

MAINTAIN PRODUCTIVITY AND WELLNESS WHILE AGING ON THE FARM - PART 2

Resource Guide

WHAT IS ASSISTIVE TECHNOLOGY?

Any item or piece of equipment to increase or maintain one's ability to carry out tasks despite limitations or impairments.

BENEFIT OF USE:

- Maintain or increase independence
- Overcome natural aging process
- Protect your body and prevent injuries to remain staying active on the farm

LOW VISION SOLUTIONS:

- Increase lighting
- Magnifier
- Large Print Calendar
- Increase contrast



LED flashlight gloves enable you to work with both hands with increased lighting.



Pen scanner that reads text aloud.

HEARING LOSS SOLUTIONS:

- Prevent further hearing loss with noise cancelling earmuffs or ear plugs.
- Amplify sound with the use of a pocket talker.
- Compensate for hearing loss with using closed captioning on TV, use of extended mirrors on machinery and convex security mirrors.

ACHES AND PAIN SOLUTIONS:

- Rearrange the environment to reduce repetitive movements-bending, twisting.
- Use grab bars to increase stability in the bathroom and entryway.
- Place nonslip pad under rugs and anti-slip tape in slippery areas (*shower, bathroom floor, milk parlor, watering area*).
- Stretch before strenuous activity and use proper body mechanics (*bend with your knees, lift with your legs, carry items close to you*).

ARTHRITIS:

- Use your larger muscles and joints to take load off of smaller ones when carrying or lifting items.
- Increase grip width on utensils and tools (*forks, garden tools, toothbrush, etc.*).
- Homemade cold packs (*1 cup rubbing alcohol to 3 cups water*).

MEMORY AIDS:

- Pill organizers
- Phones-setting alarms, using a recorder, calendar







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- The ToolBox - Assistive Technology Database . ArgAbility . (2021). <http://www.agrability.org/toolbox/?mode=browse>.
- Volkmer, K., & Lucas Molitor, W. (2019). Interventions Addressing Injury among Agricultural Workers: A Systematic Review. *Journal of Agromedicine*, 24(1), 26-34. <https://doi.org/10.1080/1059924X.2018.1536573>






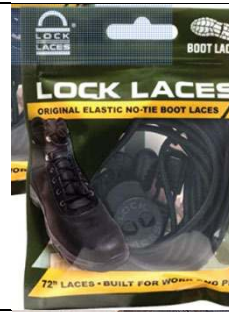


Practical Solutions to Maintain Productivity and Wellness

Maintain Productivity and Wellness While Aging on the Farm, Part II







Resource Guide:

Low Vision:		
	LED Inspection Light	\$12.38
	Under Cabinet Lighting 6 Pack Under Cabinet Lighting	\$15 \$23.95
	LED Flashlight Gloves	\$9.88
	Pen Scanner	\$250
		
		

		
Hearing Loss:		
	Noise Cancelling Headphones	\$40
		
	Extended Mirrors	\$150
	Round Convex Mirror	\$49.17
	Paging System Device Options	~\$300
Aches & Pains:		
	Kitchen Organization Options Kitchen Organization	Varies

		<p>Anti-slip Rug Tape</p> <p>Anti-slip Rug Pad</p>	<p>\$14.14</p> <p>\$30</p>
		<p>Anti-slip Bathroom Stickers</p>	<p>\$12.00</p>
		<p>Shower Seat Options</p>	<p>Varies</p>
		<p>Toilet Seat Riser Options</p>	<p>Varies</p>
		<p>Grab Bar Review Guide</p> <p>Suction Grab Bar</p>	<p>\$15.00</p>
		<p>Elastic Laces</p>	<p>\$17.99</p>
		<p>Boot Jack</p>	<p>\$13.51</p>
		<p>Anti-fatigue Mat</p>	<p>\$30.00</p>

	<p>Knee Pads</p>	<p>\$36.00</p>
<p>Arthritis:</p>		
	<p>Steering Wheel Spinner Knob</p>	<p>\$8.49</p>
	<p>Key Turner/Adapter</p>	<p>\$10.95</p>
	<p>Med Grip Opener</p>	<p>\$8.99</p>
	<p>Jar Opener</p>	<p>\$7.99</p>
	<p>Gardening Tools</p>	<p>\$50.00</p>
	<p>Support Gloves</p>	<p>\$16.00</p>

Memory Aids:		
	<u>Pill Organizer</u>	\$10.97
	<u>Smart Speaker-Alexa</u>	\$30.00
	<u>Echo Show</u>	\$45.00
General Safety		
	<u>Safety Sunglasses</u>	\$13.07
	<u>Wide Brim Hat</u>	\$25.00
	<u>SunScreen</u>	\$12.97

	<p>Neck Cooling Wrap</p>	<p>\$3.42</p>
	<p>Heated Gloves</p>	<p>\$27.00</p>
	<p>Heated Vest</p>	<p>\$45.00</p>
	<p>Heated Jacket</p>	<p>\$150.00</p>
	<p>Cut Resistant Gloves</p>	<p>\$10.97</p>
	<p>Cut Resistant Arm Sleeve</p>	<p>\$11.50</p>