

# Make 'n Take Sheet

*Discover How Easy It Is To Make Your Own Assistive Technology!*

## Button Hook-Zipper Pull

One task that can be difficult for people with arthritis or dexterity problems is the everyday task of buttoning a blouse or shirt. Here's a simple buttoning aid that requires only three common supplies.

### Materials:

- 1 - Plastic spoon
- 1 - Large paper clip
- 1 - Roll of tape



### Directions:

1. 1. Begin by unfolding your paperclip so that you have two hooks on either end and a with a straight line between.
2. Place the paperclip along the handle of your spoon and keep the outer hook close to the handle's edge.
3. Tightly tape the paperclip to the spoon. You can use any kind of tape but plastic tape will stay tight and be a good grip for your hands.
4. That's it... you're done!



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To contact Oklahoma ABLE Tech call 1-800-257-1705