

Jar Opening

Dyspraxia DCD Ireland ADL Clinic Resource



See the intro document for support in teaching and learning steps as well as further safety precautions and info.

It is encouraged to practice the skill yourself beforehand and to try teaching the skill to someone else to troubleshoot any issues that your child may encounter along the way.

Sequence of Steps:

1. Gather the equipment needed:
 - ✓ A jar
 - ✓ Desk/Table/Counter
 - ✓ Adaptive equipment if required
2. Make sure that the jar is dry and clean to ensure the best grip
3. Place the jar on a steady, non-slip surface at waist level.

4. Establish direction for turning. Righty Tightly (Clockwise) Lefty Loosey (anticlockwise)



5. Using the nondominant hand grip the jar on its side to stabilise the jar's body.
6. Hold the jar as close to the body as possible
7. Place the dominant hand on top of the jar with all five fingers spread around lid
8. Twist the lid in a clockwise or right direction
9. Place the lid down on the surface.
- 10.

If this does not work we have some other options that might help

Practical Tips:

Initial steps may include:

- Establishing hand dominance (left or right hand)
- Establishing directions to turn the lid. I.e. Righty Tightly (Clockwise) Lefty Loosey (anticlockwise)
- When beginning to practice, it may be beneficial to begin with unsealed jars and focus on technique and once mastered work forward to sealed jars
- Place lid on and off the jar (tighten and loosen) for practice

Adaptability:

To adapt this task, assistive or adaptive equipment can be used.

If using a Dycem mat

1. Place the jar onto the Dycem mat on a flat and stable surface
2. Hold the jar with your non-dominant hand.
3. Wrap the Dycem strip around the lid using your dominant hand
4. Using your dominant hand, twist the lid of the jar counterclockwise

Dycem/tempura Jar opener



Jar opener



Jar holder



Disclaimer:

It is the responsibility of the caregiver to ensure that the child is supervised by an adult/caregiver while completing all exercises or recommendations during sessions outside of sessions and that if there is any doubt in relation to the strategy or you or your child's ability to perform this safely, it should not be completed.

It is the responsibility of the caregiver (or the individual if over 18) to ensure that the location of any activities or interventions being undertaken is deemed safe

If you or your child experiences any discomfort or strain the activity should be stopped immediately.

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