



November 2014

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THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
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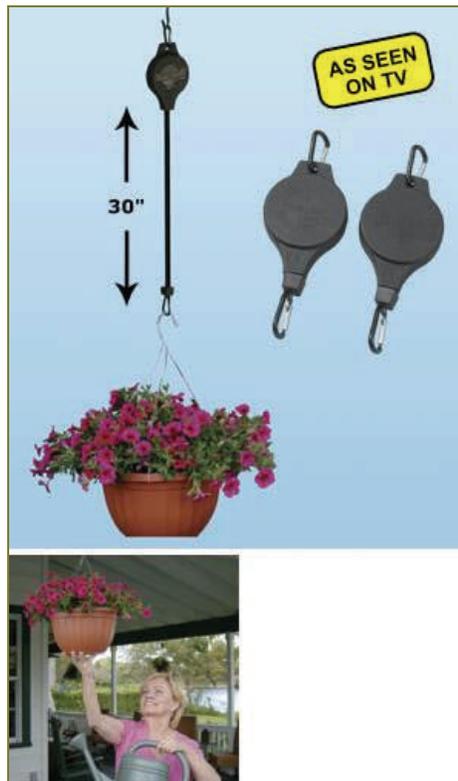
The nonprofit Independent Living Partnership (ILP) - working for the rights of all to live independently in their own homes and communities.

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 Watering Your Plants A Breeze...

...with the **Easy Reach Pulley Set**. Two plant pulleys let you water hanging plants with just a touch. Using a pull-and-tug system much like those found on mini blinds, its ratcheting pulley allows you to pull the basket down and lock it in place at any level. When you are done watering, raise the plant up to the desired height, then give a little tug to lock cord in place. Easy to attach using the steel hook clips, the cord is made of super strong, reinforced material that holds up to 10 lbs. and extends up to 30". The pulley can be used indoors or out. We found the price range from \$9.99 - \$17.95. To view a video on how it work click <http://www.youtube.com/watch?v=TWBnBBIDdal>. Search the words "Easy reach pulley" to find a supplier of your choice.



Microwave Omelet Cooker

Microwave-safe omelet pan makes the perfect omelets in just 2 minutes. So carefree, even a novice cook will have success making an omelet. Just mix eggs, add veggies, cheese and whatever you prefer in your omelet. Pour the mixture into the nonstick silicone form, microwave for 2 minutes, no need to stir, or flip eggs. Includes recipes and is dishwasher safe. Search the words "microwave omelet cooker" to find this handy kitchen aide. We found this kitchen gadget online for \$9.99 to \$15.00.



Please visit our FaceBook page and like us:

<https://www.facebook.com/pages/Independent-Living-Partnership/117930784987388>



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November is:

- ▶ National Alzheimer's Disease Month
- ▶ National AIDS Awareness Month
- ▶ Lung Cancer Awareness Month

Special Days in November 2014

- ▶ Veterans Day, November 11th
- ▶ Thanksgivings Day, November 27th

Jamie Curtis

November 22, 1958

Jamie Lee Curtis, Lady Haden-Guest is an American actor and author. She made her film debut in 1978. Her 1998 book *Today I Feel Silly, and Other Moods That Make My Day* made the best-seller list in The New York Times. She also appeared in advertisements, and is a blogger for The Huffington Post.

"I ACTUALLY THINK THERE'S AN INCREDIBLE AMOUNT OF SELF-KNOWLEDGE THAT COMES WITH GETTING OLDER".

JAMIE CURTIS

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*.

Support Grip Helps You Get Through The Door...

...or up and down a step. Lean on the **Flip A Grip Folding Support Handle** for support as you go in and out, or when navigating stairs. It's like a helping hand. This folding grab



bar/doorway handle is specifically designed to foster movement, ease transfers and promote independence around the home in later life. Attaching easily and securely to any doorway, this non-slip, latex-free handle is small enough to squeeze in many spaces where other grab bars won't fit. Plus, it folds up and out of the way when not in use, and even glows in the dark! If you or a loved one has difficulty with transfers or stairs, the **Flip A Grip** is a must-have safety solution. The price range for this item from various vendors is \$35.00 - \$42.00. Search the

words "flip a grip" to locate the vendor of your choice.



A Market Cart On Wheels, Even Climbs Stairs

With most trolleys, it's an uphill (or downhill) battle all the way when you get to the stairs or curbs.



However, with this lightweight trolley, you won't struggle going up or down thanks to its unique, triple-wheel design that carries it over steps with ease. The spacious, durable, polyester bag has a rigid floor, umbrella holder, rear zippered pocket, reflector strip and drawstring closure. A "kickstand" keeps it upright. The **Stair Climbing Trolley Bag** is 12"wide x 9"deep x 22" high and can be removed for washing. Just click on the wheels and you are ready to roll. This item is available online from various vendors that sell AT products for \$30.00 to \$60.00. Search the words "Stair Climbing Trolley Bag" to find the perfect trolley for you.

A Unique Handle That Is Easy To Grip

The **T Handle Mugs** are adapted drinking cups that have a unique handle that is easy to grasp.

The "T" shaped molded plastic handle slips between the user's first and second finger and allows the cup to be lifted effortlessly. The vertical handle will accommodate a variety of grasping patterns for anyone recovering from surgery, or a stroke, who has difficulty gripping a glass, or a coffee mug. These adapted drinking cups have a 12 oz capacity and are red and white striped. The **T Handle Mugs** are made of BPA, phthalates and latex free plastic and are shatterproof and dishwasher safe. We found this packaged of two mugs online for \$6.95. Search the words "T handle mugs" to find a supplier.



Get A Handle On Your Pans...

... and no more messy cabinets too! Store your pans of various sizes in a neat and organized way, without scratching them.



This **Cabinet Pan Holder** conserves space, while keeping pans separated and perfect for persons with limited hand mobility. This organizer holds up to 5 pans. It is

made of durable steel wire and measures 12.875"H x 9 1/4"W x 9 3/4"D. There are many styles and prices of pan holders to choose from, we found this pan holder for \$11.99. (Pans are not included.) Search the words "cabinet pan holder" to find what suits your kitchen needs best.

Exercise At Home

The **Over Door Exercise Pulley** is a lightweight, portable, over-the-door pulley exerciser that provides flexibility exercise, strength training and upper body traction without bulky equipment. The vendor says it's ideal for stroke recovery, rotator cuff rehabilitation, stretching and strength training. The minimal resistance applied by the pulleys allows for gentle, free-range motion. The **Over Door Exercise Pulley** helps to increase

upper body range of motion while rehabilitating the muscles of the back, shoulder and arms. This item is available from various vendors that sell assistive technology products for \$15.82 - \$30.00. Word search "over door exercise pulley" to start exercising at home.



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™

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