

# Make 'n Take Sheet

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

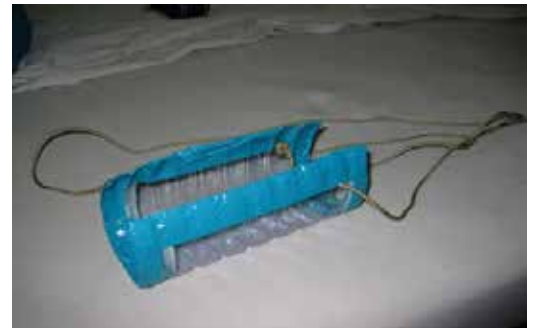
## Sock Aid

This item helps with putting your socks on, especially if you can't bend down far enough to put them on.



### Materials:

- 1 Water bottle
- 12 Inches of rope
- Duct tape (Any color)



**Make-N-Take Price: \$5.00**

### Directions:

1. Start by cutting the top and bottom off the water bottle.
2. Cut one straight line from end to end, opening up the water bottle to form a boat like structure.
3. Poke one hole on each side of the water bottle, near one end about 2 centimeters from the cut edge.
4. String rope through holes to make the water bottle a "necklace" and tie them tight.
5. Tape all the edges of the water bottle with duct tape to ensure you don't scratch yourself while putting on your socks.
6. Put one sock over the end not strung by rope, stick your foot in and pull up on the rope (as shown in pictures).

**Helpful Hints:** Use a sturdy string or rope so that when you go to pull the aid up, they don't break.

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