Adaptive Tools and Myasthenia Gravis (MG)

LIVING MORE EASILY WITH MG

A guide from the Myasthenia Gravis Association

myasthenia gravis association
MGA
established 1960

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Living More Easily with MG

People living with myasthenia gravis often discover that small changes around the home can make everyday tasks safer, easier, and less tiring. Assistive devices are not signs of losing independence—they are tools that help conserve energy so you can spend more time doing the things you enjoy. An occupational therapist (OT) can recommend devices tailored to your symptoms, home, hobbies, and goals.

Remember: Every person's MG is different. You may never need many of these devices, while others may become valuable parts of your daily routine.

Evidence-Based Energy Conservation

What is Occupational Therapy?

Occupational therapy (OT) focuses on helping people participate in the everyday activities—or "occupations"—that are important to them. For people living with myasthenia gravis (MG), an occupational therapist can help you find practical ways to conserve energy, reduce fatigue, improve safety, and maintain your independence at home, work, school, and in your community.

Occupational therapists understand that MG symptoms can fluctuate from day to day. Rather than encouraging you to stop doing the activities you enjoy, they work with you to find safer, easier, and more

energy-efficient ways to accomplish them.

An occupational therapist may help you:

- Conserve energy throughout the day
- Recommend adaptive equipment and assistive devices
- Improve safety at home and reduce fall risk
- Modify daily activities to reduce muscle fatigue
- Protect your joints and improve body mechanics
- Develop strategies for dressing, bathing, cooking, and other self-care activities
- Recommend workplace or school accommodations
- Support hobbies, recreation, and community participation
- Suggest technology and smart home solutions that make daily tasks easier

The goal of occupational therapy isn't to do less—it's to help you do **more of what matters most** while using your energy wisely. One of the most common strategies occupational therapists teach is the **Four Ps of Energy Conservation**. These principles can help reduce fatigue and make everyday activities more manageable.

Four Ps of Energy Conservation

Plan

Think ahead and organize your day around your energy levels.

- Schedule demanding tasks when you typically have the most energy.
- Group errands together to reduce unnecessary trips.
- Gather everything you'll need before starting a task.
- Allow extra time so you don't feel rushed.

Prioritize

Not everything has to be done today.

Ask yourself:

- What must be done?
- What can wait?
- What can someone else help with?

Focus your energy on the activities that are most meaningful and important to you.

Pace

Avoid the "push-crash" cycle.

Instead of working until you're exhausted, alternate periods of activity with planned rest breaks.

Helpful tips include:

- Break large tasks into smaller steps.
- Rest before you become fatigued.
- Change positions or activities throughout the day.
- Listen to your body's signals.

Remember: **Rest is a strategy—not a setback.**

Position

How you perform a task can be just as important as the task itself.

Whenever possible:

- Sit instead of stand for longer activities.
- Keep frequently used items within easy reach.
- Use carts or rolling bags to transport heavy items.
- Choose lightweight tools and equipment.
- Maintain good posture and body mechanics.

Small changes in positioning can significantly reduce muscle fatigue and help you conserve energy.

These principles are supported by occupational therapy guidelines and neuromuscular rehabilitation literature and are widely recommended for people with chronic neuromuscular conditions.

Working Smarter, Not Harder

Living with MG often means finding new ways to accomplish familiar tasks. Using adaptive equipment, asking for help when needed, or changing how you complete an activity doesn't mean you've given up your independence—it means you're finding ways to protect your energy so you can continue doing the things you enjoy.

Everyone's MG is different. An occupational therapist can help identify strategies and tools that fit your individual symptoms, goals, and lifestyle.

Clinical Tip

Ask your neurologist or primary care provider if a referral to an occupational therapist would be beneficial. Occupational therapy can be helpful at any stage of MG—not just after a hospitalization or during periods of significant weakness.

Using This Guide

Everyone's experience with myasthenia gravis (MG) is unique. Symptoms, treatment plans, and daily challenges can vary greatly from person to person—and even from day to day.

This guide is designed to introduce a variety of adaptive tools, assistive devices, and energy-saving strategies that may help make everyday activities easier and less tiring. You will not need every device in this guide, and some may not be appropriate for your individual needs or lifestyle.

Think of this resource as a menu of possibilities. As you read through each section, focus on the activities that are most challenging for you and explore the tools and strategies that may help. You may discover simple solutions that reduce fatigue, improve safety, or help you continue doing the things you enjoy.

Many of these recommendations are most effective when paired with guidance from an occupational therapist or other healthcare professional, who can help you choose solutions that fit your specific symptoms, goals, and environment. Remember, assistive devices are not a sign of losing independence—they are tools that can help you maintain it. Finding easier or more energy-efficient ways to complete everyday tasks allows you to conserve your energy for the people, activities, and experiences that matter most.

Before You Buy!

Before Purchasing Assistive Devices

Ask yourself:

- Will this reduce fatigue?
- Will I use it often?
- Is there a less expensive option?
- Could an occupational therapist recommend something better?
- Is it covered by insurance or Medicare?

Sometimes borrowing equipment or working with a therapist can save money and ensure you choose the right device.

Quick Tip

- Start with the sections that address the activities you find most difficult.
- Try one or two new strategies at a time.
- If a tool doesn't work for you, don't be discouraged. There are often multiple solutions for the same challenge, and an occupational therapist can help you find the best fit for your needs.

Kitchen & Meal Preparation

Preparing meals is an important part of daily life, but cooking, cleaning, and working in the kitchen can become more physically demanding when living with myasthenia gravis. Fatigue, muscle weakness, and difficulty standing, reaching, lifting, or gripping may make meal preparation more challenging, especially later in the day or during symptom flare-ups.

Common Challenges

- Weak grip
- Arm fatigue
- Difficulty standing
- Difficulty lifting heavy cookware
- Trouble opening containers
- Fatigue while meal prepping

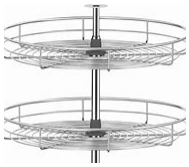
Energy-Saving Tips

- Sit while chopping or mixing.
- Prepare ingredients in stages.
- Use pre-cut or frozen produce.
- Cook larger batches and freeze leftovers.
- Keep frequently used items at waist height.

Recommended Adaptive Tools

Food Preparation	Electric can opener	 
	Electric jar opener	
	Jar opener	
	Adaptive cutting board	
	Food chopper	
	Food processor	
	Mandoline slicer (with safety guard)	
	Electrical vegetable	

	peeling device	
	Peeler device to reduce the need for grip strength	
	Rocker knife	
	Automatic water faucet adaptor	
	Travel Trash Can	
Cooking	Lightweight cookware	• Granitestone Original • Rachael Ray Cucina Nonstick • T-fal Ultimate Hard Anodized • OXO Professional Nonstick • GreenPan Valencia Pro
	Lightweight baking sheets	• Nordic Ware Naturals Half Sheet • GoodCook Everyday Nonstick Baking Sheet • Farberware Nonstick Bakeware • USA Pan Aluminized Steel Bakeware • OXO Nonstick Pro Baking Sheet
	Electric kettle with easy pour	

	Automatic pan stirrer	 
Eating & Serving	Lightweight dishes	• Corelle Vitrelle • IKEA OFTAST • Zak Designs Melamine Dinnerware • Portmeirion Sophie Conran Melamine • Wheat Straw Dinnerware Sets
	Two-handled mugs	
	Built-up utensil grips	
	Non-slip placemats	
	No Lift Pouring Aid	
Kitchen Organization	Hands-free bag holder	
	Lazy Susan turntables	

		
	Pull-down cabinet shelves	
	Slide out shelf	
Standing Support	Perching stool	 
	High kitchen chair	

Bathroom & Personal Care

Maintaining personal hygiene is an important part of daily life, but bathing, grooming, and toileting can become more physically demanding when living with myasthenia gravis. Fatigue, muscle weakness, and balance changes may make these activities more challenging, especially later in the day or during symptom flare-ups.

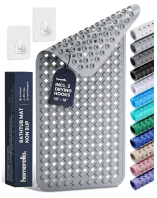
Common Challenges

- Fatigue during bathing or showering
- Difficulty standing for extended periods
- Weakness when washing or styling hair
- Difficulty reaching feet, legs, or back
- Trouble gripping soap, shampoo bottles, or razors
- Balance concerns and increased risk of slips or falls
- Difficulty stepping over a bathtub edge
- Fatigue while brushing teeth or shaving
- Difficulty getting on and off the toilet
- Weak grip when using towels or washcloths
- Increased sensitivity to hot water or warm environments, which may temporarily worsen MG symptoms

Energy-Saving Tips

- Shower when your energy is highest.
- Use warm—not hot—water
- Sit whenever possible
- Keep supplies within easy reach
- Use pump dispensers for soap, shampoo, and lotion
- Choose lightweight towels or microfiber towels
- Break your routine into smaller steps
- Use long-handled bathing tools
- Install safety equipment such as grab bars and non-slip mats
- Consider sitting while grooming
- Plan ahead. Lay out clothing, medications, and toiletries before starting your routine to reduce unnecessary movement.

Recommended Adaptive Tools

Bathroom	Shower chair	
	Grab bars	
	Handheld shower	
	In-shower soap dispenser	
	Raised toilet seat	
	Non-slip bathmat	 
Personal Care	Toilet Aid	
	Bidet	

Long-handled sponge	
Hair drying stand	
Automatic toothbrush	• Oral-B Pro 1000 • Philips Sonicare ProtectiveClean 4100 • Oral-B iO Series 2 or 3 • Philips One by Sonicare • BURST Sonic Toothbrush
Electric styling brush	
Electric razor	Men's Electric Razors • Philips Norelco Shaver 3800 • Braun Series 3 ProSkin • Philips Norelco OneBlade Pro • Braun Series 5 • Remington F5-5800 Women's Electric Razors • Philips SatinShave Advanced • Panasonic Close Curves ES-WL80 • Braun Silk-épil Lady Shaver LS5160 • Finishing Touch Flawless Legs • Philips SatinShave Essential

Dressing & Grooming

Getting dressed and ready for the day can take more energy than many people realize. Activities like fastening buttons, styling hair, tying shoes, and applying makeup often require fine motor skills, grip strength, balance, and holding your arms overhead—all of which may become more difficult when living with myasthenia gravis.

Small changes in your routine and the use of adaptive tools can help reduce fatigue while maintaining your independence.

Common Challenges

- Fatigue while getting dressed
- Difficulty lifting arms overhead to put on shirts or style hair
- Hand weakness when buttoning clothing or fastening jewelry
- Trouble tying shoelaces or fastening bras
- Difficulty putting on socks, shoes, or compression stockings
- Reduced grip strength when using hair dryers, curling irons, or makeup brushes
- Fatigue from standing while dressing or grooming
- Balance concerns when dressing while standing
- Difficulty reaching feet or back
- Double vision or drooping eyelids making grooming tasks more difficult

Energy-Saving Tips

- Get dressed while sitting down
- Lay out clothing and accessories the night before to minimize unnecessary trips
- Choose clothing that's easy to put on and take off
- Sit while styling your hair, applying makeup, or shaving
- Use lightweight grooming tools
- Break your morning routine into smaller steps.
- Organize frequently used items
- Consider simplifying your routine
- Choose supportive, slip-on shoes or shoes with elastic laces
- Use adaptive equipment

Recommended Adaptive Tools

Dressing	Button hook and Zipper pull	
	Elastic shoelaces	
	Sock aid	
	Long-handled shoehorn	
	Dressing stick	
	Reacher	
Grooming	Long-handled sponge	
	Hair drying stand	
	Automatic toothbrush	• Oral-B Pro 1000 • Philips Sonicare ProtectiveClean 4100 • Oral-B iO Series 2 or 3 • Philips One by Sonicare • BURST Sonic Toothbrush
	Electric styling brush	

		
	Electric razor	Men's Electric Razors • Philips Norelco Shaver 3800 • Braun Series 3 ProSkin • Philips Norelco OneBlade Pro • Braun Series 5 • Remington F5-5800 Women's Electric Razors • Philips SatinShave Advanced • Panasonic Close Curves ES-WL80 • Braun Silk-épil Lady Shaver LS5160 • Finishing Touch Flawless Legs • Philips SatinShave Essential

Home Cleaning & Laundry

Household chores can be physically demanding and often require repetitive movements, bending, reaching, lifting, and prolonged standing. For people living with myasthenia gravis (MG), these activities can quickly lead to muscle fatigue and may make symptoms more noticeable.

Keeping your home clean doesn't have to mean doing everything in one day. By pacing yourself, using adaptive equipment, and simplifying your routine, you can maintain your home while conserving energy for the activities that matter most.

Common Challenges

- Fatigue during household chores
- Difficulty standing for long periods while cleaning
- Hand weakness when gripping cleaning tools
- Difficulty pushing or pulling heavy vacuums
- Fatigue from carrying laundry baskets
- Reaching overhead to dust or put away items
- Bending repeatedly to clean floors or load appliances
- Lifting heavy loads of laundry
- Climbing stairs while carrying laundry or supplies
- Difficulty changing bed linens
- Feeling overwhelmed by large cleaning tasks

Energy-Saving Tips

- Break chores into smaller tasks
- Alternate activity with rest
- Spread chores throughout the week
- Sit whenever possible
- Use lightweight cleaning tools
- Keep cleaning supplies on each level of your home
- Use long-handled tools
- Choose concentrated or smaller cleaning products
- Use wheeled carts or rolling laundry baskets
- Ask for help with heavy or strenuous tasks
- Consider simplifying your routine

Recommended Adaptive Tools

Home Cleaning	Robot Vacuum	• Eufy RoboVac 11S Max • iRobot Roomba Combo Essential • Shark AI Ultra Self-Empty • Roborock Q5 Max+ • Roborock Q Revo
	Robot Vacuum and mop	• TP-Link Tapo RV30 Max Plus • eufy Omni C20 • Roborock Qrevo Series S Pro • Dreame L40s Ultra • ECOVACS DEEBOT X11S OmniCyclone
	Long handled dustpan	
	Electric dustpan	
	Long handled duster	
	Reacher	
	Electric spin Scrubber	
	Electric mop	
	Rolling cart for cleaning	

	tools	
	Bottle brush	
	Rollable basket or bag to transport items	
	Automatic Toilet Bowl cleaner	
	Lightweight Vacuum	• Levoit LVAC-200 Cordless Vacuum Cleaner • LG CordZero Q3 • Shark Cordless Pro Stick Vacuum • Dyson V12 Detect Slim • BISSELL FeatherWeight Stick Vacuum
	Automatic litter box	• PetSafe ScoopFree Complete Plus • Litter-Robot 4 • Neakasa M1 • PETKIT PuraMax 2 • CatGenie A.I.
Laundry	Rollable laundry cart	
	Laundry Detergent Dispenser Cup Holder & Nozzle	
	Portable Magnetic Ironing Mat Blanket	

Technology & Smart Home

Technology and smart home devices can help reduce the physical effort required for everyday tasks, improve safety, and support independence at home. For people living with myasthenia gravis (MG), conserving energy and reducing unnecessary movements can help prevent fatigue and allow more energy for meaningful activities.

Smart home technology does not have to mean creating a fully automated home. Small changes, such as voice-controlled devices, automated lighting, or simple reminders, can make daily routines easier and reduce the number of tasks that require standing, walking, reaching, or repeated movements.

Common Challenges

- Fatigue from completing repeated household tasks
- Difficulty getting up frequently to adjust lights, thermostats, or appliances
- Trouble reaching switches, outlets, or controls
- Hand weakness or difficulty operating small buttons, remotes, or touchscreens
- Difficulty carrying or handling devices while managing fatigue
- Challenges remembering medications, appointments, or daily tasks
- Difficulty navigating the home safely
- Increased fall risk when moving around in low lighting
- Feeling overwhelmed by managing household routines and responsibilities
- Difficulty completing tasks when symptoms fluctuate throughout the day

Energy-Saving Tips

- Automate repetitive tasks
- Use voice controls whenever possible
- Add lighting solutions for safety and convenience
- Keep frequently used devices accessible
- Use reminders and digital organization tools
- Reduce trips around the home
- Use technology to support energy conservation
- Set up charging stations in convenient locations
- Choose simple solutions that fit your needs
- Ask for help setting up new devices

Recommended Adaptive Tools

Communication	Voice Assistants • Set reminders and alarms • Create shopping lists • Add items to your calendar • Control smart home devices • Make hands-free phone calls • Send text messages • Play music, audiobooks, or podcasts • Get weather, news, or traffic updates • Set timers while cooking • Answer questions without needing to use your hands	• Apple Siri • Amazon Alexa • Google Assistant
	Dictation software • Write emails, messages, and documents • Create notes, lists, and reminders without typing • Complete work or school assignments • Take meeting or lecture notes • Draft reports, letters, and journal entries • Fill out online forms with less typing • Search the internet using your voice	• Apple Voice Control & Dictation (iPhone, iPad, Mac) • Google Voice Typing (Android & Google Docs) • Windows Voice Access & Voice Typing • Microsoft Word Dictate • Google Docs Voice Typing • Otter.ai • Dragon Professional Anywhere
Home Automation	Smart plugs • Turn lamps, fans, coffee makers, and other devices on or off remotely • Schedule devices to operate automatically	• Kasa Smart Plug Mini (TP-Link) • Amazon Smart Plug • Meross Smart Plug Mini • Eve Energy Smart Plug
	Smart lights	• Philips Hue Smart Bulbs • Kasa Smart Bulbs (TP-Link)

	• Voice-controlled bulbs or switches • Motion-activated night lights • Timed lighting schedules	• Wyze Bulbs • Lutron Caséta Smart Switches • GE Cync Smart Bulbs
	Smart thermostat • Adjust temperature using a phone app or voice commands • Create automatic schedules	• Google Nest Learning Thermostat • ecobee Smart Thermostat Premium • Amazon Smart Thermostat • Google Nest Thermostat • Honeywell Home T9 Smart Thermostat
	Smart speakers • Turn lights, fans, or other connected devices on and off • Set reminders for medications, appointments, and daily tasks • Create timers for cooking or household activities • Make phone calls or send messages using voice commands • Add items to shopping lists • Check weather, news, or schedules without needing to use a phone or computer	• Amazon Echo • Amazon Echo Dot • Google Nest Audio • Google Nest Mini • Apple HomePod mini
Safety	Video doorbell • See who is at the door before getting up • Speak with visitors without opening the door • Receive package delivery notifications • Monitor activity around your home • Allow family members or caregivers to check in remotely (when appropriate)	• Ring Battery Doorbell • Google Nest Doorbell (Battery) • Blink Video Doorbell • Eufy Video Doorbell E340 • Arlo Video Doorbell 2K
	Medical alert button	• Medical Guardian MGMove

	• Call for emergency assistance with the push of a button • Provide access to help when a phone is not nearby • Offer fall detection features on some devices • Allow two-way communication with emergency responders or support teams • Provide location tracking features for some mobile devices • Increase confidence when completing daily activities independently	• MobileHelp Solo • Bay Alarm Medical SOS All-In-One 2 • Lively Mobile2 • LifeFone At-Home & On-the-Go VIPx®
	Wearable device with fall detection	Medical Alert Systems • Medical Guardian • Life Alert • Bay Alarm Medical • Aloe Care Health Smartwatches • Apple Watch • Samsung Electronics Galaxy Watch • Google Pixel Watch

Mobility & Walking

Walking and moving around throughout the day requires strength, balance, coordination, and endurance. For people living with myasthenia gravis (MG), muscle weakness and fatigue can make mobility more challenging, particularly later in the day or after periods of activity. Using energy conservation strategies, adaptive equipment, and planning ahead can help reduce fatigue, improve safety, and support independence.

Common Challenges

- Fatigue when walking long distances
- Leg weakness or heaviness that worsens with activity
- Difficulty climbing or descending stairs
- Balance changes or feeling unsteady
- Increased risk of trips or falls due to muscle weakness
- Difficulty walking on uneven surfaces
- Fatigue while standing in line or waiting
- Difficulty carrying items while walking
- Needing frequent rest breaks during outings
- Fluctuating symptoms that affect mobility throughout the day
- Reduced endurance for community activities, shopping, or travel

Energy-Saving Tips

- Plan your route. Choose paths with places to sit and rest if needed
- Pace yourself
- Use mobility aids when appropriate
- Sit whenever possible
- Limit unnecessary trips
- Use carts or bags with wheels to transport groceries, or laundry
- Wear supportive, well-fitting shoes with non-slip soles to improve stability
- Use elevators or ramps instead of stairs
- Plan activities during times when your energy is highest
- Don't hesitate to use accessible parking, request seating, or ask someone to carry heavy items

Recommended Adaptive Tools

Manual Aids	Walking cane	
	Walkers	
	Rollator	
	Manual Wheelchair	
Electric Aids	Power Wheelchair	
	Mobility Scooter	
Other	Stair Handrails	
	Grab Rail	

		
	Portable Folding Seat	

Vision Support

Vision changes are common in people living with myasthenia gravis (MG). Symptoms such as double vision (diplopia), drooping eyelids (ptosis), and eye muscle fatigue can make reading, driving, using a computer, or completing everyday tasks more difficult. These symptoms often fluctuate throughout the day and may worsen with fatigue.

Using adaptive equipment, modifying your environment, and practicing energy conservation can help reduce eye strain and make daily activities safer and more comfortable.

Common Challenges

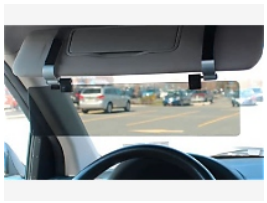
- Double vision (diplopia)
- Drooping eyelids (ptosis) that interfere with vision
- Eye fatigue after reading or screen use
- Difficulty focusing for extended periods
- Blurred vision that worsens with fatigue
- Increased sensitivity to bright lights or glare
- Difficulty reading small print
- Trouble using computers, tablets, or smartphones
- Difficulty judging depth or navigating unfamiliar environments
- Increased fatigue when performing visually demanding tasks

Energy-Saving Tips

- Take frequent visual breaks. Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds
- Plan visually demanding activities for times of day when your vision is at its best
- Increase lighting in areas while minimizing glare from windows or overhead lights
- Adjust screen settings: text size, brightness, and contrast to reduce eye strain.
- Use audiobooks, voice assistants, or text-to-speech technology
- Take breaks before symptoms worsen.
- Wear sunglasses to reduce glare and light sensitivity
- Avoid prolonged visual tasks without rest
- Discuss persistent vision changes with your healthcare provider

Recommended Adaptive Tools

Eyewear	Eye patch	
	Occlusive Lens Covers	
	Prism glasses (discuss with eye care provider)	
Minimize Eye Strain	Large-print materials	
	Magnifiers	  
	Task lighting	 

Screens	Anti-Glare Covers	 
	Screen Filters	 

Reading, Writing & Computer Use

Reading, writing, and using computers or mobile devices often require prolonged concentration, repetitive hand movements, and sustained use of the eye muscles. For people living with myasthenia gravis (MG), fatigue, hand weakness, and vision changes can make these activities more challenging, particularly later in the day or after extended periods of use.

Using adaptive equipment, adjusting your workspace, and incorporating energy conservation strategies can help reduce fatigue and make work, school, hobbies, and communication more comfortable.

Common Challenges

- Hand fatigue when writing, typing, or using a mouse
- Difficulty gripping pens, pencils, or styluses
- Double vision (diplopia) or drooping eyelids (ptosis) while reading
- Eye fatigue after prolonged screen time
- Difficulty reading small print
- Neck and shoulder fatigue from poor workstation positioning
- Fatigue when holding books, tablets, or electronic devices
- Difficulty using a standard keyboard or mouse
- Reduced endurance for work, school, or leisure activities
- Brain fog or difficulty concentrating when fatigued

Energy-Saving Tips

- Take frequent breaks. Pause every 20–30
- Use accessibility features. Increase font size, adjust screen contrast, or use dark mode
- Reduce typing when possible
- Listen instead of reading
- Support your arms and wrists
- Position screens at eye level
- Use document holders or book stands
- Organize your workspace. Keep frequently used items within easy reach
- Plan mentally demanding tasks during times of day when your energy and concentration are at their best.
- Save your work often and break large projects into smaller, manageable tasks.

Recommended Adaptive Tools

Reading	Book Stand	  
	Page turner	
	Page holder	
	Large-print books	
	Audio Books	Free with Library Card • Libby • Hoopla Subscription Services • Audible • Spotify Purchase Audio Books • Libro.fm • Chirp

Writing	Voice dictation	• Apple Voice Control & Dictation (iPhone, iPad, Mac) • Google Voice Typing (Android & Google Docs) • Windows Voice Access & Voice Typing • Microsoft Word Dictate • Google Docs Voice Typing • Otter.ai • Dragon Professional Anywhere
	Pen/pencil grip	
	Ring writer clip	
Computer	Ergonomic mouse	
	Vertical mouse	
	Trackball	
	Keyboard tray	
	Ergonomic Keyboard	

Hobbies & Recreation

Hobbies and recreational activities play an important role in physical health, emotional well-being, and quality of life. For people living with myasthenia gravis (MG), fatigue, muscle weakness, and fluctuating symptoms may make it more difficult to participate in favorite activities. With planning, pacing, and adaptive equipment, many hobbies can be modified to help you continue doing the things you enjoy.

The goal is not to give up meaningful activities, but to find ways to participate while conserving energy and minimizing fatigue.

Common Challenges

- Fatigue during hobbies that require prolonged activity
- Hand weakness when crafting, gardening, or playing games
- Difficulty standing for extended periods during recreational activities
- Difficulty lifting, carrying, or transporting hobby supplies or equipment
- Neck, shoulder, or arm fatigue during repetitive tasks
- Vision changes that make reading, puzzles, or detailed work more difficult
- Reduced endurance for outdoor activities
- Frustration when activities take longer or require more effort
- Feeling isolated when favorite activities become more challenging

Energy-Saving Tips

- Pace yourself. Take breaks before fatigue sets in and spread activities throughout the day or week.
- Choose the right time. Plan hobbies during times of day when your energy and strength are highest.
- Sit whenever possible
- Use lightweight or adaptive equipment
- Organize your workspace. Keep frequently used supplies within easy reach
- Break larger projects into smaller steps.
- Alternate activities. Switch between tasks that use different muscle groups
- Listen to your body. Stop and rest
- Modify activities as needed
- Accept help when appropriate

Recommended Adaptive Tools

Crochet & Knitting	Ergonomic crochet hooks	   
	Ergonomic knitting needles	
	Yarn bowls to prevent yarn from rolling away	
	Hands-free neck lights	
Painting	Large-handled brushes	 

		 
	Brush holders	
	Adjustable drafting table	
	Non-slip mats to keep supplies in place	
	Rolling cart to organize and transport materials	
Sewing & Quilting	Electric fabric scissors or rotary cutters with ergonomic handles	 
	Spring-loaded thread snips	

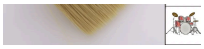
	
Automatic needle threader	
Needle threader tool	
Sewing machine with automatic thread cutter and needle threader	• Juki HZL-HT740 • Brother Pacesetter PS500 • Janome Skyline S3
Needle gripper pads	  
Quilting clips instead of straight pins	
Adjustable-height chair	
Rolling sewing storage cart	

		
Scrapbooking	Paper trimmer instead of scissors	 
	Ergonomic scissors with spring-assist handles	 
	Electric die-cutting machine	• Sizzix Big Shot Switch Plus • Cricut Maker 4 • Brother ScanNCut DX • Silhouette Cameo 5 Plus • Cricut Joy Xtra
	Lap desk for crafting in a comfortable chair	
Gardening	Raised beds	
	Long-handled tools	 
	Garden kneeler/bench	

	
Rolling seat	 
Water timer	
Drip irrigation	
Wagon	
Retractable garden hose	
Gardening tools with ergonomic handles	 
Faucet Grip	
Robotic Lawn Mower	• Segway Navimow i110N • Segway Navimow i210 AWD

		• Segway Navimow X430 AWD • Yard Force Royale X45
Golf	Adaptive glove	
	Golf cart	
	Ball retriever	 
	Teeing device	
	Caddie wheel	
	Golf club pickup device	
	Power Assisted golf club	
Music	Music Stand	
	Instrument Support or Harness	

	 
Adaptive Guitar Picks	  
Tablet or Digital Sheet Music Stand	
Bluetooth Page Turner	
Rolling Instrument Case	
Ergonomic string winders	
Electric string winders	
Large-handle cleaning tools	



Living Well with MG: Small Changes Can Make a Big Difference

Living with myasthenia gravis often means learning to do things differently—not necessarily doing less. Adaptive equipment, smart technology, and energy conservation strategies are designed to reduce the physical effort required for everyday activities so you can spend your energy on the people, hobbies, work, and experiences that matter most.

Remember, **not every device or strategy will be right for every person.** MG affects everyone differently, and your needs may change over time. Start with the activities you find most challenging and consider trying one or two adaptations that could make your daily routine easier.

Even small changes—such as using a shower chair, voice assistant, lightweight cookware, or rolling laundry basket—can add up to meaningful energy savings throughout the day.

Remember the Four Ps of Energy Conservation

Plan
Organize your day and gather everything you need before starting a task.

Prioritize
Focus your energy on the activities that are most important to you.

Pace
Take regular breaks and avoid pushing yourself to the point of exhaustion.

Position
Sit whenever possible and use good body mechanics to reduce strain.

Occupational Therapy Can Help

An occupational therapist (OT) can work with you to develop personalized strategies that help you remain safe, independent, and engaged in the activities that are meaningful to you.

An OT can help with:

- Energy conservation and fatigue management
- Adaptive equipment recommendations

- Dressing, bathing, and grooming strategies
- Kitchen and meal preparation modifications
- Home safety and fall prevention
- Workplace and school accommodations
- Joint protection and body mechanics
- Technology and smart home solutions
- Leisure, hobbies, and community participation

Many people are surprised to learn that occupational therapy isn't just for recovery after an injury—it can also help people with chronic conditions like MG continue doing everyday activities with less fatigue and greater confidence.

Talk With Your Healthcare Team

Before purchasing adaptive equipment or making significant changes to your daily routine, discuss your concerns with your healthcare provider or ask for a referral to an occupational therapist. Together, you can identify solutions that fit your lifestyle, goals, and current level of function.

Helpful Resources

Myasthenia Gravis Association (MGA)

The Myasthenia Gravis Association provides:

- Support groups
- Educational webinars
  - Video Library of previous webinars
- Patient education
- Resource library
- Advocacy opportunities
- Connections to others living with MG

Website: https://mgassociation.org

Additional Resources

- American Occupational Therapy Association (AOTA) – Learn more about occupational therapy and finding an OT
- Ask your neurologist or primary care provider for a referral to an occupational therapist if daily activities are becoming more difficult.

Scientific Sources and Clinical References

This guide was informed by current clinical and research literature, including:

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- Narayanaswami P, Sanders DB, Wolfe G, et al. International Consensus Guidance for Management of Myasthenia Gravis: 2020 Update. *Neurology.* 2021;96(3):114–122.
- Myasthenia Gravis Foundation of America. Patient education materials on:
    - Living Well with MG
    - Energy Conservation
    - Exercise
    - Daily Living with Myasthenia Gravis
- National Institute of Neurological Disorders and Stroke. Myasthenia Gravis Information Page.
- Centers for Disease Control and Prevention. Older Adult Fall Prevention and Home Safety resources.
- National Institute on Aging. Resources on home safety, assistive devices, healthy aging, and maintaining independence.
- Arthritis Foundation. Resources on joint protection principles, adaptive equipment, ergonomic tools, and energy conservation techniques applicable to individuals with hand weakness and fatigue.
- American Physical Therapy Association. Clinical guidance on physical activity, mobility, and balance for individuals with chronic neuromuscular conditions.
- World Health Organization. World Report on Disability and Priority Assistive Products List, highlighting the role of assistive technology in promoting independence and participation.