

Make 'n Take Sheet

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

ABLE
Tech

Kitchen Roll-About

This is ideal for those with weakness in their hands/fingers or wrist/forearm pain. It is also for one-handed users who find lifting difficult. This wheeled, wooden trivet assists in moving hot pots and dishes.

Materials:

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| 1 – Tennis Racquet | 8 – Screws (½ inch) |
| 1 – Rubber Chair Tip (1¼ inch) | 1 – Screw (1¼ inch) |
| 2 – Wheels with 4 holes for mounting (1¼ inch) | 1 – Small Package of Easy Liner shelf paper or any type of heat proof, non-slip material that can be glued to wood |
| 1 – Piece of wood that will fit in the middle of the tennis racket | • Screwdriver & Drill |
| | • Glue |

Directions:

1. Place piece of wood in middle of tennis racquet
2. Pre-drill 8 small holes for the two wheels at the top side of the racket and one small hole for the Rubber Chair Tip
3. Line wheels up with the pre-drilled holes and use screwdriver to tighten the ½ inch screws
4. Put the 1¼ inch screw into the Rubber Chair Tip and tighten to the pre-drilled hole at bottom of tennis racket
5. Cut out the heat proof, non-slip material and glue to surface



Purchase Price: \$28.99



Make-N-Take

Helpful Hints: Substitute store-bought racquet and wood with used, appropriately shaped items to make this Make-N-Take even more cost effective. No drill? Ask at a home improvement store to help pre-drill the holes, or use a hammer and nail to create small holes for the screws.

Oklahoma ABLE Tech, the statewide Assistive Technology Act Program, is funded through the Administration for Community Living of the U.S. Department of Health and Human Services, and maintains coordination and collaboration efforts with partners throughout the State of Oklahoma.

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