

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



October 2011

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, and community resources, funding and service providers throughout California. Call 1-800-390-2699, TTY: 1-800-900-0706 or visit www.atnet.org.

The Convenient Tilting Bottle Rest

Keep bottles at a convenient angle for drinking when using a straw. The **Tilting Bottle Rest** steadies the bottle and reduces the risk of spillage. The bottle rest increases independence and eliminates time needed for a caregiver to hold the bottle. The removable V-notch support makes changing angles quick and easy; choose from 30-degree or 45-degree angles. The **Tilting Bottle Rest** is made of polypropylene and its dimensions are 4.4 x 6.6 x 5". This item costs \$9.95 and is available at Elder Depot. Visit www.elderdepot.com or call 1-800-900-7790. Item # WP1087.



Very Versatile Pillow

It's a seat cushion, a lumbar support, a headrest, a neck rest and more. This stretchable, polyester fleece pillow has chambers filled with comfortable micro-beads. Therefore, the **Total Pillow** is whatever you want it to be—depending on how you shape it. It goes from bed to chair to office to plane. It costs \$19.95 at Support Plus. Call 1-800-229-2910 or visit www.supportplus.com Item # FC0022.



To Our Valued Readers:

The purpose of this newsletter is to present products that appear promising for helping people remain independent. Mention of products is not an endorsement. Product manufacturers provide no compensation or other benefits.

HEALTHY AGING MONTH

September was Healthy Aging Month. This observance is designed to focus national attention on the positive aspects of growing older. The elements of healthy aging include physical fitness, diet, mental wellness, social wellness and financial fitness. For lots more information on healthy aging, visit www.healthyaging.net.

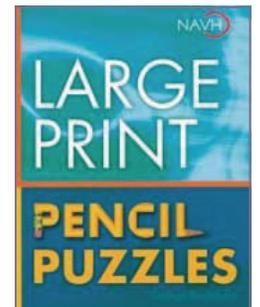
Senior-Friendly TV Remote Control

For those who just don't like all the buttons of the high-tech remote controls, here's a remote that's very useable. The vendor says, "... the new **Senior-Friendly TV Remote Control** offers the simplest, most programmable remote control available." It has 5 buttons for your favorite channels and one to scroll through all the channels. The 3 remaining buttons are volume, on-off and mute. The **Senior - Friendly TV Remote Control** will work with any TV, cable box or satellite receiver that uses a remote control. It is shaped to fit the hand and its size is 5 ½" x 2 ½" x 1 ¼". It comes in white with blue buttons. You can check it out at the Alzheimer's Store. The cost is \$29.95. Visit <http://shop.alzstore.com> or call 1-800-752-3228. Item # 0036.



Do You Enjoy Puzzles...

...or know someone who does? From Anagrams Loops to Clueless Crosswords, these puzzles are all challenging, baffling, and stimulating. The **Large Print Pencil Puzzles Book** is easy-to-read, and has large-size print. This collection is endorsed by the National Association for Visually Handicapped. It comes with 17 different varieties of puzzles including *Complete Fraze-it*. Its description is: "by filling in two defined words in each line, keeping the letter sequence, transfer the boxed words to the blank below. Voila! A phrase will appear." The **Pencil Puzzles Book** is spiral bound to lie flat for easy access. Look for this large print book at Simple Comforts for \$11.49. Visit www.simplecomforts.com or call 1-800-361-1440. Item # 1158.



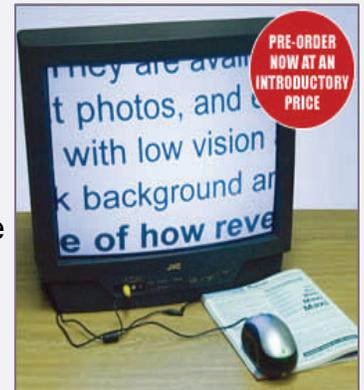
Help Keep Food on Your Spoon...



...with the **Covered Spoon**. This special spoon is designed to assist people with tremors, limited coordination or hand weakness to keep food on the utensil. The lid covers about 2/3 of the spoon bowl. It can be used with liquids and smaller types of foods, such as corn, rice, and peas. It conveniently comes apart for easy cleaning and is top-rack dishwasher safe. A package of two **Covered Spoons** costs \$5.95 and is available at Wright Stuff. Visit www.wrightstuff.biz or call 1-877-750-0376. Item # CMI131.

Magnify Text and View It on Your TV

The **Reizen Wired Mouse Electronic Magnifier** allows the user to magnify any type of reading material from 2x to 32x (based on a 21" screen) and view it on their TV screen, monitor or display. Just roll the mouse over the book, newspaper, mail or other material you want to read and it will be shown enlarged on the screen. The mouse offers multiple display modes (full color, black and white, negative image and high contrast) to suit your individual needs, as well as a Screen Lock (freeze frame) feature to provide the easiest reading experience. The vendor says the setup is simple and no batteries are required. Plug it into a standard AC outlet, connect to the video input jack on your TV and you are ready to read more easily than ever. Your TV must have a video input jack in order for the mouse to work. The **Reizen Wired Mouse Electronic Magnifier** comes with an 80" cable so you can sit in your favorite chair at a distance from the TV for maximum comfort while you read. Pre-Order now to get the introductory price of \$134.95. Included are an AC adapter with power supply cord, video output cable, and drawstring carry pouch. For more information on this product, call MaxiAids at 1-800-522-6294 or visit www.maxiaids.com.
Item # 807234.



Never Guess About Your Sun Exposure Again

Monitor the harmful rays from the sun that lead to sunburn, skin cancer, or other related ailments. The **UV Sensor** will measure the intensity of Ultra Violet rays in sunlight and then calculate the exposure time for your individual skin sensitivity. The vendor says your recommended exposure time will be automatically adjusted for the time of day based on the UV measurement, plus the data you enter for your skin type and level of SPF in the suntan lotion or sunblock. When you have had enough sun, the **UV Sensor's** countdown timer will let you know with a loud beep. Take the guesswork out of outdoor activities. Wear it around your neck or place it next to you in the sun. Battery included. It is available at Bruce Medical for \$36.95. Visit www.brucemedical.com or call 1-800-225-8446.
Item # CQ913.



Check Out the TOOLS Resource Center

Our TOOLS Resource Center features links to organizations, other Web sites and groups that can provide you with useful information and help with your questions about assistive technology, care giving and independent living. The site also hosts updates and notes of interest, and a collection of back issues of the *TOOLS for Independence* newsletter. You can also take a survey and tell us how we can make TOOLS more helpful and useful for you.

Visit us at www.TOOLSforIndependence.org.

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This newsletter is published by the INDEPENDENT LIVING PARTNERSHIP (ILP)

ILP works to ensure 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.

Clip Nails with a Gentle Press of the Hand

The **Press-on One-Handed Nail Clipper** will allow you to clip your fingernails with the use of only one hand. With a gentle press, your nails are clipped! The vendor says this product is meant for those with limited dexterity or those who have a hard time gripping and grasping objects. The large base with rubber feet provides stability and leverage to insure an easy nail clipping process.

For hygiene reasons, this item is non-refundable. Available for \$26.95 at Active Forever. Visit www.activeforever.com or call 1-800-377-8033. Item # A16119.



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