift Pulse App®



Medical History Bracelet



Apps: Big Launcher®, Typeway®, Abilipad®



Speech Recognition Software

## General Techniques

- Learn to use your tremor-free hand for as many activities as possible, including writing.
- Hold your chin toward your chest, or turn your head to the side to control head tremor.
- Use your tremor-free hand to steady your tremoring hand, and whenever possible use two hands.
- Avoid caffeine, mahuang, ephedra and other over-the-counter medications and herbs containing ingredients that increase your heart rate and can increase tremor temporarily.
- Keep your elbows close to your body when performing tasks as a way to help control hand tremor.
- Consider using on-line banking to pay your monthly bills.
- Consider using credit or debit cards instead of writing checks.
- Carry and use larger handled, weighted pens and eating utensils.
- Make sure you learn to control or manage stressful situations as stress can temporarily cause an increase in tremors.

If you are eating in a restaurant:

- Request that your meat be cut before being served.
- Consider ordering finger foods to eliminate the need for utensils.
- Request that drinking glass or mug be filled only half-full.
- Ask for a straw.
- Avoid buffets or have someone assist you when going through the line.

For other personal care tasks:

- Use an electric razor when shaving.
- Have a manicurist care for your nails and a cosmetologist wax or pluck your eyebrows.
- Hire a seamstress to do your mending, or find a volunteer to sew on buttons, thread needles and pin fabrics.
- Use an electric toothbrush or a child's toothbrush for better control when brushing your teeth.

\* More coping tips could be found on [www.essentialtremor.org](http://www.essentialtremor.org)

## Other Options



Stabilisation Suction Handle



Kinsman Weighted Toothbrush and Razor Holder®



MagnaReady® Shirts

## For more information, please contact

### Independent Living Centre NSW

Shop 4019, Level 4, Westpoint Shopping Centre, 17 Patrick Street, Blacktown NSW 2148

**Infoline: 1300 452 679      Email: [help@ilcnsw.asn.au](mailto:help@ilcnsw.asn.au)      Web: [www.ilcnsw.asn.au](http://www.ilcnsw.asn.au)**



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