



October 2014

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THE TOOLS FOR  
INDEPENDENCE INITIATIVE  
OF THE

**INDEPENDENT  
LIVING  
PARTNERSHIP**

On the web at:  
[www.ILPconnect.org](http://www.ILPconnect.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—***

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/>

## **Don't Get Caught In The Dark**

The **SwitchGard** blocks one switch from being turned on or off. It will stop accidentally hitting the wrong switch. The **SwitchGard** attaches directly to the existing switch plate. Choose which switch you want to remain on or off, the coverlid will prevent the switch from being changed. You can flip-open the lid to give you easy access to the switch when a change is necessary. This item comes in a package of 2 switch guards. This and similar products are available from various vendors ranging in price from \$2.95- \$20.99. To locate a vendor search the words "SwitchGard light switch guard".



## **Stretch Yourself Back Into Shape and Improve Your Overall Health**

Did you know, according to many health professionals, that poor spinal health is one of the most common contributors to overall pain and discomfort? The **Core Stretch** is an innovative design to better stretch your legs, shoulders, and back. Proper use of the **Core Stretch** allows you to stretch yourself back into shape as it works the ligaments, muscles and tendons in your back, as well



as in your legs and arms that work in accordance with your back.

It elongates the spine rather than forcing your back to curve-thus stretching your core. The **Core Stretch** features a three-plane swivel for up-and-down, side-to-side and twisting motions, 10 sizing options and 3 levels of fitness. It is lightweight and collapsible, black in color and weighs 3 pounds. For more information online, search the

words "core stretch". We found this item online for \$49.99-\$70.00.

## Microwave Soup Mug

You can store, heat and serve your meal in this **22-oz. Microwave Soup Mug** with locking/vented lid. Steam-release vent opens for microwaving soup or leftovers, locks closed for airtight storage in fridge or freezer. Most mugs are microwave safe and BPA-free plastic, top-rack dishwasher safe. Measures 4 1/4" diameter x 4 3/4" high. This and similar products are available from online vendors. Search the words "soup mug lid" to find a kitchen aid that best suits your needs. Prices vary as well; we found mugs for as low as \$3.95.



## October Is:

- ▶ National Adopt a Shelter Dog Month
- ▶ National Diabetes Month
- ▶ Lupus Awareness Month

### Special Days in October 2014

- ▶ Columbus Day, October 13th
- ▶ Halloween, October 31st

### Mickey Mantle

October 20, 1931 – August 13, 1995

Mickey Charles Mantle, nicknamed "The Commerce Comet" or "The Mick", was an American professional baseball player. He was a Major League Baseball centerfielder and first baseman for the New York Yankees for 18 seasons, from 1951 through 1968. Mantle is regarded by many to be one of the greatest players in baseball history.

"If I knew I was going to live this long, I'd have taken better care of myself".

Mickey Mantle

## VENDOR RESOURCE LIST

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

## Minimizes Pressure And Tension Away From The Hand

The **Gripeeze DIY Support Glove** is a heavy-duty garden and work glove with a unique strapping system for gripping. The glove helps to minimize pressure and tension away from the hand using the patented strapping system. This glove is weather protected with waterproof properties and equipped with leather tipped fingers and soft leather palms for protection and comfort. The unique wrist to knuckle strapping system helps to take away tension from the hand, wrist, fingers and forearm. This unique glove is recommended by professionals as the ideal rehabilitation and support gripping aid for people with a hand deficiency. The triple lined cotton inner material makes it easy to put on and take off with superb results in strenuous and repetitive tasks. It is available in five sizes: small, medium, large, extra large, extra-extra large and is available in right or left hand glove. We found this item for \$30.95 a pair. Check out the link to see how the glove works. <http://www.arthritissupplies.com/gripeeze-diy-garden-glove-strap-left.html> Search the words “ gripeeze diy support glove” to find the glove that’s the right fit for you.



## If Your Loved One Has Alzheimer’s Stop Them From Opening Dangerous Cabinets

No one can open a cabinet door when it’s locked using the **Invisible Cabinet Locks** unless they know the secret way to open it. The lock is invisible from the outside (the mechanism stays out of sight inside the door), so anyone with Alzheimer’s won’t be upset when finding locked cabinets in their home. Once the lock is installed, the cabinet door can be opened only by placing a magnetic knob-like “key” on the outside face of the cabinet in just the right spot. Cabinets to lock up could include those with medicine, cleaning supplies, sharp tools or other potentially harmful items. This item can be purchased online for less than \$18.00. Search the words “ invisible cabinet locks”. To find this and other solutions to help keep your love ones safe.



### TO OUR VALUED READER:

While we provide links to online educational videos we feature in each issue of TOOLS for Independence, products like them may be available from other outlets. It’s always a good idea to shop around for a product that catches your eye. You may find that it’s available somewhere else at a lower cost or in a slightly different design that better meets your needs.

# Liftware For Hand Tremors

The National Institute of Neurological Disorders and Stroke defines a tremor as “an unintentional, rhythmic muscle movement involving to-and-fro movements (oscillations) of one or more parts of the body.” The most common of all involuntary movements, tremors can affect the hands, arms, head, face, voice, trunk, and legs. However, most tremors occur in the hands, making it harder to perform daily tasks. While some people take medication in order to reduce the occurrence of their tremors; medication does not always work, and is not always an option. Therefore, assistive technology can sometimes be a better option for people who are affected by tremors. LIFT Labs has developed a product called **Liftware**, which seeks to provide people who experience hand tremors with an easier eating experience. According to the company’s website, “sensors in the **Liftware** handle detect a person’s tremor, and the device responds using motors to move the spoon opposite the tremor. The spoon can discern motion from hand tremor from other types of motion, allowing it to respond to just the tremor while preserving the user’s intended motion. **Liftware** allows the patient’s hand to shake while stabilizing food in the spoon.” Lift Labs offers 4 eating utensil attachments for **Liftware**, and they are developing more attachments that can help with everyday tasks (e.g. keyholder). The device can be purchased on the Lift Labs website and costs \$295.00. The company’s website also accepts donations, which they match dollar for dollar, in order to provide **Liftware** devices to people in economic hardship. Click on the link to view a video of how **Liftware** works. [www.liftlabsdesign.com](http://www.liftlabsdesign.com) .



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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## **TOOLS for Independence**

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