Self-feeding for individuals with uncoordinated movement is a problem occupational therapists and other professionals must frequently address. The amount of extraneous movement dictates the approach or equipment used, with dependency the outcome in many cases because of costs, static designs, or positioning problems.

A successful alternative was devised for a client with cerebral palsy who enjoyed food and preferred feeding himself, yet, having had no success with a variety of other devices, had depended on others to feed him. The unit is portable, inexpensive, easy to make and easy to set up. It incorporates a gooseneck that provides adequate resistance against uncontrollable movements and allows for intentional placement of food (natural feeding motions) without losing the food (Figure 1).

**Construction**

A tube (1), angled 45°, was brazed on top of a 7.5 cm (3 inch) C-clamp (opening of a 7.5 cm (3 inch) C-clamp (opening capacity). A 47.5 cm (19-inch) gooseneck was screwed onto the angled tube. At the upper end of the gooseneck, a lock-on accessory was screw on. The female portion of the lock-on accessory was then silver-brazed to the eating utensil, with a push-button release for cleaning. (Components mentioned are for use on microphone stands and are readily available from electronics suppliers.) After experimenting with various handles and positions, a T-bar that best accommodated his ability to grasp only in pronation (Figure 2) and facilitated scooping the food was added to the end of each utensil (spoon and fork). A commercially available last-susan plate with a plateguard was used for access to all the food on the plate.

**Conclusion**

Although goosenecks are frequently used in the rehabilitation field, extensive review of the literature revealed none were used for feeding other than as a sandwich holder. Follow-up 4 months later confirmed that this unit is used for most meals when there is adequate time, since it takes about 1 hour for the client to feed himself. Although this is not considered a functional eating time, he and his family are pleased with the freedom it provides them at mealtime.

This design has subsequently been used with clients with multiple sclerosis and head injuries. It was modified and used successfully with another individual with cerebral palsy, thus demonstrating its adaptability to individual needs.