

TOOLS for Independence™

making your life at home easier and safer



April 2016

Brought to you by:

THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
www.ILPconnect.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—

Ability Tools offers free information and referrals for assistive technology supplies, daily living devices, community resources, funding and service providers throughout California. Call 1-800-390-2699, TTY: 1-800-900-0706 or visit <http://abilitytools.org/>

Tired Of Losing Track Of The Multiple User Names...

...and passwords needed in this digital age? Toss out the scattered scraps of papers and keep all your important users names and passwords in this 144 page **Internet Address Log Book**. It keeps online information in one convenient place. This book comes in standard or large print for your suitability. We found this handy book online for \$8.00 Search the words "internet address log book" to find this handy helper. It's a great start to keeping yourself more organized.



When You Need A Sturdy Hand...

... to sit down and stand up from the toilet (yet you don't need a raised seat), this **Moen Easy-Up Toilet Rail** could be the answer. Two 8" high armrests secure to the toilet, giving you the support you need to remain independent. Rust-proof anodized aluminum for strength and easy cleaning. The vendor says this rail can supports up to 250 pounds. Assembly is required. We found this assistive technology item for \$49.00. To find this and other toilet rails that would best suit your personal needs. Search the words "easy up toilet rail."



Wipe Assist

Reach Extender for toilet paper lets you wipe without assistance.

Maintain dignity and personal hygiene despite mobility limitations. This cleverly designed, 16" long toilet tissue holder reaches where you can't. Built-in mechanism holds issue in place until you push the release button on the handle. This reach extender



is online for \$19.00. Search the words "toilet reach extender" to find the best value and selection for your Individual needs.

April Is:

- ▶ National Autism Awareness Month
- ▶ National Poetry Month

Special Days in April 2016

- ▶ April Fools Day April 1st
- ▶ Earth Day April 22nd

Jack Nicholson Birthday April 22, 1937

John Joseph "Jack" Nicholson is an American actor and filmmaker, having performed for nearly 60 years. He is known for playing a wide range of starring or supporting roles, including satirical comedy, romance and dark portrayals of excitable and psychopathic characters. He has won 3 Academy Awards.

"With my sunglasses on, I'm Jack Nicholson. Without them, I'm fat and 60".

Jack Nicholson

VENDOR RESOURCE LIST

Active Forever: www.activeforever.com
1-800-377-8033

Amazon: www.amazon.com

Arthritis Supplies: www.ArthritisSupplies.com
1-800-750-0376

Bright Life Directs: www.brightlifedirect.com
1-8977-545-8585

Diabetic Shoe Hub: www.diabeticshoeshub.com
1-623-455-6258

Dynamic-Living: www.dynamic-living.com
1-888-940-0605

Elder Depot: www.elderdepot.com
1-800-910-7790

First Line Solutions: www.firstlinesolutions.com
1-909-227-9821

Gold Violin: www.goldviolin.com
1-877-648-8400

Maxi Aids: www.maxiaids.com
1-800-522-6294

Sight Connection: www.sightconnection.com
1-800-458-4888

Simple Comforts: www.simplecomforts.com
1-800-361-1440

Solutions: www.solutions.com
1-877-718-7901

Support Plus: www.supportplus.com
1-800-229-2910

Target.com: www.target.com
1-800-591-3869

The Alzheimer's Store: www.alzstore.com
1-800-752-3238

The CareGiver Partnership:
www.caregiverpartnership.com
1-800-985-1353

Walgreens: www.walgreens.com
1-800-925-4733

Walmart: www.walmart.com

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 Web search 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.

What “Is The Internet Of Things” (IoT)

Off and on, you may have heard or read about Internet of Things (IoT). In the coming years, it is supposed to be a new phenomenon (it actually already is) that will make everything much easier and convenient for everyone. But what does it mean? What exactly is it, and how would it help people with disabilities? Let's start with the basics – What is Internet of Things? In the simplest of terms, it means that you, as a person, control everything around you (yes, everything!) through the internet. What that also means is that you don't have to physically access an object to make it do something.

Let's simplify this a little more further. The basic idea here is that everything around you is connected to the Internet – from your lights in the house to your garage door to your car. With voice commands, mobile apps or gestures, you can set up a sequence in which everything you need readies itself without you having to manually interact with them. Makes sense? There are several companies that have made lots of amazing innovations in the IoT world.

One of those innovations is **Amazon's Echo** a little, innocuous looking device that just sits in a corner, but does so many unbelievably powerful things. As a user you can just speak to it and ask it to perform certain actions, and it will do it for you in a jiffy. What kind of things can it do though?

1. To begin with, it can tell you the weather and traffic conditions. (“Alexa*, what's the weather like?”, “Alexa what's the traffic like?”)
2. Read Kindle and Audible books to you, and play music for you. (“Alexa, play the Kindle book ‘Be Here Now’”, “Alexa, play ‘The Beatles’”)
3. Look up events and appointments on your calendar and let you know what your day looks like. (“Alexa, what does my day look like?”)
4. Help you go to the movies by finding the nearest theater and local timings. (“Alexa, where is The Revenant playing?”)
5. Find local businesses and restaurants. (“Alexa, what time does the nearby pharmacy close?”)
6. Add items to your shopping list and also re-order previously ordered items from Amazon with just one voice command. (“Alexa, reorder laundry detergent”, “Alexa add coffee filters to my cart”)
7. Helps you keep track of important tasks. (“Alexa, put ‘file taxes’ to my to-do list”)
8. Control all lights and other devices around your house. (“Alexa, turn on light 1”, “Alexa, turn off the TV”)
9. Control your thermostat. (“Alexa, set my bedroom temperature to 68”)
10. Play games, order an Uber ride, order a pizza from Dominos!
11. Lots and lots of other things! **Amazon Echo** is always listening for the keyword “Alexa”. If you start a sentence with Alexa, it knows that it is directed towards it (her?). This video should give you a good understanding of how a person with disabilities can use Echo/Alexa at home. [Amazon Echo Review](#) . A device like **Echo** is very inexpensive at \$179.00.



Assistive Technology For Individuals Who Are Deaf And Hard Of Hearing

The **Williams Sound PockeTalker Ultra's** unique blend of simplicity, power and clarity have made it one of the most popular sound amplifiers available to improve your hearing during conversations, group gatherings, riding in the car, and other public settings. The **PockeTalker Ultra** has both a tone wheel and a volume control wheel allowing the user to change the amplification they hear as well as the frequencies they hear. The Ultra DUO combo comes with both an over-the-head headphone and a single mini earbud allowing two different headphone options depending on the user's preferences. This hearing amplification device amplifies the sounds closest to the user via the attached microphone while blocking out background noise for increased comprehension and sound clarity. The PockeTalker Ultra is a great, inexpensive hearing aid alternative. The included 5 year warranty and 30 day return policy provided by LIBERTY Health Supply ensure that the user is completely satisfied with their purchase for years to come! Liberty Health Supply offers this item for \$139.00. Please do your due diligent as there are many sound amplifiers and Web sites that offer this type of assistive technology. Search the words "sound amplifiers pocket talker" to do research for what is best for you.



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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Editor: Karen Long

Managing Editor: Richard Smith

E-Mail: Editor@TOOLSforIndependence.org

951-653-0740

6235 River Crest Drive, Suite C
Riverside, CA 92507-0758