My coffee mug for disabled people with one finger design will feature a normal-shaped ceramic coffee mug with an enclosed, insulated cylinder that protrudes horizontally through the center of the mug. The user of the mug can insert their finger through the cylinder and curl their finger to grip the coffee mug against the palm of their hand. The cylinder that runs through the coffee mug will be insulated to prevent from burning the finger of the user from the hot coffee.