

Parent Project Muscular Dystrophy

JOIN THE FIGHT.
END DUCHENNE.

Life Hack Examples:

- 1) Attaching zip ties to toys to pick up easier from the floor, attach to zippers for easy pulling
- 2) Using a JarKey to open drawers
- 3) Changing out light switches to push buttons for ease of using forehead or stick to push on and off
- 4) Wooden tabletop with C-clamps for adjustable table height (see picture)
- 5) Attaching a cord to wheelchair belt that hooks on to cell phone for ease in case it falls
- 6) Stickers placed on wheelchairs of where to disassemble for travel when others are taking in a part
- 7) Using rubber bands to attach Nintendo Switch to Hoyer Lift bar so can lay in bed and game (see picture)
- 8) Use shopping cart at low height (child's toy or regular cart) to bring items from place to place

