



Hemispherectomy
Foundation
AUSTRALIA

Adaptive aids for hemispherectomy children, young people and adults



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Adaptive aids for hemispherectomy children, young people and adults

This guide has been prepared to provide information on a range of adaptive equipment to assist hemispherectomy children and young people to participate in the places that they learn and play.

The contents of this guide are not exhaustive and many families find their own adaptive aids that make living with a hemiplegia easier. Families are the experts in their lives and know what works for them, and the content of this guide has been informed by the lived experience of hemispherectomy children, young people and their families.

The Hemispherectomy Foundation Australia welcomes contributions from families, children, young people and therapists to help keep this guide as current and comprehensive as possible.

Note that the contents of this guide are not intended as medical advice and families should always seek the advice from their child's occupational therapist about aids that are appropriate to their child's age, development and environment.



Some of our hemispherectomy children and young people at HemiCon 2025

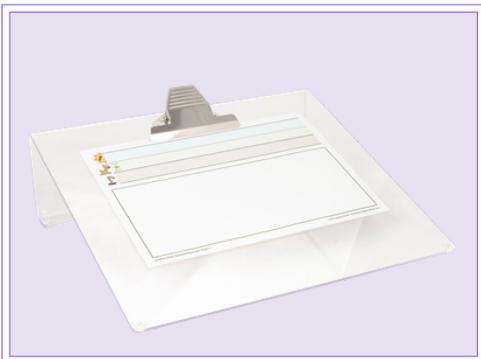
In the classroom or at preschool



SUPPORTIVE CHAIRS

Specialised chairs can provide improved stability which can help reduce fatigue and allows the child longer periods of concentration and fine motor activity.

<https://www.leckey.com/products/pal>



ANGLED WRITING BOARD

An angled writing board can help with poor pencil grip by supporting the proper supination and pronation of the wrist. The clip keeps paper secure and the rubber feet provide table grip.

<https://www.thetherapiststore.com.au/product/easywriter-angled-writing-board>



AUTOMATIC PENCIL SHARPENERS

Automatic pencil sharpeners make sharpening pencils easy with one-handed use.

Lots available including this one
<https://www.officeworks.com.au/shop/officeworks/p/kent-battery-powered-2-hole-sharpener-black>

In the classroom or at preschool



SCISSORS

Mounted table top scissors are designed for one-handed operation. The wooden base provides stability. To use, slide the paper or card along the base until it's in position, then press down on the "T" shaped handle for cutting.

<https://sahandtherapy.com.au/shop/mounted-table-top-scissors>



RETRACTABLE MARKERS

Retractable markers can be closed with a thumb click meaning no lids to try and navigate with one-hand.

<https://www.target.com.au/p/crayola-clicks>



NON-SLIP MATS

Sticky mats can help children keep their activities stable, such as jigsaws and building blocks. They can also be used at snack and meal breaks to keep plates in place. Mats are available in a range of sizes.

<https://www.novitatech.com.au/shop/non-slip-mat-variable>

In the classroom or at preschool



EASY OPEN LUNCHBOX

These lunchboxes are sturdy and easy to open with one hand. They come in a range of colours.

<https://bbox.com.au/collections/lunchtime>



EASY OPEN DRINK BOTTLE

Push button flip lid drink bottles are easy to use with one hand. There are many on the market such as the gizmo flip autospout which comes in a range of designs.

<https://www.ronis.com.au/products/contigo-gizmo-flip-autospout>



MAGNETIC BACKPACK CHEST STRAP

This magnetic strap helps keep backpack straps in place. Backpack straps can often slip from shoulders following hemispherectomy due to weakness on the hemiplegic side.

<https://www.temu.com/au/-shoulder-strap-school-bag-chest--backpack-fixed-clip-outdoor-double-shoulder-bag-anti-slip-magnetic-fixing-belt>

In the kitchen



ETAC FOOD PREPARATION BOARD

This board is an essential kitchen tool for preparing food and cooking. It holds food items such as bread and vegetables in place to allow for one-handed cutting, chopping, peeling or slicing.

Google ETAC food preparation board or try <https://www.patienthandling.com.au/product/etac-fix-food-preparation-board/>



DYCEM STICKY MATS

Sticky mats are helpful for keeping bowls, plates and chopping boards in place when preparing foods.

<https://www.dycemns.com/dycemshop/product/non-slip-mat/>



CAN OPENER

This can opener can be used with one hand. It is battery operated and can simply be placed on the can, the button pushed and it will remove the lid of the can.

Google "Touch and Go" electric can opener

In the kitchen



JAR OPENER

A battery operated jar opening grips the lid of a jar and opens the jar. While an ETAC board can also be used to grip a jar for one-handed opening, this jar opener is great for jars that are difficult to open.

Available on Ebay or Google search for automatic jar opener.



PASTA BASKET

Draining pasta, particularly large pots often requires two hands. Placing the pasta in a basket allows it to be placed into the pot of boiling water and easily removed for draining.

<https://www.dycem-ns.com/dycemshop/product/non-slip-mat/>



SAUCEPAN STABILISER

Holds pans securely for people who have the use of one hand by suctioning to the cooktop.

*Lots available but try this one
<https://ilsau.com.au/product/pan-handle-holder/>*

Dining



PLATES WITH SIDES

Plates with sides can make eating with one utensil easier as food is prevented from slipping off the plate.

So many available, including those with a suction base. Just Google (they do not need to be disability aids)



COMBINATION CUTLERY

Combination cutlery is a common one-handed disability aid as one utensil is designed to be used as a knife/fork and knife/spoon.

Many different options available such as <https://doability.com.au/etac-light-combination-cutlery2>



UTENSIL STRAP

This utensil can be strapped onto the hemiplegic hand to encourage use.

<https://www.bettercaremarket.com.au/utensil-strap-aidapt.htm>

Getting dressed and self care

An occupational therapist (OT) can help with dressing skills and most children and young people compensate for their hemiplegia and learn to dress independently with one hand. Development can include learning to dress the affected side first, learning how to button and put on socks, shoes and pants with one hand. The OT may also address visual neglect, reduced awareness of the affected side and suggest simplified clothing options, avoiding jackets with zippers.

This [booklet produced by the Children's Hemiplegia and Stroke Association](https://chasa.org/wp-content/uploads/2011/06/I-can-do-it-flyer.pdf) also has strategies for children to help them get dressed independently with one hand (<https://chasa.org/wp-content/uploads/2011/06/I-can-do-it-flyer.pdf>)



SHOE LACES

While there are strategies to tie traditional shoe laces with one hand, many children find 'no tie' laces easier as they are elastic and allow for shoes to be slipped on and off, while the elastic lace stay in place.

<https://laceez.com.au/>



BATHING AND TEETH BRUSHING

Automatic soap, shampoo and toothpaste dispensers can be helpful if needed. Toilet paper dispensers are also available if your child finds using regular toilet paper holders challenging.

There are lots available, just Google.

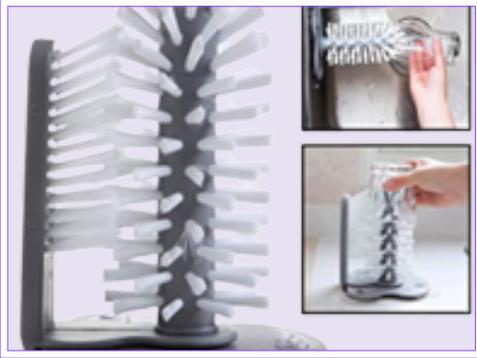


NAILS

A simple foam noodle can help with cutting or painting nails.

Try Target, Big W, Bunnings

Household chores



WASHING DISHES

A scrubbing brush that can be fixed to the inside of a sink allowing for dishes, glasses, cutlery etc to be washed against it with one hand.

<https://www.amazon.com.au/Bottle-Cleaning-Suction-Bristle-Kitchen/>



CHANGING BED SHEETS

Changing sheets can be difficult one handed, as the bimanual activity of lifting the mattress and tucking the sheet under the mattress is required. This mattress lifter can slightly lift the mattress and be moved around the bed to allow for tucking of the sheet.

Google mattress lifter tool. Inexpensive ones are available through Temu.



DOING LAUNDRY

Traditional washing baskets cannot be carried with one hand. A collapsible washing basket with a central handle can be used to after the washing has come out of the washing machine for transferring to a clothesline or dryer.

Try the Brabantia range

https://www.brabantia.com/int_en/laundry-basket

Further information and resources

Children's Hemiplegia and Stroke Association

<https://chasa.org/living/>

A handy guide to managing everyday living activities with one hand

https://ilct.com.au/uploads/general/Info-Sheets/20170327_Handy-Guide-one-hand.pdf

One-handed in a Two-Handed World (book) by Tommye-Karen Mayer

<https://www.amazon.com.au/One-Handed-Two-Handed-World-Tommye-karen-Mayer/dp/0982321988>

Jam the Label Adaptive clothing

<https://jamthelabel.com/>

Rare Wear Adaptive clothing

<https://www.rare-wear.com.au/>



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