

Health Facts You Can Use

Tips On Selecting Easy-To-Use Products

(NAPSA)—There's good news for the millions of Americans with arthritis and other mobility limitations who find completing everyday tasks to be difficult and painful. The Arthritis Foundation's "Ease of Use" campaign provides consumer tips on selecting easy-to-use products, and encourages manufacturers to keep people with arthritis in mind when designing products and packaging.

Through the Arthritis Foundation's Ease of Use Commendation Program, manufacturers can submit products for independent review by a panel made up of people with arthritis and health professionals. Panel members review the products based on the following criteria: product weight, packaging, comfort, performance, required upkeep, simplicity and safety.

"Companies are realizing that products and services that were originally considered to be arthritis-friendly can be put into practice for anyone," said Shannon Whetstone Mescher, M. Ed., Certified Health Educational Specialist (CHES), vice president of programs and services for the Arthritis Foundation. "We want to let people know that they have a choice in the products they use, and that everyone can benefit from user-friendly products, not just people with arthritis."

The Arthritis Foundation offers a number of tips to help people select products that are easy to use, including:

- Be selective. Think about the tasks that are difficult for you on a regular basis and look for prod-

Qualities to look for in Easy-to-Use Products:

- Lightweight
- Easy to grip
- Easy to open and close
- Easy to turn off and on
- Simple to control
- Carries commendation seal from Arthritis Foundation



For people with arthritis, certain products are easier to use—and the Arthritis Foundation makes these products easier to find.

ucts that can make these tasks easier.

- Select products with texture. For example, when selecting glassware, drinking glasses with bumpy exteriors are easier to grasp than smooth ones.

- Purchase lightweight products, especially when it comes to cleaning and kitchen tools.

- Look for packaging that is easy to open and close.

- Avoid the bells and whistles. Look for products that are simple and practical, rather than those with intricate pieces.

- Look for the Arthritis Foundation's Ease of Use Commendation Seal for tested and trusted products.

For a free copy of the Arthritis Foundation's brochure, "Managing Your Activities," which contains tips on protecting your joints while performing everyday tasks, call (800) 283-7800 or visit www.arthritis.org.