

Food and Drinks

People with ALS experience a lot of problems with food and drinks. The reason can be that the mouth- and jaw muscles are affected in such a way that they cannot keep the food in the mouth and the chewing of food is difficult. It can also be that the hand, arm and shoulder muscles are so weakened that holding a simple fork or spoon does not work anymore. There are different devices ALS patients that can still eat, can use.

Cutlery

Finger and hand atrophy or muscle weakness can pose a problem when it comes to holding a fork. There are different kinds of cutlery on the market with a thickened handle; a thickened handle facilitates the holding of the cutlery. You can easily make thickened cutlery yourself. Take a piece of insulation tube (rubber foam) and slide it on a regular fork or spoon. The fact that it is not so easy to clean foam however is a disadvantage.

Plate

It is recommended to take a plastic plate, this does not break if it falls and it can take a beating. There are special plates with a stuffed edge; with the help of a fork you can easily slide the food to the edge and the food comes on the fork more easily. When buying a plate keep in mind that the plate can go in the microwave.

Cups

There are different types of cups on the market, like plastic cups and cups with two handles and there are also different caps to attach on the cup so you do not mess quickly. In the association you can also obtain straw holders you can attach on a regular glass or cup. Your straw remains in the glass so you can drink at any time

Knee table

Since a while a convenient knee table is for sale. The knee table is suitable for many purposes, ideal for in the car, on the camping, in bed, in the wheelchair etc. Under the knee table, a stabilizing, anti slip pad has been attached. One can also put the knee table on the table and can use it as a reading board. The knee table is available at Blokker



Dressing and undressing

Various problems may arise when dressing and undressing

It usually starts when one can no longer close the buttons of a blouse or tying your shoes is no longer possible. There are different devices such as a close button maker and a shoe lift but the question is if you can handle these devices. You should assume that certain things become more difficult or even impossible and that you have to rely on help and that help can be family, volunteers, home care or in the end a nursing home.

Difficulty with lace bows because your hands are not so good anymore? Try the elastic shoe laces. Thread the laces and your shoe lace becomes a shoehorn. The laces are available in three lengths and in the colors black and brown. The lace of 45 cm is also available in the color beige.

Bed

Getting up from the bed and turning around in the bed can cause problems. You can temporarily lift the bed by putting chocks under the bed. You can also rent a high-low bed in the home care shop.

Turning around in the bed is easier if you sleep on satin sheets. There are also special mattresses that aid the rolling

Washing

Problems when washing can be put in a wide variety.

Problems with getting in and out of the bath, prolonged standing under the shower, the opening and closing of taps, problems with tooth brushing and the washing of the whole body. There are different devices such as a lifter, a bath lift, a shower chair, special taps, etc. Consult the device list of the Flemish Fund

Toilet seat



If you are going to spend a day with family or friends and you have an adapted toilet at home, then that might cause problems. A folding toilet seat is an excellent help. Also very suitable during holidays or when you go out for the day. There are different kinds of toilet seats, from easily foldable to a more difficult construction kit. The adjustable height is in general from 45 to 62 cm