

# Ideas to Share

## Grippers



Gripping objects that have small diameter handles, like pens, spoons, toothbrushes can be difficult for people with fine motor disabilities. But, there are many ways you can adapt those items so they can be used... and you probably have the items you need to adapt the objects in your home right now.

Here are some objects that you can use to fatten up a device handle and make it easier to hold:

- 35 mm film container
- prescription bottle
- tennis ball
- whiffle golf ball
- tubular foam pipe insulation
- bicycle handle grip
- sponge hair roller
- polymer clay

If you are using a prescription bottle, try the various sizes and decide which feels the best. Using a pair of scissors, snip off the safety clasp on the bottle portion. File smooth if necessary.

It's hard to make holes in a tennis ball. Use an exacto knife or punch to start the holes and then use the pointed end of a pair of scissors to widen the opening. (Staff found 20 lower-grade tennis balls, sold as "fun balls," in K-Mart's sports department for \$2.00)

If the objects in the film containers or medicine bottle move too much anchor it by placing playdough or modeling clay in the bottom of the container.

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These ideas have been gathered from various resources included (a) submissions from early interventionists across the country, (b) development by Tech-n-Tots staff, or (c) retrieved from various websites focusing on assistive technology. If you have an idea to submit, please send a description and photo to: [jill.McLeod@jefferson.edu](mailto:jill.McLeod@jefferson.edu)