

# ***TOOLS for Independence™***

MAKING YOUR LIFE AT HOME EASIER AND SAFER



March 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, and 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).

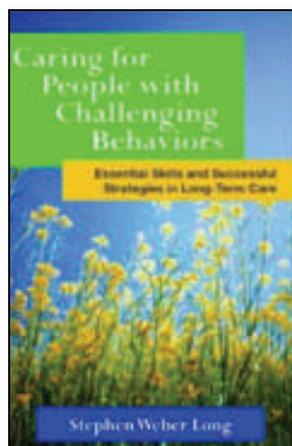
## **This Mug Is Made For Easy Holding**

This 16 ounce mug is specifically designed for individuals with grasping, fine motor, or upper extremity disabilities. The **Ease Grip-In Mug** has an ergonomically curved internal handle that enables the hand to fit through the mug, eliminating the need for grasping. As an added bonus, when you fill the mug with a warm beverage, you'll feel the gentle warmth on your hand, which can help ease joint pain according to vendors. We found this mug priced online for \$16.00.



## **Caring for Loved Ones with Alzheimer's**

Caring for People with Challenging Behaviors, written by Steven Long, is a training guide that demonstrates how to use communication and evidence-based psychological approaches to encourage positive behavior with physically frail and cognitively-impaired older adults. The guide shows ways to help these seniors overcome obstacles, and avoid common mistakes that will prevent, reduce and even eliminate challenging behaviors. The Alzheimer's Store writes in their recommendation: "behaviors that appear so unusual and even bizarre to those on the outside are a part of a progressive neurological disorder, such as Alzheimer's. Every event, its cause and how to deal with it appears to be unique, isolated and often void of any cause, yet the results are similar – upset, agitation and even violence and injury – to the caregiver or the patient. Yet there are safe and effective strategies that work well with dementia patients and this book is a valuable source to learn, apply and adapt them to your situation." The guide is available for \$35.00.



## Voice Labels Help You Easily Identify Items

Transform all your print products into voiced ones and make the world talk to you. The **Voila Label Reader** is a complete system designed to give the blind and those with low vision greater independence. The **Voila Label Reader** enables the user to record voiced



labels and attach them to virtually any item in the home or office. Then it reads them back on demand for easy identification of the item. **Voila** is a voice output bar-code reader labeling system that consists of reusable labels that can be attached to objects and a pen shaped device with a sapphire lens or eye that reads the labels and plays back your pre-recorded messages unique to each code. Labels are tactile so they can be easily located; they also have an adhesive backing for affixing to objects, can be sewn or taped into objects, or simply hung on them. **Voila** records up to 250 voice labels. Included in the **Voila Kit** are; one scanning pen, an instructional cassette, labels numbered 1-50, attaching accessories (rubber bands, Velcro strips, magnet and zip ties) and 2 AA batteries. Additional sets of 50 labels (up to 250) may be purchased separately. The **Voila Label Reader** is available for \$140.00.

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### VENDOR RESOURCE LIST

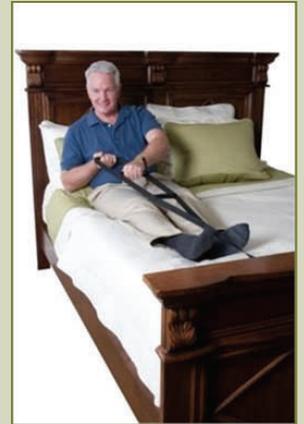
- Active Forever: [www.activeforever.com](http://www.activeforever.com)  
1-800-377-8033
- Active Medical: [www.activemedical.com](http://www.activemedical.com)  
1-866-866-2700
- Amazon: [www.amazon.com](http://www.amazon.com)
- Arthritis Supplies: [www.ArthritisSupplies.com](http://www.ArthritisSupplies.com)  
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 and 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*.**

## The Bed Caddie Makes It Easier To Lie Down and Sit Up In Bed

The Bed Caddie enables people with general weakness or decreased back strength to pull themselves up to a sitting position in bed using a 3-tiered ladder system. The **Bed Caddie** is a nylon 'bed' ladder that you climb with your arms to make lying down and sitting up in bed easier. Its three cushioned rungs allow you to move gradually into position. It attaches to the bed under the mattress and lies across the top of the bed for ease of use. The **Bed Caddie** makes it a bit easier for you to be independent and safe as you get into and out of bed. In addition, it is easy to set up and remove; you can take it with you when you travel. To find this item, Google the words "Bed Caddie". We found this item for under \$25.00.



## Turning the Knobs on Your Stove Can Be Easy Even with Limited Hand Use

The **TKO Turning Knob Operator** is a tool designed to help people with hand disabilities turn the control knobs on their appliances. On a stove, just press the turner onto the knob and it will



help to turn the burner on or off and to adjust the heat level. The **TKO Turning Knob Operator** measures 2 ¼" in diameter and 5 ¼" in length. The **Knob Operator** is ergonomically designed for ease of operation and can be used to help with turning knobs, faucets and valves. It is available for under \$33.00.

## Read More Easily In Poorly Lit Areas

Now you can have magnification plus LED lighting in your choice of stylish frames. **Reizen Readbrights LED Readers** are premium glasses with dual LED lights built discreetly into the frame. Use them as magnifying readers during the day; they also offer the added functionality of LED illumination for nighttime

use and low light areas. Read on planes, trains and in bed without disturbing others. Choose from a full line of lens strengths from 0.00 to 3.00 and a selection of three frame colors. **Readbrights** use four CR927 button cell batteries that are included. These glasses are under \$20.00 a pair.



**March is National  
Kidney Foundation Month  
Red Cross Month  
Nutrition Month**

## From the Editor

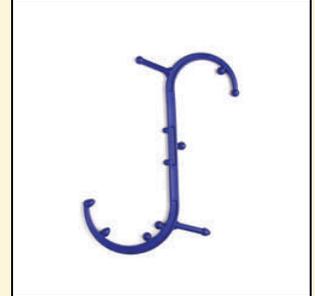
We wanted to let you know about some technology resources available to individuals with specific impairments.

**Project Endeavor** provides deaf and hard-of-hearing individuals with access to high speed Internet and devices at an affordable cost, and promotes sustainability of using high speed Internet by offering various educational resources. To see if you are eligible for these services and to fill out an application, go here and click on the Apply cloud. <http://www.projectendeavor.com/Home.aspx>

The **Association of Blind Citizens (ACB)** operates the Assistive Technology Fund (ATF), which pays recipients half the retail price of accessible software or equipment. The fund was launched to give blind and visually impaired persons access to technology that can significantly improve employment opportunities, increase independence, and enhance quality of life. For information go here and click on the ATF link on the left <http://www.blindcitizens.org/> or call 1-781-654-2000.

## Treat Hard-To-Reach Sore Muscles Quickly and Effectively

The **Body Back Buddy** is a whole-body massage tool that allows users to apply direct and varied amounts of pressure to almost every muscle group. This tool was specifically designed by a Board-Certified Massage and Neuromuscular Therapist to release tight and knotted muscles while relieving chronic pain, muscle spasms and stiffness. The unique S-shaped curve, with a total of 11 different sized accupoint knobs built-in, provides easier access to hard-to-reach spots such as the back, neck, shoulders, chest, arms, buttocks, hips, legs and feet. Save yourself costly trips to the chiropractor and get pinpointed accurate pain relief right from the comforts of home, according to vendors. The **Body Back Buddy** features an easy-to-handle massage tool, unique S-shaped design and needs minimal strength and mobility to use. This item can be purchased for less than \$30.00, not including shipping costs.



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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