

Maryland Assistive Technology Program

MARYLAND DEPARTMENT OF DISABILITIES



ABOUT US

Maryland TAP provides statewide access to assistive technology (AT) through equipment demonstrations, loans, reuse, financing, and training.

www.mdtap.org

WhAT We Do

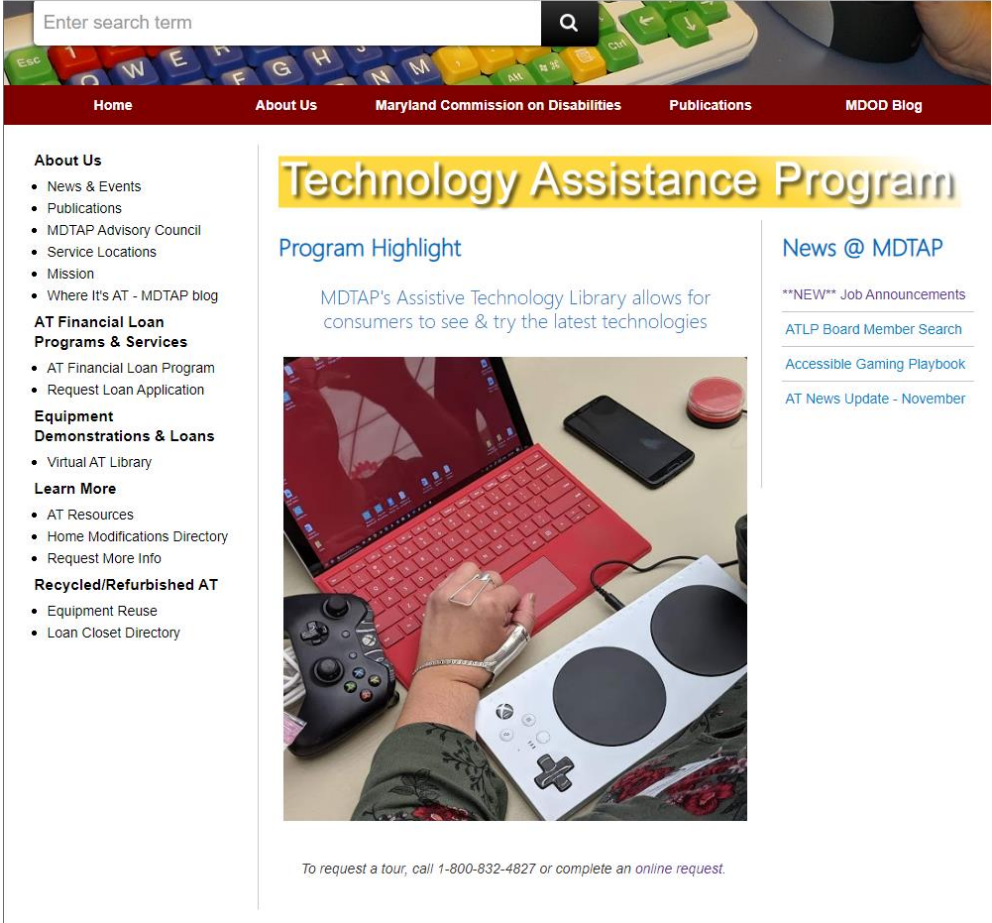
- Run four AT Libraries across the state (Central Baltimore, Southern Maryland, Western Maryland, and Eastern Shore)
- Conduct AT demonstrations with AT Clinicians
- Issue short-term device loans
- Host webinars, trainings, and presentations on AT
- Online equipment reuse exchange (buy, sell, giveaway AT & medical equipment)
- Maryland High-Tech AT Reuse Center (housed in the Loan Closet of Howard County)
- Conduct a low-interest financial loan program
- Run the Central Baltimore, Western Maryland and Southern Maryland adapted telephone evaluation centers and assessment program

More of WhAT We Offer

[Virtual AT Library](#)

[Home Modifications Directory](#)

[Loan Closet Directory](#)



The screenshot shows the MDOD website with a red navigation bar. The main content area features a yellow header for the "Technology Assistance Program". Below this, there is a "Program Highlight" section with a photo of a person using a red laptop and a white adaptive device. To the right of the photo is a "News @ MDTAP" section with links to job announcements, board member search, gaming playbook, and news updates. A sidebar on the left lists various services and resources.

Enter search term

Home About Us Maryland Commission on Disabilities Publications MDOD Blog

About Us

- News & Events
- Publications
- MDTAP Advisory Council
- Service Locations
- Mission
- Where It's AT - MDTAP blog

AT Financial Loan Programs & Services

- AT Financial Loan Program
- Request Loan Application

Equipment Demonstrations & Loans

- Virtual AT Library

Learn More

- AT Resources
- Home Modifications Directory
- Request More Info

Recycled/Refurbished AT

- Equipment Reuse
- Loan Closet Directory

Technology Assistance Program

Program Highlight

MDTAP's Assistive Technology Library allows for consumers to see & try the latest technologies



News @ MDTAP

- [**NEW** Job Announcements](#)
- [ATLP Board Member Search](#)
- [Accessible Gaming Playbook](#)
- [AT News Update - November](#)

To request a tour, call 1-800-832-4827 or complete an [online request](#).

Adapted Dining

All the different options

Plates

Bowls

Cups

Utensils & holders

Straws

Weighted?

Bendy?

One handled or two?

Larger?

Suction?

Nonslip?

Food guards or scooped?

At home or on the go?

What will work for you?

Assess the Needs

What are you having issues with – tremors, rigidity, spasms, swallowing, etc.?

What utensils work for you? Which ones don't?

What do you want to do that you can't do easily (or at all)? – open a tab, use a can opener, lift a milk carton, pour the coffee, etc.?

Let's dig deeper now!

What have the experts recommended?

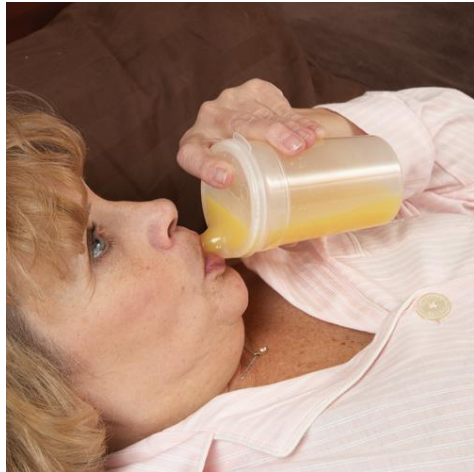
It's important to remember that the experts and professionals in your life will provide important recommendations.

For example, if you experience trouble with swallowing, have they recommended cups to manage liquid regulation?

Keep these recommendations in mind as we look at a variety of dining options.

Adaptive Drinking Aids:

Spout Cups:



Designed to deliver liquid to the center of your tongue. They can be used to take water, or mild to moderate thick fluids such as yogurt and porridge.

Cut-out Cups:

Are designed in such a way that there is space for your nose when you tip the cup. This is meant to help you keep your head and neck in a safe “chin tuck” position when drinking. Cut-out cups are ideal for taking mild to moderate thick fluids. Most cut-out cups can be squeezed to let out the thick fluid.



Cups that regulate amount of liquid per sip:

These cups are the most ideal cups for dysphagia patients who may need to monitor how much liquid they take at a time to avoid choking and aspiration.

Do not use thickened liquids.



Weighted Cup:

- Helpful for individuals with tremors
- And individuals who need more biofeedback to keep a grasp on the cup
 - Some individuals may need more biofeedback to remind their hand to stay closed around the object.



Things to Consider:

- Handles
 - Size of clients hands i.e. small vs large handles
 - Number of handles (1 vs 2)
- Non-spill
 - For those clients with unstable hands, tremors, blind/low vision
 - Tightly fitting lid
 - If knocked over no liquid would escape
- Straws?
 - Extra long straw
 - Non-returnable valve



Adaptive Plates / Bowls:

High side dishes:

- Makes it easier to scoop the food into a spoon or fork
- Raised edge works like the other hand of the user and pushes the food inside the spoon without knocking it outside creating a mess.
- You can also attach a plate guard to virtually any dish you already own and use this as a rim! (picture 3 &4)



Partitioned Plates:

- Partitioned plates are designed for user convenience and help keep the food items in one plate separate
- This makes it easier to round up the food without mixing it or dropping it on the table



Suction pads:

- Creates a vacuum system that securely sticks to the table.
- Prevents accidental knocking of dish.
- Usually made of rubber and have non-skid surface



Adaptive Utensils:

Weighted Utensils:

- Provide additional weight to help stabilize hand and arm movements for those experiencing tremors or shakes when eating



Built-up Handles:

- Assist individuals with weak grasp, lack of muscle control or restricted hand movements eat independently.



Other types of handles:

■ T-Grip:



■ Finger loops:



■ Ergonomic ball handle:



Universal Cuffs:



Wrist and forearm support



plastic slip on



Velcro wrist strap

Customizable Utensils:



Adaptive Knives:



Feeding Assist Aids:

- For individuals with low dexterity and physical disabilities
- Allow the user to feed independently when adaptive cutlery is not suitable.
- Deliver food to mouth through an electrically or manually operated spoon or a upper extremity support!



Let's Explore the AT Library?

Demo of some of the dining and kitchen aids that we have in the library (this will be exploring and demo of some of the items)



Demo Vids:

Liftware Level <https://www.youtube.com/watch?v=YNwfXeLlqsU>

Liftware Steady <https://www.youtube.com/watch?v=cFHwoOkSj7w>

Obi Robotic Self-feeder <https://www.youtube.com/watch?v=--DCeqRzgEs>

Where to go from here

- Contact us to schedule a more thorough consultation and to request to borrow any of our adapted dining aids
- Want to buy? We can help you locate the items online, so you can make the purchase

CONTACT US

Central Office

Maryland Technology Assistance Program

2301 Argonne Drive, T-42

Baltimore, MD 21218

(800) 832-4827 (voice)

(866) 881-7488 (TTY)

(410) 554-9237 (fax)

mdtap@mdtap.org (e-mail)

www.mdtap.org (web)



Eastern Shore Demonstration & Loan Library

Bay Area Center for Independent Living, Inc.

909 Progress Circle, Ste. 300

Salisbury, MD 21804

443-260-0822 (voice)

443-260-0833 (fax)

<http://bayareacil.org/> (web)

Southern Maryland Demonstration & Loan Library

Southern MD Center for Independent Living

38588 Brett Way, Suite 1
Mechanicsville, MD 20659

301-884-4498

info@smcil.org

www.smcil.org

Western Maryland Demonstration & Loan Library

Resources for Independence

735 E Oldtown Rd,
Cumberland, MD 21502

301-784-1774

www.rficil.org