

Holiday Gift Ideas for those with Special Needs

- ★ Have you ever found yourself looking for a gift idea for children with special needs?
- ★ Are you tired of buying an elderly adult the same thing each year?

We all want that perfect gift for that person we love. To help you find something new, the Center for Disabilities and Development, part of University of Iowa Children's Hospital at University of Iowa Hospitals and Clinics, has a few suggestions.

A great place to start is by asking, "What do they want and what do they need to be more independent?" If you want your gift to be a surprise, just watch them to see in which areas they need help, to get them the right device.

- ★ Are there devices that would make their daily lives safer and more independent?
- ★ Are there changes around the house itself that would make things easier? For example, would changes in the bathroom or front door area make things easier?

★ TOY IDEAS for the holidays

Holiday time is exciting for all children, and children with disabilities are no different. Each year, **Exceptional Parent** (EP) magazine reports on games and toys that could be fun and helpful for children with special needs.



You can get a copy of this year's gift guide in the October issue of the magazine by purchasing it online at <https://epbookstoreonline.com/product.php?productid=18674>.

For useful information about choosing toys for specific impairments, go to the **National Lekotek Center's website** at <http://www.kidsource.com/kidsource/content3/toys.disabilities.html>.

Toys "R" Us offers information on their website for children with disabilities. They also produce an annual toy guide called **Toys R Us Toy Guide for Differently-abled Kids**. You can find this booklet online at www.toysrus.com/differentlyabled.



★ Gifts for SPECIAL SENIORS

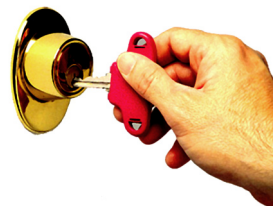
If holiday celebrations involve family gatherings, take the opportunity to ask, or better yet observe, how older family members are getting along with their activities of daily living at home. Such observations may yield some holiday gifting ideas as alternatives to the standby stationery and magazine subscriptions for elderly loved ones. Some ideas may include one or more of the following adaptive home aids or "Aids to Daily Living."

- ★ If someone is having difficulty getting up and down, helpful alternatives may include: raising the height of chairs or tables with leg extenders; transfer poles or handrails; lifter seats; bath benches and hand held showers.

- ★ Page magnifiers, large print publications, or books on tape may be helpful for someone whose vision is failing.



- ★ For someone with arthritic hands, devices such as large grip utensils, button hooks, bottle and jar openers, card holders, or handle converters for door knobs, car keys or gas caps may be useful.



Several companies that offer such aids are listed below. You can find them on the web or call them for a copy of their catalog.

Sammons Preston at www.sammonspreston.com/
800-343-9742.

Independent Living Aids, www.independentliving.com/
800-537-2188

Buck and Buck,
www.buckandbuck.com/
800-458-0600.



University of Iowa Health Care

Center for Disabilities and Development
877-686-0031 (toll-free) • 319-353-6900 (local)

