



# STEADY HAND CHOPSTICK AID

## INSTRUCTION MANUAL



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Shared meals are about connection, culture, and feeling comfortable at the table. Chopstick support aids help remove some of the small but real barriers that can make chopsticks harder to use, opening up access for more people to enjoy them with confidence.

By gently guiding chopsticks to move together, the support reduces the fine motor demands placed on hands and fingers. This can make eating feel more manageable for people who experience changes in grip strength, joint stability, coordination, or endurance. It can also help reduce frustration, conserve energy, and make mealtimes feel less effortful and more enjoyable.

These supports are just as helpful for kids learning a new skill, people re-learning after injury or illness, older adults noticing changes in dexterity, or anyone who wants to participate more comfortably in shared meals or cultural food experiences.

Lightweight and easy to clip on, they turn standard chopsticks into a more accessible tool without changing what everyone else at the table is using.

### **Great for:**

- Learning or re-learning chopsticks
- Reduced grip strength, joint pain, or hand fatigue
- Coordination, tremors, or motor planning differences
- One-handed eating or limited hand control
- Building fine motor skills and confidence
- Changes in dexterity with age
- Eating comfortably in restaurants, school, or social settings
- Supporting inclusive access to cultural food experiences
- Conserving energy during meals



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### Features:

- Snaps easily onto most standard chopsticks
- Helps keep chopsticks aligned and evenly spaced
- Reduces the need for grip strength and precise finger positioning
- Lightweight and comfortable to use
- Reusable and eco-friendly
- Dishwasher safe for easy cleaning

**Image Description:** Small colourful chopstick support aids shown both on their own and clipped onto pairs of chopsticks. The supports sit partway down the chopsticks, connecting them together to guide movement and alignment. The images show how the supports hold the chopsticks evenly spaced and moving together, with close-up views of the attachment and in-use examples during a meal.

### Details:

**Material:** PP High quality durable plastic

**Size:** 2.8cm (W) x 2cm (H) x 0.68cm (D)

**Weight:** Less than 1 grams

**Package Includes:** 1x Steady Hand Chopstick Aid (Chopsticks not Included)

### How to use:

1. Snap the support onto your chopsticks with the joined base at the top and the two openings facing downward
2. Position it around one third to two thirds of the way down from the top of the chopsticks, adjusting to your preference
3. Line both chopsticks up evenly
4. Hold the chopsticks and gently press them together to use

**Watch our demo videos for visual guidance**

### Cleaning and Care Instructions:

- Wash before first use
- Dishwasher safe or hand wash with warm soapy water
- Rinse well to remove any food residue
- Allow to fully dry before storing
- Store in a clean, dry place between uses