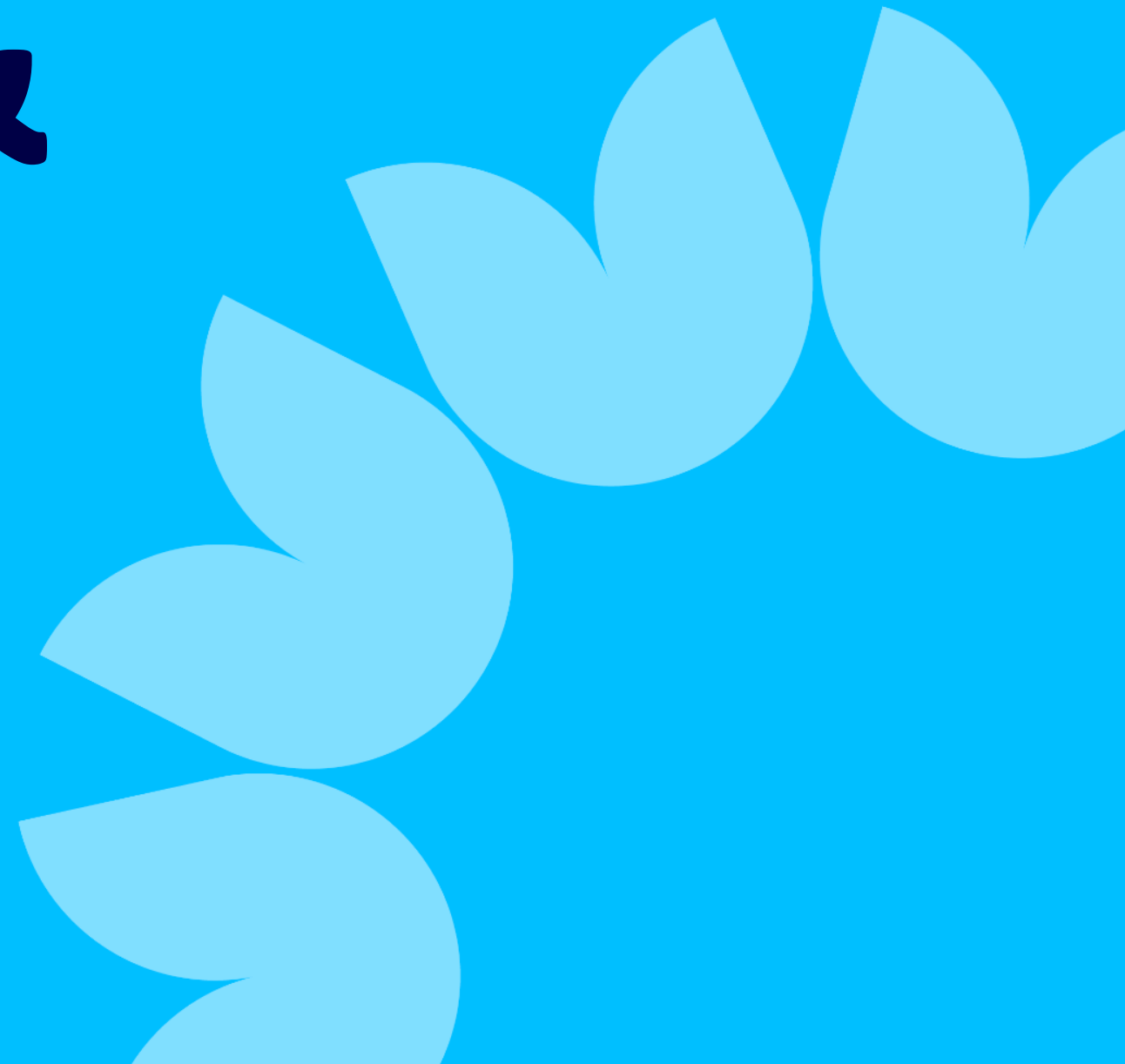


# Hints & Tips



**Parkinson's  
UK Scotland**



# Around the Home



**Parkinson's**  
**UK Scotland**



Anti-slip silicone mat  
**£16.00**



Anti-spill mug  
**£28.00**



2 handled ceramic mug  
**£10.00**



2 handled mug  
**£8.33**



Ergonomic cutlery set  
**£21.00**



Ergonomic right angled spoon  
**£7.00**



Combi grabber

**£18.00**

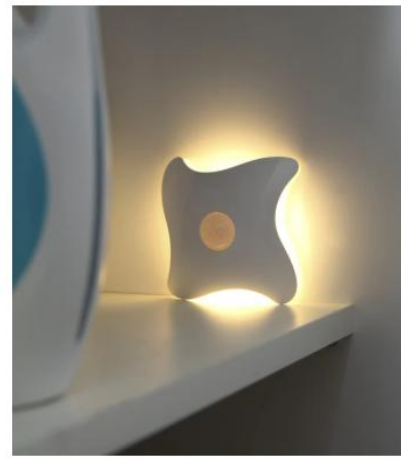


iBeani universal tablet cushion

**£23.00**



"I bought fat weighted pens for my husband who has advanced Parkinson's with lewy body Dementia. The difference this pen has made to his handwriting is astonishing. The spidery look has gone and it's been a real boost to his confidence."



Movement sensor light  
**£20.00**



Plug through night light  
**£15.00**



Night light torch  
**£20.00**

You can use Alexa for all sorts of things:

- Listen to your favourite radio station
- Call someone (if it's linked to your mobile) if you have had a fall and can't get to the phone
- Make a shopping list and order it online
- Control your thermostat at home
- Turn lights on or off, even when you are not at home
- Remind you to take your medication



Home safety alert with 2 pendants  
**£50.00**



Wireless doorbell and alarm  
**£58.33**

# Preparing Food



**Parkinson's**  
**UK Scotland**



Combination wheeled trolley walker and standing aid with hand brakes

**£75.00**



Easy pour kettle and tipper

**£75.00**



Jar and bottle grip opener

**£5.00**



One touch can opener

**£28.00**



Non-slip tray

**£16.00**



Perching stool

**£125.00**



Ring pull can opener

**£4.50**



Universal jar and bottle opener

**£5.00**



Tea bag squeezer

**£6.00**

# CommunityAdvice

“Several attendees at a recent Tips ‘n’ Tricks presentation recommended the Hot Cup kettle by Breville...

....and others like using Bamboo travel cups.”



# CommunityAdvice



"These days I do more one-pot cooking. Recipes have to not take too long to prepare or cook because they are too tiring - my slow cooker is well used."

"I use ready prepared food vegetables if my hands aren't too good or I am tired and don't want to risk using a sharp knife but I can still cook dinner."

"I have a perching stool in my kitchen so I can sit and prepare meals."



5 in 1 Food Vegetable Salad  
Fruit Peeler Cutter Slicer Dicer  
Chopper Grater Kitchen Tool



"My tremor makes it difficult for me to chop food, so I use a salad bowl cutter. You put everything in the bowl you want to chop, then put the base on it. You can use the slots in the bowl to guide your knife, which makes things very easy."



“ You can buy frozen pre-chopped herbs at Farmfoods, Iceland and Asda, so you don't have to worry about chopping them up. It also cuts down on waste because you only take as much as you need.”

“I have a weakness on my right-hand side, so chopping food is difficult. I bought a mini food-processor, which I use to blitz things like garlic, ginger and spring onions. Then I freeze the ingredients and just get them out when I need them.”

