



## Do you have problems using your hands?

Borrow tools that make daily life easier from MonTECH!

## What is MonTECH?

MonTECH is a free equipment library that any Montanan can use. You can borrow items for 30-180 days (depending on what you borrow). Tools include things you may want to try for your home or in the community.

You can schedule a free appointment to learn more about items you can borrow!

## How to use MonTECH

Create an account, request items on our website, or schedule an appointment by phone, video call, or in person in Missoula or Billings. Items will be available for pick up in person or shipped to you for free (with free return shipping).

## What kind of tools can you borrow?

Items for memory support, vision, hearing, communication, mobility, recreation, or daily living are available.

## Questions?

Call or write MonTECH at (406) 243-5511 or [montech@mso.umt.edu](mailto:montech@mso.umt.edu)

Visit us online at [MT-AT.org](http://MT-AT.org)

## SELF CARE



### Toothbrush Pillow

This cushion supports the toothbrush laying flat or upright. This makes putting on toothpaste easier and is easy to clean. It's a good fit for those with limited hand movements.



### Button Hook

Large-handled button hooks allow even the smallest buttons to get fastened with ease. Hook the button in the wire, and pull through the buttonhole to fasten!



### Omni Cuff

This system uses a magnetic cuff strap for easy tool changes. A turntable keeps utensils within reach, making it ideal for those with limited grip due to arthritis, MS, or ALS. Lightweight and customizable for everyday ease.



### No Tie Shoe Laces

Turn the sneakers you have into no-tie shoes! These replacement laces fit into shoelace holes, allowing your existing shoes to be "slip-ons".

## EATING



### Weighted Utensils

These weighted, wide-grip handles are easy to hold and stabilize. We have weighted handles for knives, forks, and spoons.



### T- Knife

This knife moves in a rocking motion to cut food with one hand. Someone with limited hand strength would benefit from using a rocker knife.



### Universal Cuff

The universal cuff attaches to the hand so that utensils can be held securely. This helps individuals with less grip strength or dexterity.



### Stainless Steel Plate Guard

This plate guard attaches easily to most plates and helps keep food from slipping off the plate.

## COOKING



### Pan Buddy Vertical Attachment for Pan Handle

The Pan Buddy is a heat-resistant attachment that you can add to your pans. The special handle creates an easier grip for lifting by keeping the wrist in a natural position. Great for anyone with limited wrist movement or those who have difficulty lifting things.



### Easi-Grip Spatula

This vertical spatula creates a comfortable grip, keeping the wrist at a natural angle. Good for someone who has trouble moving their wrist, limited grip, or limited hand control.



### Etac Relieve Kitchen Knife

This ergonomic knife has a cutting angle that makes cutting less demanding for those with limited hand strength or dexterity.



### Good Grips Jar Opener

Have a hard time opening jars? Slide the tool over the jar lid. Tiny metal teeth hold the lid tightly; then you simply twist to open.

\*Indicates this item must be picked up in person due to its large size.

Loans are first come–first served. It may take a few days to get your equipment. MonTECH does not loan toileting or shower equipment.