

L Putting the AT in ArT

By

Alex Lee, MA, ATR-BC

Colleen McAllister, CTRS

Hi!

- Alex Lee, MA Art Therapy and Counseling, ATR-BC
 - Alexandra.Lee@Jefferson.edu
- Colleen McAllister, CTRS
 - Colleen.Mcallister@Jefferson.edu

Art Therapy and Recreational Therapy at Jefferson Moss-Magee Rehabilitation Hospital

- Inpatient hospital versus outpatient facility
- Individual, cotreatment, and group sessions
- Support of PT, OT, SLP therapies
- Physical, cognitive, and mental health
- Building coping skills
- Community resources





Low-tech Adaptive Tools



Foam Grip Tubing

- Great for putting on paint brushes, pencils, markers, crochet hooks
- Each color has a different sized hole in the middle so one will match almost anything
- They come in long tubes to be cut to size

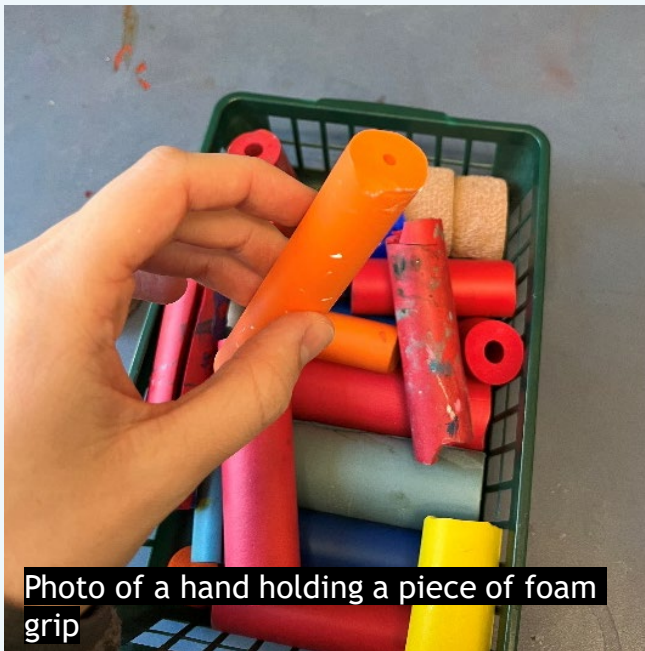


Photo of a hand holding a piece of foam grip



Photo of a hand holding a paint brush with foam grip on the handle

- [Amazon.com: \[6 Pack\] Foam Grip Tubing/Foam Tubing - 3 Sizes - Ideal Grip Aid for Utensils, Tools and More - No BPA/Phthalate/Latex : Health & Household](#)

Dycem

- A rubbery, nonslip mat that is super useful to help keep materials from sliding
- You buy it in thinner rolls and cut to size or purchase thicker square or round pads



Photo of a hand holding down a piece of dycem nonslip mat

- [Amazon.com: 2 Rolls Non Slip Material Roll, 8 Inch x 3.25 ft Silicone Roll Cut to Size Non Slip Mat Large Table Pads Anti Slip Large Roll for Baking Drawer Crafts Counter Eating Aids Drawer \(Blue\) : Health & Household](#)
- [Amazon.com: Dycem Non-Slip Square Coasters, Set of 4, Blue : Home & Kitchen](#)

Coban Tape

- Comes in handy with a ton of things including building up the thickness of writing/painting utensils (similar to foam tubing, with a little more grip)
- Can be used to tape things to the hand to help stabilize what is being held



Photo of a hand holding a roll of coban tape



Photo of a hand holding a paintbrush with coban tape wrapped around the handle

- [Amazon.com: 3M Coban Self-Adherent Wrap, Self Adherent Wrap Used to Secure Dressings and Other Devices, Compress or Protect Wound Sites and Immobilize Injuries, Blue, 1"x 5yds, Box of 30 Rolls : Health & Household](https://www.amazon.com/3M-Coban-Self-Adherent-Wrap-Self-Adherent-Wrap-Used-to-Secure-Dressings-and-Other-Devices-Compress-or-Protect-Wound-Sites-and-Immobilize-Injuries-Blue-1-x-5yds-Box-of-30-Rolls-Health-amp-Household/dp/B000APR002)
- Can usually be found on any medical supply site

Universal Cuff (U-Cuff)

- Most pens/pencils/brushes fit but things can be taped to it as well
- Adjustable Velcro strap to attach to the palm
- There are different options out there:
 - Silicone: sometimes tug at the skin but work well for smaller hands
 - Fabric: one kind has more of a tube on the palm side which usually can hold thicker things than regular pencils



Photo of a hand with a universal cuff around the palm and a pencil in the universal cuff

- [Sammons Preston Heavy-Duty Utensil Holder, Universal Hand Strap for Holding Utensils, Eating Assistance Cuff for Weak Grip & Limited Mobility, Size Small/Medium Measures 3" - 4" Across Knuckles: Amazon.com: Industrial & Scientific](#)
- [Amazon.com: Universal Cuff Adaptive Utensil Holder, Universal Holder Strap for Elderly, Universal Cuff for Holding Cutlery, Toothbrushes, Adaptive Eating Tableware Holder for Parkinson Arthritis Tremors Patient : Health & Household](#)
- [Amazon.com: EazyHold Yellow Silicone Easy Grip Device, Universal Cuff for Hand Therapy, Autism, Limb Loss, Cerebral Palsy, ALS, Special Needs, Pediatric Stroke, Adaptive Handle Daily Mobility Aid 2-Pack 4" : Health & Household](#)

Wrist Support with U-Cuff

- Similar adaptation to a u-cuff but with additional support throughout the wrist/forearm



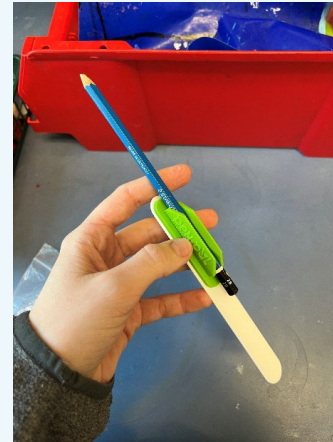
Two photos of a hand and arm with a wrist brace on and a pencil in the universal cuff around the palm. One photo depicts the palm side of the hand, the other the back of the hand.

- [Amazon.com: Standard Wrist Orthosis with Universal Cuff- Large Adult Right Hand : Health & Household](#)
- [Standard Wrist Support with Universal Cuff | eSpecial Needs](#)

Mouthsticks

- Can offer greater control than a u-cuff
- Writing/painting utensils or a stylus can be screwed into the small plastic screw at the bottom
- A plastic popsicle stick/tongue depressor with a “pen pal holder” placed on the end is a cheaper option

Two photos of a hand holding a mouthstick with a flat mouthguard piece on one end and a plastic slot that can screw and secure writing utensils on the other end



A photo of a hand holding a plastic popsicle stick mouthstick with a pen pal holder on one end to hold writing utensils

- [Amazon.com: Sammons Preston Clamp-On Mouthstick, Lightweight Long Mouth Holder Device for Pencils, Pens, and Long Handle Tools, Hands Free Assistance Aid for Quadriplegics and Limited Motor Skills, 12" : Health & Household](#)
- [Amazon.com: HTVRONT Stir Sticks for Epoxy Resin, 20PCS PVC Mixing Sticks, 4 Colors Reusable Plastic Stirring Sticks for Mixing Resin, Epoxy, Liquid, Paint, Molds, DIY Crafts : Arts, Crafts & Sewing](#)
- [Amazon.com: Pen Pal Pen Holder - 12 Pack Assorted Colors : Office Products](#)



Easels

- Great way to prop materials for easier reach and visibility

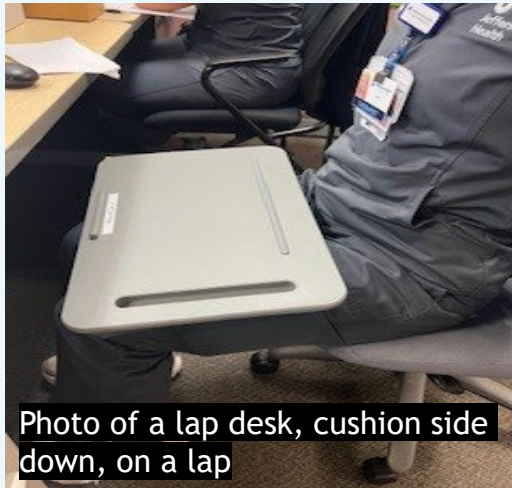


Two photos of a two easel options, one sits flat on the table with a flat back with holes for pencils on the top edge, one that sits higher off the table without a solid flat back

- [Amazon.com: StrongTek 6-Position Bamboo Table Easel, 16x12 Inch Adjustable Drawing and Sketching Board with Built-in Handle and Back Storage, Portable Art and Lap Desk for Sketching, Reading, and Book Stand : Office Products](#)
- [Amazon.com: Falling in Art 5-Position Wood Drafting Table Easel Drawing and Sketching Board, 16 1/2 Inches by 12 1/8 Inches : Toys & Games](#)
- [Amazon.com: MEEDEN Large Wooden Tabletop H-Frame Easel, 38" High, Solid Beech Wood Table Easel for Painting Canvas 25" Max, Studio Desktop Art Easel Stand for Painting & Displaying,for Artists & Beginners](#)

Lap Desk

- Lap desk with cushion
 - For people with wheelchairs that can't fit under a table or has limited upper extremity ROM or movement
 - Portable



Top side



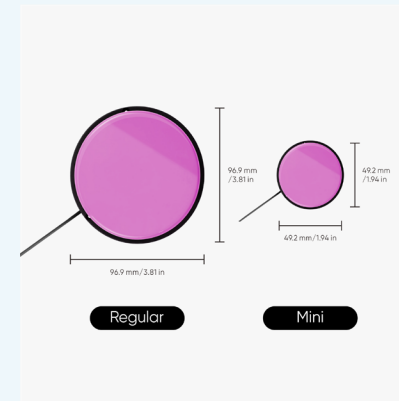
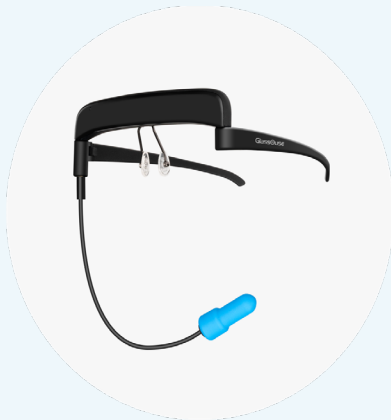
Bottom side

[Amazon.com : LAPGEAR Sidekick Lap Desk with Device Ledge and Phone Holder - Gray - Fits up to 15.6 Inch Laptops - Style No. 44215 : Office Products](#)

High-tech Adaptive Tools

Glassouse

- Glassouse
- Controls Mobile, Computer, Tablet or Smart TV wirelessly and hands-free via head movement.
- Original attachments: bite, press, and/or foot switch.
- Newest attachments: puff, cheek and blink switches.
- Works with all known OS: Andriod, iOS 13, Windows, macOS, iPadOS, Linux, ChromeOS.



[Amazon.com : glassouse](https://www.amazon.com/glassouse)

Three photos depicting the three pieces of a glassouse: a frame that can be worn as glasses with a bite switch attached to it, a flat rectangular box (foot switch), and a flat round button (press)

Apple Pencil

- Apple Pencil
 - Write, Sketch and Draw with precision on iPad.
 - Can easily be built up or used with a u-cuff.



Image of an Apple pencil

[Select Apple Pencil - Apple](#)

Magic Track Pad

- Magic Track Pad
 - The track pad is wireless and rechargeable, and it includes the full range of Multi-Touch gestures and works with a MAC computer and iPad.
 - The track pad is not compatible with an apple pencil or iPhone.



Image of a track pad, a flat black square, slightly elevated on one side

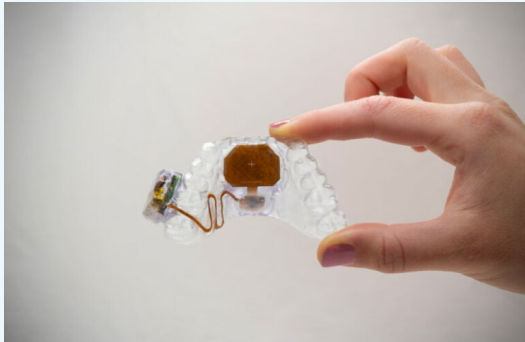


Photo of someone with a universal cuff on their hand using a track pad on a lap desk, their iPad in front of them on the table propped up

- [Amazon.com: Apple Magic Trackpad - Black Multi-Touch Surface : Electronics](https://www.amazon.com/dp/B008238888)

MouthPad

- Augmental MouthPad
- The MouthPad is a hands-free interface that allows users to control digital devices using the tongue and head gestures. It connects via Bluetooth. It works on MAC and Windows 11 computers, cellphones and iPads.



○ [Augmental - Home](#)

Three photos of different angles of a MouthPad, a small, transparent mold shaped to upper teeth/roof of mouth. Within the transparent mold is a small copper looking sensor plate with wires that connect within the mold to a small attachment on the side of the mold

Tobii Dynavox Eye Gaze

- Tobii Dynavox Eye Gaze is a communication device for people with disabilities. It lets a person control their computer and communicate using eye movements.

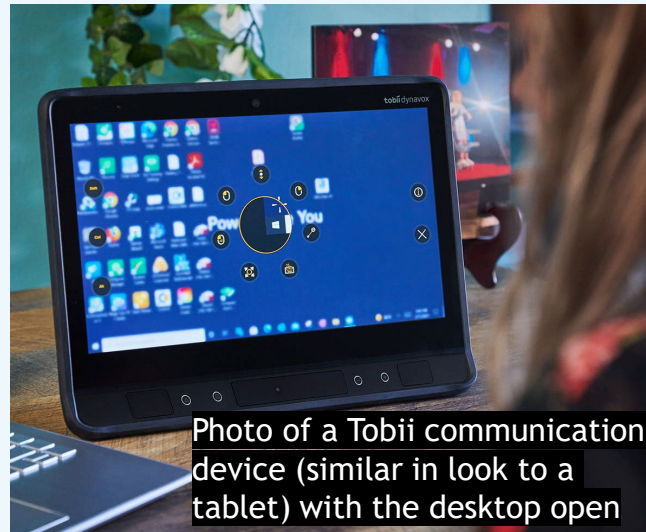


Photo of a Tobii communication device (similar in look to a tablet) with the desktop open

[About Us - Tobii Dynavox US](#)



High-Low Desk

- High-Low Desk
 - Electric adjustable height with up/down buttons
 - Adjustable for various heights of wheelchair users



Photo of a high-low desk

[Amazon.com: ErGear Height Adjustable Electric Standing Desk, 47.2 x 23.6 Inches Sit Stand up Desk, Memory Computer Home Office Desk with Two-Piece Desktop \(Black\) : Home & Kitchen](https://www.amazon.com/ErGear-Height-Adjustable-Electric-Standing-Desk/dp/B07K111111)

Art Materials and Specific Adaptations

Art Materials

- Drawing
 - Pencil, pen, colored pencil, marker, paint pen, charcoal, chalk pastel, oil pastel, paint stick
 - Fine motor heavy, some gross motor, visual
 - Generally cleaner (some exceptions) and more structured, easily adaptable
- Paint
 - Watercolor, gouache, acrylic, oil
 - Fine motor, gross motor, visual
 - Can get messy, less structured but techniques to compensate for this, adaptable
- Clay
 - Model magic, polymer clay, ceramic clay
 - Fine motor, gross motor, tactile
 - Some clays are messier than others, great for low vision, may need assistance or guidance



Art Materials cont.

- Mosaic
 - Glass tile, plastic mold, grout, outdoor cement
 - Fine motor, may need assistance or guidance
 - Can get messy but generally structured
- Textile
 - Yarn, crochet, knitting, sewing, felt, macrame
 - Fine motor, very tactile
 - Low mess, very structured, not easily adaptable
- Paper
 - Collage, origami, scrapbooking
 - Fine motor heavy, precision often needed
 - Clean, structured
- 3D Crafts
 - Wooden objects, pre-made ceramic objects
 - Fine motor, gross motor, more dexterity typically involved
 - Structured, adaptable



Adaptive Ceramic Wheel/Tabletop Wheel

- Wide access, raise and lower to fit wheelchairs and adapt to height
- Foot pedal and double as a hand pedal with knob to control speed of wheel
- Arm supports



Photo of a round tabletop ceramic wheel



Photo of a woman in a wheelchair sitting at an adaptive ceramic wheel, arms supported as she throws a bowl out of clay

Adaptive Photography

- Arms, tripods, stabilizers that attach to wheelchairs or the body to stabilize camera equipment
- Bite and tongue switches
- Photo editing in Photoshop, Procreate
- Drones

- [Adaptations - The Disabled Photographers' Society](#)



Adaptive Crochet

- DIY crochet hook stabilizer
 - Can use low/no cost materials to DIY
- Very steep learning curve
- Follow Helen Zhou on Instagram and Youtube!

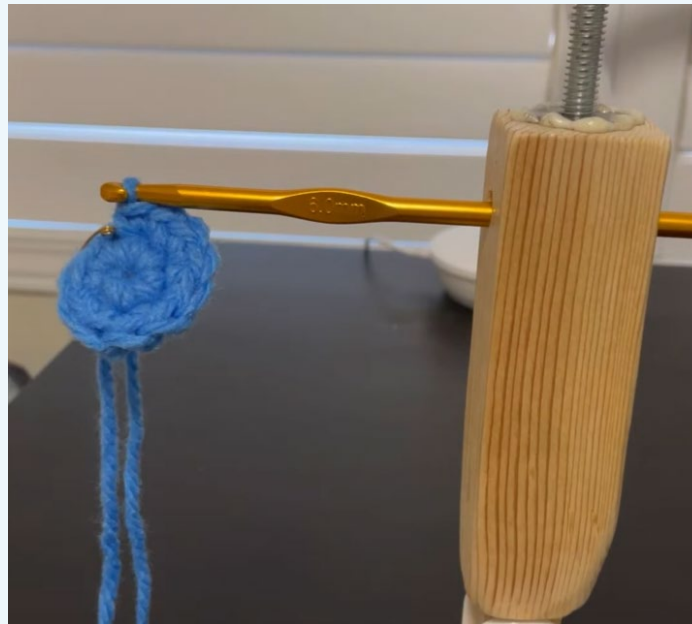


Photo of a DIY crochet hook. A piece of wood with a hole in it to hold and stabilize a crochet hook. A magic circle made of blue yarn on the crochet hook

Procreate / Digital Art

- Digital art apps like Procreate are great options for accessible art making
 - No mess, great for those with limited range of motion, though there is a learning curve
- Procreate was designed specifically for Apple products – works best on an iPad with an Apple Pencil but can be used elsewhere
- Lots of free tutorials online
- Very versatile – offers various options for brushes, layering, special effects, etc.
 - Can mimic different art materials like ink, charcoal, and paint
- Accessibility settings
 - Great for one-handed use

Photo of an iPad with examples of digital brushes and a digital drawing on it depicting a face using lots of color



[Procreate for iPad – Sketch. Paint. Create.](#)

Adapting YOUR Materials

Other Considerations

- Chairs that raise/lower and/or offer additional lumbar or arm support
- Tape
- 3D printing
- Cost of materials
- Community resources

Questions



Jefferson
Health

HOME OF SIDNEY KIMMEL MEDICAL COLLEGE

JeffersonHealth.org