

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



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Brought to you by:

THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
www.LivingPartnership.org

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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.

This Gadget Keeps Your Fingers Safe When Slicing

The handy metal tongs on the **Tomato Slicer** firmly hold a tomato or onion while you slice. No more unevenly cut pieces (or worse, cut fingers). The vendor says this kitchen tool with special cutting slots glides through even the juiciest tomato with ease. It measures 7" long and has a locking handle for easy storage. It's available for \$6.98 at Harriet Carter. Visit www.harrietcarter.com or call 1-800-377-7878. Item # C9731.



These Tweezers Are Made For Easy Self-Grooming



This unique tool is designed to bring ease and comfort back into self-grooming. The **Easy Grip Slant Tip Tweezers** are longer than normal tweezers to give you more gripping area, and the rounded back rests comfortably in the palm of your hand for stability and control. The Vendor says the soft finger and thumb grips provide comfort and the alignment feature increases precision. The tweezers are available for \$34.00 at Southwest Medical. Visit www.Southwestmedical.com or call 1-800-236-4215. Item # 559155.

To Our Valued Readers:

While we provide links to stores offering the products we feature in each issue of *TOOLS for Independence*, these products and products like them may be available from other outlets. So it's always a good idea to shop around for a product that catches your eye. You may find that it's available somewhere else at a lower cost or in a slightly different design that better meets your needs.

Carry Packages Without Taking Your Hands Off Your Walker...

...with the **Guardian Two-Button Walker Carry Basket**. With the basket attached to the walker, you can carry your items while leaving your hands free to hold onto the walker. It's made of vinyl coated wire frame and fits walkers with two-button folding mechanisms.

The vendor says it will attach to most Guardian walkers and is easy to install and remove. And the Guardian Walker itself can be folded without removing the basket. The basket weights 3 pounds and is 18" wide x 7" high x 17" deep. You can find it at Active Forever for \$23.95. Visit www.activeforever.com or call 1-800-377-8033. Item # A14332.



Ease Discomfort From Swollen Legs and Ankles...

...with the **Elevated Leg Rest Pillow**. The vendor says this pillow is designed to help maintain the "pelvic tilt" position that eases the stress on the spine and helps decrease pressure and muscle tension on the lower back. It also improves poor circulation due to arthritis. The pillow is made of polyurethane foam for lasting comfort and support. It measures 20" long x 26" wide x 8" high.

The white polycotton zippered cover is easily removed for machine washing. It's available at The Wright Stuff for \$44.95 (oversize item adds a \$2.00 extra shipping charge).

Visit www.arthritissupplies.com or call 1-877-750-0376. Item # CHP501.



Now You Can Easily Sit Down On or Stand Up From Your Favorite Recliner or Sofa

The **Assist -A-Tray** features a sturdy, ergonomically designed handle for safety and improved balance when getting in or out of a sitting position. The multi-use swivel laptop/TV tray comes with a cup holder and utensil compartment. The vendor says the tray is perfect for your laptop, crafts or for dining, a must for anyone with impaired balance or back pain.

The **Assist-A-Tray** is fully adjustable in both height and length, so it can be used by people of varying heights in the same house. The multi-use tray pivots totally out of the way when not in use. No tools are required because it installs by sliding the base under the leg of the furniture. Before you buy, you can watch a product video explaining how this device works at www.elderdepot.com. Assist-A-Tray is available for \$134.99 (with free shipping). Visit www.elderdepot.com. Or call 1-800-910-7790. Item # WP1963.



If You Enjoy Sewing, Needlepoint or Other Craft Projects but Are Sight-Impaired...

...these scissors may be just right for you. The four-inch **Magnifying Scissors** offered by Miracle Point feature a removable 5x magnifying attachment that you can easily slip on and off as needed. You can also order a range of tweezers, pliers, utility knives, seam rippers and other precision tools with magnifying attachments to help make any of your arts and crafts projects easier. The **Magnifying Scissors** are available for \$5.99. Find out more by visiting Miracle Point at www.miraclepoint.com/Crafts-Sewing.htm or call 1-800-682-4256. Item # MS-12.



Dear TOOLS Reader: We'd like to hear from you about your experiences with products you may have purchased after reading about them in TOOLS. Did they work? Did they meet your needs? And if they didn't work or meet your needs, tell us why. We also want to know if you experience any problem with vendors from which you order products. Your feedback will help us to make sure that we provide the most helpful information possible to you and other readers. Contact Mike Carbine, Editor, at editor@toolsforindependence.org or call him at (951) 653-0740 ext. 21

Ever Ask Yourself, "Did I Remember to Close the Garage Door?"

According to the vendor, the **Auto Closer Automatic Garage Door Closer** is designed to deliver the safest, most reliable way to ensure that your garage door closes every time. With five user-select times, you can set the garage door to close in 2, 5, 10, 15, or 20 minutes. The Auto Closer also features a disable button for those times when you want the garage door to stay open. The vendor cautions that before installing the door closer, you should make sure that your garage door opener complies with the latest government safety requirements. And the vendor also advises that you check out the installation video. The door closer is available for \$49.00 at Active Forever. For more information call 1-800-377-8033 or visit www.Activeforever.com. Item # A1628.



Check Out the TOOLS Resource Center

Our 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.



TOOLS for IndependenceTM

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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.

Now That's What We Call Using Your Feet...

Now you can remove your shoes without bending over by using this **Shoe Remover**. Simply slide your shoe into the horseshoe-shaped opening at the end of the device and it holds your shoe firmly as you slide your foot out. It's made



of sturdy plastic, and the vendor says this product is idea for people who have difficulty bending over.

Caution: The vendor warns that this product should not be used by people who have had a total hip replacement. You can find the **Shoe Remover** at Southwest Medical for \$22.90. Visit www.southwestmedical.com or call 1-800-236-4215. Item #NC24553.

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