



August 2010

*Brought to you by:*

THE TOOLS FOR  
INDEPENDENCE INITIATIVE  
OF THE

**INDEPENDENT  
LIVING  
PARTNERSHIP**

On the web at:  
[www.LivingPartnership.org](http://www.LivingPartnership.org)

*Published by:*

The nonprofit Independent Living Partnership (ILP) - working for the rights of all to live independently in their own homes and communities.

## ***Help Finding Assistive Technology—***

**Assistive Technology Network offers free information and referrals for assistive technology supplies, daily living devices, funding and community resources, and service providers, throughout California. Call 1-800-390-2699, TTY: 1-800-900-0706 or visit [www.atnet.org](http://www.atnet.org).**

## **Keep Your Insulin Cold For Up To 45 Hours...**

With the **Frio DUO Cooling Wallet** you can now travel anywhere as long as you have water! The wallet consists of a Cambrelle outer cover (available in Blue, Black, Burgundy, and Red) and a Frio pouch made of polycotton, with panels containing nontoxic crystals. To activate the crystals, remove inner pouch from cover and submerge it in water. Once the crystal are activated your cooling wallet can maintain acceptable temperature limits without refrigeration for up to 45 hours. The Frio DUO Cooling Wallet is 3 3/4" by 7" weighing 1-2 oz, can hold 2 pens or 1 pen with 2 refill cartridges or 2 10ml vials. The cooling wallet is available for \$28.99 at Simple Comfort. Be sure to check out the customers review for this product at [www.simplecomforts.com](http://www.simplecomforts.com) or call 1-800-361-1440. Item ID Frio Duo Insulin Travel Wallet.



## **Help Steady Your Writing Hand**



**The Heavyweight Pen** is the ideal writing tool for those who have tremors or decreased coordination. The vendor says the built in pencil grip is a revolutionary applied technology that works with the body's natural physiology to gently place fingers in the proper position for gripping. It works for right or left handed users. The natural feel and soft comfortable material makes it easy to use. Uses Schmidt Parker ink refills. It is available for \$25.00 at Best Alzheimer's Home. Visit [www.Bestalzheimersproducts.com](http://www.Bestalzheimersproducts.com) or call 1-877-300-3021. Item # 4020.

## ***Note To Readers:***

While we strive to publish accurate ordering information for the products listed in this newsletter, item prices and availability are always subject to change by vendors.

## Back Support Wherever You Go...

With the **Healthy Back Inflatable Lumbar Support**, you can take your comfort with you. Small enough to carry so you can take it while traveling, fits in wheelchairs, helpful for back health in hospital beds. Just release the valve and the backrest will inflate to meet your individual desired firmness. When you are ready to leave, simply twist the valve and let the backrest quickly deflate. This 6" H x 16" L x 2" D backrest will fit in your purse or "carryall". It is available for \$39.99 at Healthy Back. Call 1-888-469-2225 or visit [www.healthyback.com](http://www.healthyback.com). Item ID Healthy Back Inflatable Lumbar.



## Relieve Arthritic Night Pain in Your Hands...



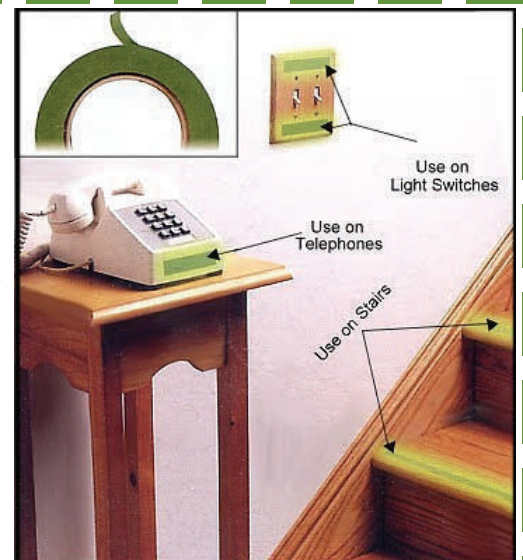
These **Arthritis Gloves For Nighttime** are made of Cotton Lycra which allows your skin to breathe and keep the skin dry. The vendor says they provide mild compression to help control joint swelling and increases circulation, which ultimately reduces pain and promotes healing. These lightweight gloves are comfortable to wear all day and night. To find your size, measure around your hand at the knuckles: Small (7-7 3/4") Medium (8-8 3/4") Large (9-10 3/4"). All are available for \$19.95 at Aids For Arthritis. Visit [www.aidsforarthritis.com](http://www.aidsforarthritis.com) or call 1-800-654-0707. Item #9-13.

### **Tell Us What You Think -**

*We're always looking for feedback from readers about devices they've used and how well they work. Also, let us know how you've improvised by creating your own device to meet a need. Email us at [Editor@toolsforindependence.org](mailto:Editor@toolsforindependence.org)*

## Light Your Way in the Dark With Glow Tape Strips

This self-adhesive **Glow Tape** acts as a nighttime locator for stairs, railings, light switches, medicine bottles, telephones, eyeglass cases, and more. The tape remains visible in the dark for about 8 hours. Tape roll is 5' long and 1/2" wide and can be cut to any desired length. The vendor says it can be used indoors or outdoors. But the vendor also cautions that glow tape is intended only to assist with nighttime object location. A roll costs \$4.79 and is available at Elder Depot. Call 1-800-910-7790 or visit [www.elderdepot.com](http://www.elderdepot.com) Item # WP828.



## Don't Let Low Vision Keep You Out of the Kitchen...

The **Tactile Toast- R Oven Broiler** is enhanced to make it more accessible for the blind and those with low vision so they can toast, broil, bake or warm up leftovers! It features 2 large easy to use dials with raised letters and numbers for 14 settings. The temperature dial is marked with a raised letter "T" to identify the dial. This dial also comes with raised numbers, dots, and dash/line to identify the degrees. The Toaster/Timer is identified with the raised letters "TT" and raised numbers for the minute timer, with dash/line to identify for dark toast setting. Its large 4-slice capacity makes it perfect for breads, bagels, waffles, English muffins and more. Its maximum temperature is 450 degrees. It has a 30-minute timer with a signal bell and auto shut-off. A slide/broil rack and bake pan are included. Comes in white only. The dimensions are 8 ¼" H x 15 ¾" L x 10" W. It requires a 1200-watt power output and uses 120 volts.



Available at Maxiaids for \$59.95. Visit [www.maxiaids.com](http://www.maxiaids.com) or call 1-800-522-6294. Item # 33105.

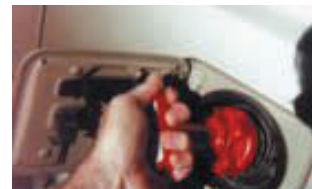
## Having Difficulty Swallowing Your Pills?

Make them smaller with the **Pill Splitter**. The Pill Splitter makes pills smaller and easier to swallow. It can also be used to make smaller doses that might be prescribed by your physician. Place the pill on the self-centering platform of the pill splitter, lower the lid, press lightly and you're done! The vendor says that there is no mess or bother with the Pill Splitter.



YouCan TooCan offers it for \$9.95. Call 1-888-663-9396 or visit [www.youcantoocan.com](http://www.youcantoocan.com). Item #1214.

## Gas Cap Turner...



Turn your gas cap easily and without pain. This **Gas Cap Turning Aid** is a great tool for people with arthritis. The non-slick plastic and ribbed handle is easily gripped for maximum turning leverage. A grooved head fits neatly over the gas cap and eliminates the discomfort of opening the gas cap. Priced at \$14.95 by Aids For Arthritis. Call 1-800-654-0707 or visit [www.aidsforarthritis.com](http://www.aidsforarthritis.com). Item #Y25.

### Check Out The TOOLS Resource Center —

Our new TOOLS Resource Center features links to organizations, other Web sites and groups that can provide you with useful information and help with your questions about assistive technology, caregiving and independent living. The site also hosts updates and notes of interest, and a collection of back issues of the *TOOLS for Independence* newsletter. You can also take a survey and tell us how we can make TOOLS more helpful and useful for you. Visit us at [www.TOOLSforIndependence.org](http://www.TOOLSforIndependence.org).



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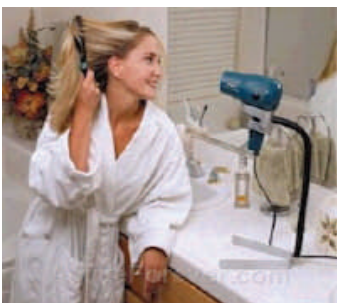
## **TOOLS for Independence<sup>TM</sup> - a Trademark of the Independent Living Partnership**

This newsletter is published by the INDEPENDENT LIVING PARTNERSHIP (ILP)

ILP works to ensure the independence and dignity of older adults and people with disabilities, their families and caregivers through education and access to empowering services and resources. This is accomplished through collaborative and cooperative partnering with public and private organizations, agencies and businesses. The goal is to help people lead more satisfying and rewarding lives, often in spite of significant health and mobility challenges.

## **Tired of Struggling to Dry Your Hair?**

With the **Hair Dryer Stand**, you can free both hands while styling and drying your hair with ease and comfort. This flexible stand is ideal for people with the



use of only one hand, or for those who find it difficult to hold the weight of the dryer. It features a durable metal holder and base with overall height of 19" and the space saving design keeps counter top neat and organized. The flexible open hook is ready for

any hair dryer. Just pop in and pop out. For hygiene purposes, this product cannot be returned. You can find it at Active Forever for \$26.95. Visit [www.activeforever.com](http://www.activeforever.com) or call 1-800-377-8033. Item # A13080.

### **TOOLS for Independence<sup>TM</sup>**

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