



March 2015

Brought to you by:

THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
www.ILPconnect.org

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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—

Ability Tools 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 <http://abilitytools.org/>

Makes Cutting Meats Much Easier

The uniquely curved blade on the **Meat Cutter Rocker Knife** allows for a rocking motion, making cutting meats and vegetables much easier.

This is also a great kitchen utensil for those unable to perform the sawing



motion of a knife. The **Meat Cutter Rocker Knife** measures 8 1/2" long; blade measures 4", handle measures 4 1/2" and weighs 2.4 ounces. Dishwasher safe. The price range for this item from various vendors is \$7.99- \$12.99. Search the words "meat rocker knife" to see this and other examples of assist technology knives.

Eggs Your Way In Less Time Than It Takes To Boil Water

The vendor says, "Cooking eggs has never been easier. You will use this cooker everyday!" So many ways to use this

Electric Egg Cooker. You can make hard broiled, soft broiled, scrambled and poached eggs as well as omelets. It cooks one to six eggs in 12 minutes; turn off automatically when cooking is done. It measures 5 1/2" in diameter x 6" high, includes cooking guide and recipes, poaching tray, egg holder, omelet try and measuring cup. There are many styles and options of electric egg cookers. Search the internet with the words "electric egg cooker" to



find a cooker that best suits your needs. The price range for this egg cooker is \$19.97-\$24.98.

Easily Unbuckle a Seat Belt Buckle...

...with the **Buckle Bopper**, a small lightweight tool that fits in the palm of your hand. 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. The vendor says this is a perfect tool for individuals with chronic hand pain. Each



Buckle Bopper comes with a holster and can be clipped to many surfaces. We found this tool for \$14.95. Use the words "buckle bopper" to search for this product online.

March Is:

- ▶ National Disability Awareness Month
- ▶ National Nutrition Month

Special Days in March 2015

- ▶ Daylight Saving Time Begins, March 8th
- ▶ St Patrick's Day, March 17th

Shaquille O'Neal Birthday, March 6, 1972

Shaquille O'Neal nicknamed **Shaq** is an American retired basketball player, former rapper, actor and current analyst on the television program Inside the NBA. O'Neal played for six teams throughout his 19-year NBA career.

"When I get old, I'm going to the old folks' home. I don't want to be one of those guys who's hanging around the house bothering the kids. But not just any old folks' home. I want the whole top floor".

Shaquille O'Neal

VENDOR RESOURCE LIST

- Active Forever: www.activeforever.com
1-800-377-8033
- Amazon: www.amazon.com
- Arthritis Supplies: www.ArthritisSupplies.com
1-800-750-0376
- Bright Life Directs: www.brightlifedirect.com
1-8977-545-8585
- Diabetic Shoe Hub: www.diabeticshoeshub.com
1-623-455-6258
- 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
- LS & S: www.Lssproducts.com
1-800-468-4789
- Maxi Aids: www.maxiaids.com
1-800-522-6294
- Medical Goods: www.medicalgoods.com
1-888-557-0256
- Sight Connection: www.sightconnection.com
1-800-458-4888
- 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
- Target.com: www.target.com
- The Alzheimer's Store: www.alzstore.com
1-800-752-3238
- The CareGiver Partnership:
www.caregiverpartnership.com
1-800-985-1353
- Walgreens: www.walgreens.com
- Walmart: www.walmart.com

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.

Cordless Heat Soothes Aches And Pains

Warm this **Herbal Pack** in the microwave for therapeutic moist heat that penetrates deep to bring relief from aches and pains. No cord to get tangled or tie you to the wall. A blend of herbs (lavender, rosemary, peppermint, cinnamon, chamomile and more) creates a light, calming scent.

Channel stitching keeps the flaxseed and rice filling from shifting. This herbal pack can be placed in the freezer for cold therapy. This and similar products are available from various online vendors for less than \$25.99.

Word search "herbal pack" to see the large variety of herbal packs available for your choice of therapeutic care.



No More Fishing Around For Your Toast Or Bagel...

... and risking a burn. Say good-bye to risking electrical shock from your toaster while trying to rescue food that doesn't pop up all the way. The **Toaster Buddies** holds your bagel, english muffin, waffle bread or pastry in a stainless steel basket. Place your food into the basket, and then drop it in your toaster for centered and uniform heating. The closed base eliminates food being struck or lost. When finished toasting just lift out the rubberized handle and slide your food on your plate. We found the toaster buddies on line for \$19.99. Search the words "toaster buddies" to find a supplier of your choice.



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 snacks 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 products that will suit your needs.



Looking For A Accessible Rental Car...

... that can accommodate your disabled parent or loved one? The **Avis Access Program** and **Scooter Rentals** provides a range of special products and services for physically challenged and visually impaired drivers and passengers. The accessible vehicles include transfer boards, panoramic mirrors, swivel seats, hand controls, and spinner knobs. Also available is an easy access bus with an electrically operated ramp, two ADA-compliant wheelchair positions, wider doors, spacious aisles and low luggage racks. Avis also offers mobility scooter rentals at select locations. At Avis, we strive to make everyone's rental experience as easy, safe and stress-free as possible. That's why, as a feature of our Avis Cares® Program, we provide a full range of products and services for our drivers or passengers with disabilities. Our visually impaired passengers can travel worry-free -- **just make an advance reservation, arrive with a licensed driver at least 25 years old and you're on your way.** Because with Avis, you can be sure we'll meet your needs, before you even get on the road. **For more information or to ensure availability, products and services should be reserved at least one day in advance by calling 1-800-669-9585. For Speech- and Hearing-Impaired Services, Call TTY/TDD 1-800-331-2323.**

- ▶ **Scooter Rentals:** Avis provides mobility scooter rentals (upon request) at select locations through a partnership with **Scootaround Inc.**, the nation's leading mobility rentals provider.
- ▶ **Transfer Board:** Enables easier transfer from a wheelchair into and out of the vehicle.
- ▶ **Panoramic Mirror:** Provides a much larger field of view for any driver.
- ▶ **Swivel Seat:** Allows the driver or passenger to turn his or her body in the car seat with limited effort. The swivel seat can easily be removed from underneath the person for transport.
- ▶ **Hand Controls:** Enables drivers to accelerate or brake using a hand-controlled device. Drivers without disabilities can drive the vehicle without interference from the hand controls.
- ▶ **Spinner Knob:** Enables the driver to turn the steering wheel with a full turning radius using only one hand.
- ▶ **Easy Access Bus:** Offers an electrically-operated ramp, two ADA compliant wheelchair positions, wider doors, spacious aisles and low luggage racks.

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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