



July 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.

No More Struggling with Blister Packaging

We all know how hard it is to get medication out of that frustrating blister packaging. Now you won't have to use your fingernails, sharp knives or scissors. The **Pill Popper** is fast, safe and easy to use. The vendor says, "It will not damage the pill and releases in seconds." This tool is perfect for people with arthritis, carpal tunnel and limited hand mobility. The Pill Popper is available online from various vendors that sell assistive technology products for \$4.99 to \$7.99. Google the words "pill popper tool".



Rest Your Hands While You Read

The **Book Buddy II** is designed to help you hold your book with ease. Just slide your book cover into the vertical ribbons and it holds the pages open with the diagonal corner ribbons. All the ribbons can be tightened or loosened depending on the size of your book. The **Book Buddy II** easily holds all size

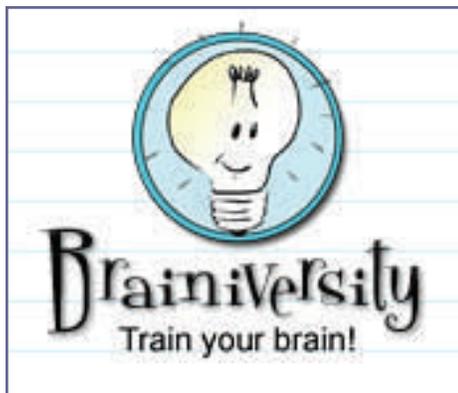


books from small paperbacks to large hardbacks. The practical and versatile **Book Buddy II** not only holds your book for you; it tilts to the perfect angle and marks your place. It's so versatile that you can even convert it to a lap desk by attaching its clear, hard acrylic surface (included) making it perfect for writing, drawing or your laptop. This item is available online from various vendors that sell assistive technology products for \$18.00 to \$29.95. Google

"Book Buddy II" to find this item online.

Help Keep Your Brain Young and Healthy...

...with **Brainiversity**. This computer game is designed to stimulate your brain with 16 different activities covering Language,



Memory, Math and Analysis. You can track your daily and monthly progress and feel good, knowing that while

you are having a good time, you're giving your brain a good, healthy workout. The lowest price we found this product for is \$12.95. Search the word **Brainiversity** to find this and other activities to keep your mind thinking.

July Is:

- ▶ National Juvenile Arthritis Month
- ▶ National Social Wellness Month
- ▶ National Recreation & Parks Month

Special Days in the Month of July

- ▶ Independence Day: Wednesday, July 4th
- ▶ Henry Ford's Birthday: July 30, 1863

Henry Ford was an American industrialist, the founder of the Ford Motor Company, and sponsor of the development of the assembly line technique of mass production.

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young."

Henry Ford

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*.

Keep Your Loved Ones Warm After Bathing

It's not unusual that a person with Alzheimer's fails to recognize their spouse or caregiver, and will not accept assistance to bathe, disrobe or step into the shower. Many senior adults also need a little extra help putting on a robe. With the **Bath Cape** there is no more struggling with arm openings,



buttons, or ties. This soft cotton terry cape features a stand-up mandarin collar, front Velcro closures and oversize arm openings, comes in a 36" length and has two pockets for essentials. According to the vendor, the roomy fit provides more freedom than a bathrobe and provides a comfortable, faster way of being dry and warm. Plus, the **Bath Cape** helps prevent the discomfort of being cold and embarrassed. This and similar capes are available for less than \$38.00. Search the words "bath cape".

An Alternative to Medical Bracelets

These attractive **Medical ID Necklaces** offer the wearers a sense of security. To alert medical personnel, the pendant displays the Star of Life on the front. On the back, affix any of the 15 waterproof conditions stickers that are included. Pendants and their 24" ball chains are made of durable stainless steel. Choose either the Heart Shape or the Dog Tag style. These examples cost \$18.75 each. There are many different shapes, styles and prices of Medical ID Necklaces to choose from. Google the words "medical ID necklace" and see which ID necklace you prefer to wear.



Feel Your Way to Add Spice to Your Meal

These **Salt and Pepper Shaker Sets** are an adaptive aid that enables anyone who is blind or visually impaired to dine with self-confidence. Each shaker has Braille and/or tactical marks so the user can pick the right condiment without having to pre-test the contents of the shakers. There are different styles and features on different sets; pictured here are a couple of choices we found. Online prices vary from \$6.95- \$9.95. Google "Braille salt and pepper shakers" to find your special set.



From the Editor

The Assistive Technology (AT) Network <http://atnet.org/> is a great resource for persons who are aging or have a disability and for their caregivers. On this website, you can find out about assistive technology equipment that is available for loan through the statewide network of Device Lending Libraries. There is information on equipment available for sale or free, and you may also list your gently-used equipment for distribution. In addition, there is information on other AT resources, relevant laws, advocacy and AT Equipment Reuse Programs.

The AT Network is dedicated to expanding the accessibility of tools, resources and technology that will help increase independence, improve personal productivity and enhance the quality of life for all Californians. A program of the California Foundation for Independent Living Centers (CFILC), the AT Network may also be reached by phone at: 800-390-2699 or 800-900-0706 TTY

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

editor@ToolsforIndependence.com
1-951-653-0740 x. 22

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

Get a Grip on Your Dental Floss

The **Gripit Floss Holder** holds dental floss very tightly so you don't have to pinch your fingers together or put your fingers in your mouth when flossing.

The **Gripit Floss Holder** is the only flossing tool to pop open and allow a fresh length of floss to be advanced in seconds. Gripits are ergonomically designed to help people with weak hands or finger conditions to floss more easily. Refill with your favorite waxed, unwaxed or flavored floss. The price range for this item from various online vendors is \$5.95- \$8.95. Google "Gripit Floss Holder" to find a convenient vendor.



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 7

Editor: Cecilia Burch

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