



February 2013

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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.

No More Dropping the Bar of Soap



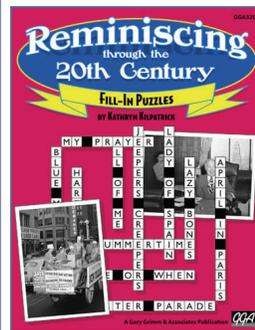
This simple product was designed to help you get a firm grip on bar soap. First, apply the suction cup to a smooth wet surface of the soap using a twisting motion to embed the mounting post in the soap. Then, push the suction cup gripper and the soap together, make one final twist on the gripper, and you are ready for showering.

Simply slide your middle finger into the finger ring and the **Soap Gripper** holds the soap firmly for you. After showering, hang the soap gripper on the soap hanger. The suction cup hanger can be mounted on any smooth surface. The vendor says that the soap will last longer, and you can use a dry bar of soap every time you bathe. The lowest price we found this item for is \$9.95 (soap not included). Search using the words “soap gripper”.



Are You Experiencing Mild to Moderate Memory Loss?

The vendor says this 4-book series *Reminiscing Through the 20th Century* by Kathryn Kilpatrick, was created just for seniors who are experiencing mild to moderate memory loss. Each book is a journey through time, tapping into your long-term memory and focusing on life events – from the 1920s to the present.



Each book features crossword-like puzzle that can be completed by filling in the missing letters (a list of possible words is provided on each page). Decade puzzle themes include Places; Entertainment; Sign of the Times; Expressions; Songs; Dances; Movies; On Stage; Radio Shows; Books; and Sports. Word-searches puzzles challenge you to find the hidden words amongst the letters. We found these books online as a single book for \$9.95, or as the complete 4-book series for \$39.95. Word search “reminiscing through the 20 century” to get your copy and start refreshing your memory.

Easy to See Large Button Remote Control

The **Tek-Pal 6 Button Remote Control** is an easy-to-use and easy-to-see large button remote control for your television. With only 6 oversized lighted buttons, this palm-size remote makes it easy to turn your TV on or off, adjust the volume, and change channels. **Tek-Pal** is designed specifically for people who may be visually impaired, allowing them to operate their home entertainment device all from one large control. We found this item for \$18.95. This and other like products can be found by searching the web using the words "button remote control".



February Is:

- ▶ American Heart Month
- ▶ Black History Month

Special Days in February

- ▶ Groundhog Day, February 2nd
- ▶ Valentines Day, February 14th

Susan B. Anthony
February 15, 1820-March 13, 1906

Susan Brownell Anthony was a prominent American civil rights leader who played a pivotal role in the 19th century women's rights movement to introduce women's suffrage into the United States.

"The older I get the greater power I seem to have to help the world; I am like a snowball-the further I am rolled the more I gain."

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 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*.

Move Garden Pots, Small Garbage Cans Quick and Easy

The **PotMover Caddy** is a gardening tool that makes moving pots quick and easy. It is designed to make moving pots around the house and yard a breeze! The vendor says the easily maneuverable Caddy is simple to use: Just wedge the footplate underneath your plant, secure the rubber-tipped arms around your plant, tilt the caddy back, and with little effort move the plant to a desired location. The caddy also can be used to move various objects that might not be in the garden, including small garbage cans and recycle bins. What makes the PotMover Caddy unique, the vendor claims, is the two adjustable rubber-tipped arms that grab and secure your plants to the caddy. And when you're finished, simply fold it up and put it away. The one-handle poly grip is made of steel with a built-in hang hole so it's a snap to attach to the wall. The PotMover is a versatile unit that can carry any potted plant up to 20" wide by 30" tall, and up to 100 pounds. The PotMover Caddy is great for people with back pain, arthritis, or bad knees. We found this item for \$48.56. Search the words "potmover caddy" to find this useful tool.



Rise and Sit More Easily

The **Rising Walker** is designed to help you get into or out of a chair, or when using aid in getting out of a chair or to sit or stand when using the toilet. Made of aluminum, the walker is lightweight, weighing only at 5.5 lbs. The vendor claims that it has the weight capacity of up to 400 lbs. The approximate user height is 5'4" - 6'2". It features contoured plastic grips for enhanced comfort and a secure hold. Another feature is the single release folding mechanism in the middle of the top handle, designed to help users with limited hand dexterity. The walker also folds easily for travel or storage. Search the words "rising walker" to find a walker that suits your needs. We found this walker for \$59.65 - \$65.95 on-line. To help manage your personal items while using your walker, try this **Walker Organizer**.



The two sided organizer has 8 various-sized pockets to hold your phone, notebook and pen. An 8" x 10" zippered pocket stores larger items. In addition, a key clip/ lanyard helps keep your keys handy. The organizer attaches by hook and loop to walkers, wheelchairs and strollers. Available in black and burgundy neoprene that wipes clean.



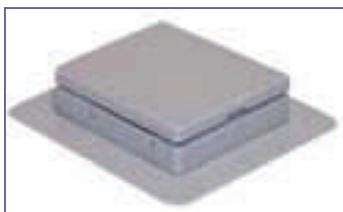
Don't Tip Over Another Beverage

The **Freedom Cup Holder** has a patented locking leg that will prevent it from collapsing. The folding, weighted, non-skid integral base



won't move or tip over and the cork bottom absorbs moisture. The vendor says this item is useful for anyone who has vision impairments or dexterity issues. It's available in two

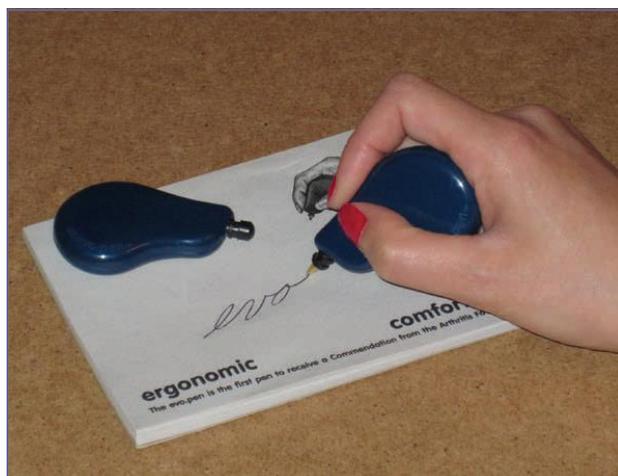
sizes – standard cup holder (6-16oz) and large cup holder (16-46 oz) – and is designed to hold cups, bottles, or a drinking glass. It's perfect for table-top use, wheelchair or over-bed tables, and it folds flat for easy storage. This item is available for \$24.95- \$29.95 from various vendors that sell assistive technology. Search the web using "freedom cup holder".



This Pen is Made For Pain-Free Writing

The vendor says the **Evo Pen** has received a commendation from the Arthritis Foundation and is recommended by hand and occupational therapist. The kidney shaped body lets you cup the pen in the palm of your hand, thereby using the entire hand rather than isolated fingers muscles

when you write. Doing this helps keep fatigue and hand soreness at bay. The



The **Evo Pen** can also be used in a closed position as a rounded stylus for PDA or keyboard use. Packages of two pens range in price from \$8.95 to \$10.95. Ink refills are available. Search using the words "evo pen" to find this item online.

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.

Volume 5 Issue 2

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