

# TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



April 2012

**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, and community resources, funding and service providers throughout California. Call 1-800-390-2699, TTY: 1-800-900-0706 or visit [www.atnet.org](http://www.atnet.org).

## **Automatic Faucet Control**

The **Automatic Faucet Control** is great for anyone who has difficulty grasping and turning the hot and cold-water knobs, due to arthritis or any other condition. This device can also provide ease of use, convenience and money savings, according to vendors. The **automatic faucet control** fits internally or externally threaded faucets; just twist it on to the bathroom or kitchen faucet. The wand projects 2 ½" below the faucet. Gently nudge the wand and the water turns on. Remove your hand, releasing the pressure and the water shuts off. The water cannot accidentally be left on! No more worrying about overflowing sinks or hot water scalding. This item is available for \$14.95.



## **Have Access to an Aspirin at the Press of a Button**

The **At Heart Emergency Aspirin Dispenser** is an aspirin holder key ring that enables you to have access to an aspirin at any time at the press of a button. Heart disease is the leading cause of death for men and women in the United States. If you are feeling the effects of a heart attack, aspirin can play a critical



lifesaving role if taken as directed by a doctor. Research has shown that aspirin can reduce the risk of death by 23 percent if taken when a heart attack is first felt and for 30 minutes thereafter. This dispenser holds

2 tablets and can fit easily in your pocket or purse attached to your key ring. We found this item online for as little as \$3.50.

## Useful Tools after a Hip Replacement

Rehabilitation after hip replacement surgery is important. It's also important not to overdo it and risk re-injuring the hip. This **Total Hip Replacement Pack** can help. It includes a



24" long stainless steel rubber handled shoehorn, a 24" long trigger-activated grabber, a 22" long sponge on a stick, a 42" long nylon steel

reinforced leg lifter, a 9" long semi-rigid sock aid and two pairs of 24" elastic shoelaces. Together these items will help relieve you of unnecessary reaching and stretching that may cause re-injury. This **hip replacement pack** is available online for \$38.95. Google the words: **Total Hip Replacement Pack**.

### April is National

Donate Life Month

Alcoholism Awareness Month

Autism Awareness Month

Irritable Bowel Syndrome Month

### VENDOR RESOURCE LIST

- Active Forever: [www.activeforever.com](http://www.activeforever.com)  
1-800-377-8033
- Active Medical: [www.activemedical.com](http://www.activemedical.com)  
1-866-866-2700
- Amazon: [www.amazon.com](http://www.amazon.com)
- Arthritis Supplies: [www.ArthritisSupplies.com](http://www.ArthritisSupplies.com)  
1-800-750-0376
- Body Back Buddy: [www.bodybackbuddy.com](http://www.bodybackbuddy.com)  
1-877-601-9118
- Bright Life Directs: [www.brightlifedirect.com](http://www.brightlifedirect.com)  
1-8977-545-8585
- Bruce Medical: [www.brucemedical.com](http://www.brucemedical.com)  
1-800-225-8446
- Dynamic-Living: [www.dynamic-living.com](http://www.dynamic-living.com)  
1-888-940-0605
- Elder Depot: [www.elderdepot.com](http://www.elderdepot.com)  
1-800-910-7790
- Gold Violin: [www.goldviolin.com](http://www.goldviolin.com)  
1-877-648-8400
- Healthykin: [www.healthykin.com](http://www.healthykin.com)
- Isokinetics: [www.isokinetics.com](http://www.isokinetics.com)
- LS & S: [www.Lssproducts.com](http://www.Lssproducts.com)  
1-800-468-4789
- Make Life Easier: [www.make-life-easier.com](http://www.make-life-easier.com)
- Maxi Aids: [www.maxiaids.com](http://www.maxiaids.com)  
1-800-522-6294
- Overstock.com: [www.overstock.com](http://www.overstock.com)
- Sight Connection: [www.sightconnection.com](http://www.sightconnection.com)  
1-800-458-4888
- Silverts: [www.silverts.com](http://www.silverts.com)
- Simple Comforts: [www.simplecomforts.com](http://www.simplecomforts.com)  
1-800-361-1440
- Solutions: [www.solutions.com](http://www.solutions.com)  
1-877-718-7901
- Support Plus: [www.supportplus.com](http://www.supportplus.com)  
1-800-229-2910
- The Alzheimer's Store: [www.alzstore.com](http://www.alzstore.com)  
1-800-752-3238
- Walgreens: [www.walgreens.com](http://www.walgreens.com)
- Walmart: [www.walmart.com](http://www.walmart.com)

All of the products mentioned in this newsletter are available at some of the vendors mentioned above and may be available for different prices from different vendors. We encourage you to check with various Vendors, merchants and Google before making your final choice.

Mention of specific products is not an endorsement of these products. Product vendors provide no compensation or other benefit to *Tools*.

## Device Provides The Extra Grip!

If a weak grip, arthritis or any type of limited hand use gives you difficulty when struggling to open jars and bottles, then the **Spill Not Jar and Bottle Holder** is the kitchen tool you



need. The holder provides a secure grip by offering a choice of three different sized rubberized openings to put your jars or bottles in. The jar or bottle does not have to go all the way into the opening to be

secured. Non-slip feet on the bottom of the holder prevent it from sliding as you turn the lid on the bottle or jar. **The Spill Not Jar and Bottle Holder** holds a multitude of sizes, from pill bottles 7/8" in diameter to hefty tomato or pickle jars up to 5" in diameter. We found this item available for \$34.00.

## Rise And Shine Feeling Refreshed...

...with the **Verilux Rise and Shine Natural Wake up Light with Alarm**. The features of this lamp and clock help you wake up and fall asleep. Offering a 15-minute wake-up program, the light progressively brightens prior to your waking. You have a choice of sounds: natural spa soundscapes: songbirds serenade, ocean rhythms, pond life harmony or streamside melodies played on a high quality FM radio sound system. The sleep mode feature gradually dims the lights over 5, 15, 30, or 60 minute periods.

Dual alarms, 20 levels of brightness and a snooze feature enables you pick your own comfort lighting and wake up time. Overall dimensions are 6.75" high x 10.25" wide x 8.75" deep. This item is available for \$99.00. Check out this item and other products like it online.



## Plug Locks Provide Safety In The Home

Child-proof outlets are great, but handymen and handy women have a lifetime of experience to draw upon often making it possible for them to outsmart products made to deter children. The **Electric Plug Lock** securely locks onto an appliance's plug and without a key is virtually impossible to remove; the plug cannot be plugged into an outlet. No need to put away the coffee



maker, microwave, fan or even the table saw in the garage. No more worrying that mom gets up to iron at night or dad gets shocked by sticking a screwdriver into the toaster to fix it. The **Electric Plug Lock** attaches to any appliance or equipment using either two- or three-way pronged plugs. Each lock comes with two keys and is available for \$14.95 per plug. Google the words "Electric Plug Lock" to find this and other locks designed to help keep your loved ones safe.

## From the Editor

Did You Know...

...the AT Network has a **Device Lending Library** where you can find assistive technology equipment that may be of use to you in your daily activities? You can borrow this equipment for 30 days to see if it would be beneficial to you. This program is administered by the Independent Living Partnership.

For more information or to find a **Device Lending Library** near you, go to this website <http://atnet.org/resources/device-loan-programs.php> or call Toll-Free at 1-800-390-2699 or TTY: 1-800-900-0706.

...the **Independent Living Partnership** has a **Facebook** page? Go here and "Like" us. [ILP Facebook Page](#)

...you can contact us any time with comments or questions about **Tools for Independence?**  
[editor@ToolsforIndependence.com](mailto:editor@ToolsforIndependence.com)  
1-951-653-0740 x. 22

## "8 Weeks to A Healthier You"

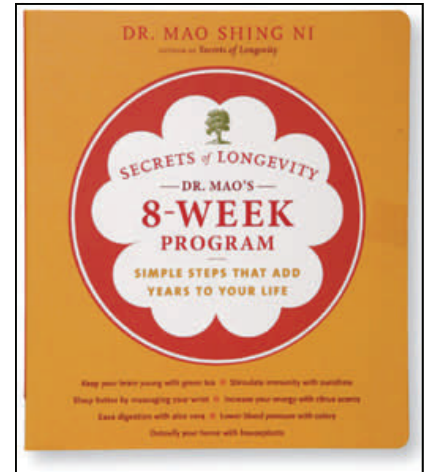
Are you looking for a mix of education and fun reading, a combination

of where the East meets the West?

Dr. Mao, a 38<sup>th</sup>-generation doctor of Chinese medicine, shares simple habits, quizzes, checklists and recipes in this interactive, 8-week workbook.

Boost brainpower, energy, immunity, and reduce stress with life-changing habits.

The **Secrets of Longevity 8-Week Program** book is available online from a number of sites for as little as \$9.99. Dr. Mao also has a website that you can visit at [www.askdrmao.com](http://www.askdrmao.com) and ask health related questions. Dr. Mao is the co-founder and Chancellor of Yo San University in Los Angeles, CA, where he teaches the art and science of wellness medicine.



This Newsletter is published by the  
**INDEPENDENT LIVING PARTNERSHIP  
(ILP)**

ILP works to insure 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.



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**TOOLS for Independence™**, is published monthly by the Independent Living Partnership. The Partnership is a non-profit, tax-exempt corporation. The educational programs of the Partnership are supported by sponsorships, grants, and the charitable contributions of individuals and organizations.

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Volume 4, Issue 4

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