



December 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, 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).

## **No More Propping Your Cane Against the Wall**

Put the **Juvo Stand Up Cane Tip** on your adjustable cane and it will stand upright on flat, level surfaces. No more hanging your cane on a chair or table.

The vendor says that the special tread design and durable rubber material construction provides additional gripping stability for your walking cane. This



over-sized

cane tip is available in 2 colors: conservative grey or bright optical green to increase visibility and help with depth perception. Two sizes are available for 7/8" and 3/4" adjustable canes. Please measure your cane diameter above the tip to determine the correct size cane tip. The lowest price we found this product for is

\$14.95. Search the words "Stand up Cane Tip".

## **A Secure Hand Grip for Those with Arthritis...**

... and other dexterity issues. This **Innovative Palm Handheld Shower Spray** includes a palm feature that allows a comfortable, easy and secure handgrip.

Simply removing the base handle converts this versatile hand shower into an even more maneuverable lighter-weight palm shower. It offers three spray functions and an extra long 7-foot flex-soft hose for added reach in the shower. This product is available from various vendors that sell assistive technology for \$27.96 to \$34.95. Search the web using "Innovative Palm Handheld Shower Spray".



## Exercise At Home

The **Over Door Exercise Pulley** is a lightweight, portable, over-the-door pulley exerciser that provides flexibility exercise, strength training and upper body traction without bulky equipment. The vendor says it's ideal for stroke recovery, rotator cuff rehabilitation, stretching and strength training. The minimal resistance applied by the pulleys allows for gentle, free-range motion. The **Over Door Exercise Pulley** helps to increase upper body range of motion while rehabilitating the muscles of the back, shoulder and arms. This item is available from various vendors that sell assistive technology products for \$15.82 - \$30.00. Word search "over door exercise pulley".



## December Is:

- ▶ National AIDS Awareness

### Special Days in the Month of December

- ▶ Pearl Harbor Day December 7th
- ▶ Hanukkah December 8th
- ▶ Christmas Day December 25th
- ▶ New Year 's Eve December 31st

Walter Elias "Walt" Disney Birthday  
December 5, 1901- December 15, 1966

Walter Elias "Walt" Disney was an American film producer, director, screenwriter, voice actor, animator, entrepreneur, entertainer, international icon, and philanthropist.

"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths".

Walt Disney

## 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.**

## Keep Your Personal Items Within Reach

The legs of this **Personal Table Mate** easily slip under furniture, letting you pull the table up close. The tabletop adjusts at three angles; legs adjust in height from 22" to 29". This snack or personal table weighs just 6 lbs., yet the vendor says it will support 50 lbs. It has a wood grain look finish and a cup holder. Made of steel and polypropylene, the table folds to 20-3/4" x 20 3/8" x 3". The lowest price we found for this is \$34.99. To find this product on line, search "Personal Table Mate". Perhaps this **Armchair tray** (left) is more what you are looking for. It holds items like popcorn and drinks with pockets for magazines, remotes, and DVDs. It is made of faux leather with nonslip backing and measures 23 1/2" long x 13 1/4" wide. We found this **Armchair Tray** for \$25.00. Search "Sofa



Pockets" to find which product will suit your needs.



Pockets" to find which product will suit your needs.

## Stay Warm This Winter with a Comfort Zone for Sensitive Feet

Place the **Foot-Free Pillow** at the foot of the bed to relieve the aggravating weight of blankets and sheets. The breathable space reduces pressure, pain and irritation on sensitive feet without sacrificing warmth. The vendor says that this pillow is ideal for anyone who is recovering from surgery or who suffers from poor circulation. It is made of 100% polyurethane which is a fire resistant foam. This pillow measures 17" long x 8" deep x 9" high. The cover is removable and washable. It is available on online for \$29.95. Search using the words "foot free pillow" to find the pillow that suits your personal needs.



## Penetrating Heat Relieves Sore and Stiff Hands

Pamper your hands with warmth and moisture. Place these **Warm Therapy Mittens** in the microwave to heat them up. Then slip them on to feel soothing relief instantly. The vendor says the flax seed filled pockets provide relief for arthritis, stiff joints Inflammations, and strains. In addition to easing the pain of aching muscles and stiff joints, the gel lining disperses moisturizing mineral oils and Vitamin E to hydrate and nourish your skin. Wear for 10 to 15 minutes, up to 3 times a day. The mittens are lightly scented and one size fits most. This item is available from various vendors that sell assistive technology products for \$29.95.



## Easily Unbuckle a Seat Belt Buckle...

...with the **Buckle Bopper**, a small lightweight tool that fits in the palm of your hand and allows you to easily unbuckle your seat belt buckle. The shaft in the center of the **Buckle Bopper** acts as an extra thumb which uses the force of your palm and larger arm muscles to depress the buckle. This seat belt aid allows you to unbuckle children's car seat belts without using your thumb or fingers. The vendor says this is a perfect tool for individuals with temporary or chronic hand pain. This unique hand held tool is soft and pliable in the palm of your hand. The hard shaft is capped with a soft rubber tip, which comes in contact with the buckle surface. To use the seat belt aid, place one hand behind the buckle, hold the **Buckle Bopper** in the palm of your other hand and press the tip into the buckle surface to release the buckle. Each **Buckle Bopper** comes with a holster and can be clipped to many surfaces. We found this product for \$14.95. Use the words "Buckle Bopper" to search for this product online.



## 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** online for \$22.90. Search the words "shoe remover" to find this item.



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.



**TOOLS for Independence**™

A Trademark of the Independent Living Partnership

**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.

### NOTICE

**TOOLS for Independence**™, the Independent Living Partnership, and the distributor do not endorse, recommend or assume responsibility for any products referenced in this publication and are responsible only for the information presented. Product performance claims are those of the manufacturers. Prices quoted are subject to change without notice. Check with the merchant you select for current pricing.

### **TOOLS for Independence.**

Volume 4, Issue 12

Editor: Michael Carbine

Associate Editor: Karen Long

Managing Editor: Richard Smith

E-Mail: [Editor@TOOLSforIndependence.org](mailto:Editor@TOOLSforIndependence.org)

951-653-0740 Ext. 21

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