



August 2012

Brought to you by:

THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
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, community resources, funding and service providers throughout California. Call 1-800-390-2699, TTY: 1-800-900-0706 or visit www.atnet.org.

Organize Your Medication Dosages for 14 Days

The **Apex 14 Day Pill Organizer Wallet** is a stylish and attractive leatherette carrying case designed to help the user keep track of their medication dosages. With each day's compartments labeled "Morning, Noon, Evening and Bed," this wallet can hold up to 11 aspirin-sized pills in each of the compartments. The wallet is perfect for independent individuals looking to monitor their medicine intake, for the Alzheimer's patient requiring assistance staying on schedule, or even as a tracking tool for caregivers. It is portable so it can be used for people on the go. These and similar products are available from various online vendors for around \$10.00. Use the word "Medication Organizers" to find the organizer you prefer.



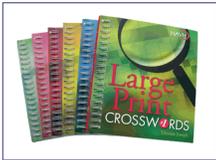
Ideal Writing Device for Those with Limited Hand Control

The **Writing-Bird** is a unique writing device for anyone with limited hand coordination, dexterity or a weak grasp. This device is ideal for people with arthritis or neurological disorders and for individuals who cannot pinch their thumb and first finger together to hold a writing instrument. The **Writing-Bird** glides over the page and requires only slight downward pressure to operate. Simply place your hand over the molded palm-shaped dome and move the attached ballpoint pen using your upper arm strength. It's made of durable frosted acrylic and writers may use it with either their right or left hand. This assistive technology item is designed to fit most adult hands and children over 10 years old. A standard pen is included. We found this product online for less than \$21.00. Use the words "Writing Bird" to search for this item on the Internet.

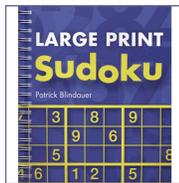


Work Your Brain Without Tiring Your Eyes...

... with **Large Print Crossword Puzzles** and **Large Print Sudoku Puzzles**. These large print puzzles will baffle you in the most delightful way while keeping your mind stimulated.



These are approved by the National Association for the Visually Handicapped. The **Large Print Crossword Puzzles** comes in seven challenging volumes each with over 120 crossword puzzles. The spiral bound **Large Print Sudoku Puzzles** includes 225 puzzles, printed one per page. Solutions are given at the back of the book. These books are available for \$12.99 online. Search the word "large print puzzles" to find these books. In addition, word search "Free large print puzzles printable" to print puzzles *Free* from your home computer.



VENDOR RESOURCE LIST

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

August Is:

- ▶ National Immunization Awareness Month
- ▶ National Golf Month

Special Days in the Month of August

- ▶ National Thrift Shop Day, August 17th
- ▶ Warren Buffett's Birthday: August 30, 1930

Warren Edward Buffett is an American business magnate, investor, and philanthropist. He is widely considered the most successful investor of the 20th century.

"I don't look to jump over 7-foot bars: I look around for a 1-foot bars that I can step over"

Warren Buffett

No More Chasing Food Around Your Plate

Turning almost any ordinary plate into a scoop dish, **Food Bumpers** help prevent spills and enable one-handed feeding. Now stroke victims and those with limited dexterity can turn their existing dishes into scoop dishes rather than buying new dishes. The **Food Bumpers** are easy to install and, once installed, provide a durable wall against which food can be pushed onto a fork or spoon. Simply clip them onto a circular plate between 9 and 11 inches in diameter. The tabs hold the bumper securely in place just above the rim of the plate, creating the desired barrier for your food. Made of lightweight plastic, these bumpers are dishwasher safe, and are available in white or translucent. We found this item online for \$3.75. Use your favorite “search engine” with the words “Food Bumpers” to find a vendor near you.



Take a Seat When You Need To...

... with the **Drive All Purpose Kitchen Stool**. The vendor says anyone having difficulty getting up out of a chair or sitting down in a chair will enjoy this easy and convenient seat. Relatively lightweight and easy to move around, the all-purpose stool is a useful balance and support device. The **All Purpose Kitchen Stool** was designed to provide a safe, comfortable way of sitting while recovering from hip, back or knee surgery. It comes with four rubberized non-skid feet to help keep the stool stable on any floor surface, and a heavy duty chrome-plated frame. This stool can be used in the bathroom, at the sink for safe face washing and grooming, or at the dinner table, providing height and longer reach. It is ideal for those who cannot stand for a long period of time. The seat height adjusts from 21” to 27” and the stool also includes adjustable and removable arm supports. There are many styles of stools to choose from; the stool featured here sells for \$39.95. To find a stool that best suits your needs, search online using the words “all purpose kitchen stool.”



You can contact us any time with comments or questions about **Tools for Independence?**

editor@ToolsforIndependence.com

951-653-0740 x. 21

Wireless Intercom System Helps With Room-to-Room Monitoring in Your Home

Whether you need to monitor a loved one or have a family member who is unable to call you easily, you can use this **Wireless Intercom System** for room-to-room monitoring. Choose between two-way communication or one-way audio monitoring. It has a range of 1,000 feet and is great for saving steps when you need to talk to someone in the other room. No installation or batteries are required for the wireless intercom. Simply plug in both intercom units and set them to the same channel. (Units must be plugged into outlets on the same electric panel.) This **Two-Channel Wireless Intercom System** sells for \$49.00. This and similar products are available from various vendors that sell assistive technology devices.



Hear Your Temperature Spoken Out Loud

This **Talking Clinical Thermometer** makes temperature taking easier for anyone who is blind or visually impaired. This model's two-button design makes it simple to use. Just press the left button to turn the unit on, wait for confirming beeps, and then press the right button to begin taking your temperature. In a few seconds, you will hear four beeps followed by your body temperature announced in a clear, female voice. The temperature reading will repeat one more time and then the unit will automatically shut off after eight minutes. You can choose whether you are more comfortable with hearing your temperature announced in Fahrenheit or Celsius, depending on the model you choose. The price range for this item from various vendors is \$9.99. Use search words "talking clinical thermometer."



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: Michael Carbine

Associate Editor: Karen Long

Managing Editor: Richard Smith

E-Mail: Editor@TOOLSforIndependence.org

951-653-0740 Ext. 22

6235 River Crest Drive, Suite C

Riverside, CA 92507-0758