

Hints and tips for easier drinking and holding cups

Suggestions for difficulty holding cups:

- > Weight - If the weight of your cup is an issue, try using a lighter cup or only fill the cup half full.
- > Handles - A larger handle allows more of your hand to hold the cup, making it easier to hold. A cup with two handles is easier to hold than one with only one handle.
- > Insulation - If your hands are sensitive to the heat of a mug containing a hot drink, you could try an insulated mug, which is likely to be lighter to hold as well (travel insulated mugs are easy to obtain on the high street).
- > Going out - If you have a particular mug or cup that you find easier to hold and use, it is quite acceptable to take this with you when you go out and use it in the restaurant/bar.

Straws - If you are unable to hold a mug, you can ask someone to position the mug where you could drink from it with a straw. However, if you are drinking a hot drink through a straw, be very careful not to burn your mouth.

Hot drinks - If you struggle to make enough hot drinks for yourself during the day, one idea is to ask someone to fill a thermos flask for you at the start of the day.

Cold drinks - If you need a cup with a lid for cold drinks, you could use a bottle with a sports nozzle/cap.

Avoiding spills - You could use a not slip mat to stop beakers from slipping around while you fill them.

Liquid level - If you struggle to see the level of the fluid in a mug, it is easier to see the level inside of the mug if it is white rather than a dark colour.

Lying down - If you are caring for someone who needs to lie down to drink, please seek professional advice as drinking when lying down can cause people to choke.