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Easy-to-Use Cameras for Arthritis

Overview

Today's digital cameras have opened a world of artistic creativity to the masses and have become ubiquitous at family and other memorable events. If you are one of the 46 million Americans who suffer with arthritis, particularly in your fingers, hands and wrists, using a digital camera can be quite a challenge. Here's what to look for in a digital camera to make your photography more enjoyable.

Challenges in Digital Photography for Arthritis Sufferers

Arthritis makes it difficult to hold small objects, to manipulate small control dials and buttons and to firmly hold your camera so that it doesn't fall from your grip. There are several important considerations for you to think about in selecting a digital camera that will make it easier to use and increase your enjoyment of photography.

Camera Size and Shape

Digital cameras come in two basic formats: point-and-shoot cameras that have fixed lenses and SLR, or single lens reflex, and cameras that have interchangeable lenses. Cameras in each of these formats come in a variety of sizes, and arthritis sufferers should avoid the very small point-and-shoot cameras which can be difficult to grasp and the larger SLR cameras which may be too heavy and bulky to hold comfortably.

Large Controls are Better

All digital cameras will have an on/off switch, mode selection switch, and shutter control button. The more complex cameras will also have controls for shutter speed and aperture setting, ISO selection, and image capture and storage size. On many digital cameras, particularly those with independently controllable functions, the control buttons and dials for these settings can be quite small and closely placed. Be sure to choose a camera with large, easy to reach, and easy to use controls.

How to Carry Your Camera

Given the expense of most digital cameras, you certainly wouldn't want your camera to slip and fall out of your hands. If you're using one of the larger digital cameras, be sure to use the neck strap that is included with your purchase. If you have arthritis in your shoulders and neck, the standard neck strap can be uncomfortable. You would do well to look into options such as the Black Rapid Sling Strap, the Cotton Carrier or others on the market. For smaller point-and-shoot cameras, look for those that come with a wrist strap.

Photo Credit

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About this Author

A professor of biology and member of the American College of Sports Medicine, Warren Rosenberg has been writing since 1979 on topics including health and fitness. His works include the college textbook "Exercise Science" and articles published in "The Anatomical Record," "Medical Hypotheses" and "The Annals of the New York Academy of Sciences." He holds a Ph.D. in physiology from New York University.