

# TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



January 2013

*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).

## **Now You Can Light Your Way...**

...with the **Portable LED Lantern**. It offers natural spectrum daylight for better illumination with greater contrast and true color rendering. The lantern features a single-touch brightness control for level and ultra-bright light, and is ideal for reading, travel, power outages, or to navigate a dark hallway. The built-in, long-life battery recharges by simply plugging it into any USB port; the cable is included. Compact and durable, this lantern is available for \$19.95. Search the words "Readylight lantern" to find this item online.



## **Dexterity Kit Eases Difficult Tasks for Arthritis Suffers**

This **Dexterity Kit** is specifically designed to assist the activities of arthritis sufferers. The kit includes 3 each E-Z key turners, 1 each zipper and button puller, 3 each pen and pencil cushions, 2 each comfortable spoon and fork holders, and 2 lamp switch enlargers. The E-Z key turner is an enlarged key holder and is designed with the turning effort already begun, so completion of the turn is accomplished with minimum additional stress. The vendor says the zipper and button puller is for those with weak or arthritic fingers; there is probably no more difficult task than buttoning a button. This unique tool eliminates the stress and frustration by pulling the button or zipper into position. The pen and pencil cushions are designed in both shape and density to alleviate stress while providing a secure grip. The comfortable spoon and fork holders are stylish, portable and fit onto virtually any spoon and fork providing a secure, stress-free grip. The lamp switch enlarger fits right over the existing switch to provide an easy, stress-free grasp. The **Dexterity Kit** is available on-line for \$16.95. Use the words "Arthritis dexterity kit" to search the web.



## Stop Fussing With Bulky Pillows...

...and enjoy the support of this **Adjustable Backrest**. You can choose from 5 different positions starting with as low as 3 ½" to the upright sitting position. The vendor says this **Adjustable Backrest** is idea for those with acid reflux. The frame is a lightweight powder coated aluminum that folds flat for storage. The backrest is covered in a blue mesh that allows for easy cleanup and superior breathability. This product is available online from various vendors for \$41.95 - \$59.95. Word search "adjustable backrest bed".



## January Is:

- ▶ National Glaucoma Awareness Month
- ▶ National Mentoring Month

### Special Days in the Month of January

- ▶ New Year's Day, January 1
- ▶ Martin Luther King' Jr. Birthday, 1/21

Edwin "Buzz" Aldrin  
January 20, 1930

Edwin Eugene "Buzz" Aldrin, Jr. is an American astronaut, and the second person to walk on the Moon. He was the lunar module pilot on Apollo 11, the first manned lunar landing in history

"There's a need for accepting responsibility - for a person's life and making choices that are not just ones for immediate short-term comfort. You need to make an investment, and the investment is in health and education."

Edwin "Buzz" Aldrin

### 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 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.**

## This Twist Pillow Holds Any Position for Perfect Comfort and Neck Support

Bend it! Shape it! Twist it! **The Twist Pillow** is a soft, comfy poly-foam with bendable linkage inside. It comes with a soft velour cover with a zipper for easy removal for washing. Wrap the pillow around your neck to relieve stress and relax stiff muscles. With a flick of a switch, you can turn on the massage feature. The vendor says the custom shaping lets you target muscle groups like never before. Slip it around your waist, and the **Twist Pillow** energizes and soothes your lower back muscles. This product is available from various vendors that sell assistive technology for \$29.99- \$37.00. Search the web using the words, "twist massage pillow".



## Now You Can Maintain a More Upright Position When Pushing a Wheelchair...

...with the **Wheelchair Grip Extensions**. The vendor says these handgrip extensions are perfect for low wheelchairs or if the person pushing the wheelchair is tall. The extensions raise the height of the handgrips by 5 inches, which makes an ergonomic tool that helps reduce the need for the person pushing the wheelchair to lean over, they can maintain a more upright position when pushing the wheelchair. The **Wheelchair Grip Extensions** fit most wheelchairs and the existing grips on the wheelchair do not have to be removed. The extension grips are sold in pairs and fit most standard wheelchairs. The lowest price we found this item for is \$42.92. Search the words "wheelchair grip extensions".



## Don't Get Locked Out Again

You are not the only one who knows how to lock a door. Your family member with Alzheimer's does too. The vendor says the **Outdoor Mini-Key Safe** is a great way to store a key outside—safely and securely—just in case. Has this happened to you? You go outside to get the paper or mail. When you return, you find the door locked, your loved one standing inside, frightened, and not knowing what to do. Here is a simple solution. Attach the **Mini-Key Safe** to the outside wall of your home, perhaps behind a bush. Store a spare key inside the metal mini-safe, which can only be opened with the correct code. It holds one or two keys. It is weather-proof and no batteries are required. We found this item on-line for \$35.00. Word search "mini key safe".



# Movie Going Can Be Accessible for All

Are you deaf, hard of hearing, blind or have low vision? Have you ever gone to the movies and requested accommodations and been told by the employees at the theatre that they did not have any options or had very limited options? Well, Regal Entertainment Group has taken notice and is making great strides in making movie-going accessible for all with the **Sony Entertainment Access System**. This system includes revolutionary glasses that assist moviegoers who are deaf, hard of hearing, have low vision or are blind. These lightweight glasses will allow moviegoers to experience the movies without any inconvenience to those around them. They are designed for the viewer to privately view closed-captioned text directly in their line of vision for both 2D and 3D movies that is not visible or audible to other moviegoers. The glasses also have headphones or neck loops which are both connected to a wireless receiver. This is for those who have low vision or are blind so they can hear descriptive audio tracks directly through their headphones. This cutting edge technology is available in 200 theaters nationwide currently and should be available at the guest services counter at all digital Regal Theaters by April 2013. Check to see if they are available at the theatre nearest 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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#### **TOOLS for Independence.**

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