

TOOLS for Independence™

making your life at home easier and safer



April 2017- FINAL ISSUE

Brought to you by:

THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
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/>

Thanks for a Wonderful 8 years!

In 2007, over 13 million Boomers were caring for one or both of their parents. Another 21 million people across different age groups were caring for other family members, partners and/or friends.

Focus groups conducted by the national Center for Aging Services Technologies (CAST) found that Boomers who are caregivers want access to trustworthy and reliable information about products and devices that will help ease their caregiving burdens as well as maintain their own health and independence as they age.

Building on this need, under the guidance of Board Members Raymond Mastalish and Michael Carbine, the Independent Living Partnership began publishing the monthly TOOLS for Independence newsletter for caregivers to help them locate and make informed purchasing decisions about assistive technology products that can help them ease their caregiving burdens and make life at home easier and safer.

The objective of the Tools For Independence newsletter was to be a resource for EVERYONE who is caring for a parent or loved one with a physical impairment that makes everyday living more difficult. Since our first issue in April of 2009 we have brought the reader descriptions and information about the availability of enabling daily living devices and gadgets. A huge body of information about assistive products is and will continue to be available in the issue archives at our organization's website: <http://ilpconnect.org> and then select the Tools for Independence tab.

Staffing and funding considerations have now necessitated review and alteration of our nonprofit's services, and it is our belief that the huge quantity of assistive and enabling devices and gadgets that we have profiled over 8 years provides the significant resource for caregivers and aging and disability challenges that we envisioned. This will be our final issue.

Please use the resource that we have provided and refer others to the issue archives that we will maintain at ILPconnect.org.

Thanks for reading,
Karen Long, Editor
Richard Smith, Managing Editor

Eliminate The Need To Bend...

...while cleaning the cat's litter box. Put distance between you and your cat's litter box.



Durable extension scoop eliminates the need to bend. Saves strain on back. To extend handle, just unfold. It locks in place. When done, press locking tab and handle folds down. The extension is detachable for short handle use as well.

Measures about 16½" when detached/folded. Extends to about 26", Makes for easy storage. The extra-large scoop has back containment reservoir to maximize capacity and is 6¼" wide. Search the words "extended detachable litter scoop" to find a supplier of your choice. The lowest price we found this helpful tool for is \$8.00.

April 2017 is:

- ▶ National Autism Awareness Month
- ▶ National Poetry Month

Special Days in April

- ▶ April Fools Day 4/1
- ▶ Tax Day 4/15
- ▶ Easter Day 4/16
- ▶ Earth Day 4/22

Queen Elizabeth II

Birthday April 21, 1926

Queen Elizabeth II became the constitutional monarch of 16 countries and the Supreme Governor of the Church of England after her coronation in 1953. She is became the longest reigning monarch in British history.

The upward course of a nation's history is due in the long run to the soundness of heart of its average men and women.

Queen Elizabeth II

VENDOR RESOURCE LIST

Active Forever: www.activeforever.com
1-800-377-8033

AliMed: www.alimed.com
1-800-225-2610

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

Maxi Aids: www.maxiaids.com
1-800-522-6294

Sight Connection: www.sightconnection.com
1-800-458-4888

Simple Comforts: www.simplecomfort.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
1-800-591-3869

The Alzheimer's Store: www.alzstore.com
1-800-752-3238

Walgreens: www.walgreens.com
1-800-925-4733

Walmart: www.walmart.com
1-800-925-6278

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.

Don't Let Poor Vision Stop You from Exercising

The **Braille and Tactile Yoga Mat** is designed to enable people, who are blind, visually impaired, or who may face physical challenges due to age or disability, to practice yoga safely and confidently. This yoga mat is designed in three dimensions, with tactile raised and depressed



features called "stations" strategically placed to help any yoga student feel where his or her hands, feet and head should be placed for all 24 basic yoga postures. Thicker than a traditional mat, this yoga mat comes with its own handy carrying strap. This item is available online for \$79.00. Google the words "Braille Yoga Mat" to find your path to physical, mental and spiritual exercise.



Shake Loose a Precious Memory...

... with these three **Memory Games**. The object of the games is to keep as many cards as possible, but the real goal is to talk about and recall memories. These games are perfect for anyone suffering from Alzheimer's disease. With the **Shake loose a Memory Game**, every question begins with: "Keep this card if.." (if you have ever played the piano, do you remember practicing?" "If ...you've ever had champagne, remember celebrating weddings?"). There are no wrong answers. The purpose of this game is to help people recall positive emotional events. Each game comes with one large, squishy dice. **Shake out The Truth Game**... "I married my high-school sweetheart." True or False? Surprise and laughter are the result of playing **Shake Out the "Truth"** as participants decide if their observations about other players are correct. This is a fun game that connects people with life events and personal characteristics, providing a gentle means of stimulating memories. The game includes memory cards, dice and "Yes"-



"No" cards for hours of stimulating conversations. **Shake Awake Your Taste**... a mouthful of fun as players munch on a banquet of ideas relating to their food favorites. "Do you prefer dill pickles or sweet pickles? Which would you put in a tuna fish sandwich?" Images that awaken the taste buds come to mind as

participants make choices about different food preferences. All three games can be found online by searching the words "shake loose games." We found them for \$22.00 per game.

Visit ILPconnect.org then click on the tab Tools for Independence to view our TOOLS RESOURCE CENTER, a clearinghouse for news, reviews and updates on assistive technology, plus links to other valuable sources of information and help in finding the tools you need to make your life as safe, easy, and independent, as possible.

Get A Grip...

...with the **Great Grip Twister**. These versatile thermoplastic knob covers combine a



non-skid grip with a built-in lever design to help anyone with a weak grip or dexterity problems. The grips are 2" long with an inside diameter of 1 3/8". When soaked in warm water, they

stretch up to 4 times their original size. The grips can be used on difficult to manipulate surfaces such as doorknobs, faucet handles, outside faucets and gardening tools. Latex



free, they come 2 grips to a set. A glow in the dark option makes it easier to find the door at night or in an emergency. Word search "grip great disabled" to learn more about this item. The lowest price we found is \$6.95.

This Device Keeps Your Door Securely Locked When You're Inside

While deadbolts have always provided protection from burglars and home break-ins, more burglars are now using a bump key that unlocks deadbolts from the outside. The **Super Grip Lock** is an industrial-strength safety strap that keeps the deadbolt knob from being turned. The vendor claims that this tool is recommended by the police.



It is easy to use and when the device is attached correctly, it prevents the knob from being turned. You can use it at home or while staying in a hotel. This item is available online from various vendors that sell assistive technology products for \$7.95 to \$10.95. To find a online vendor of your choice, search the words "super grip lock strap".

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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TOOLS for Independence™, is published monthly by the Independent Living Partnership. The Partnership is a non-profit, tax-exempt corporation. The educational programs of the Partnership are supported by sponsorships, grants, and the charitable contributions of individuals and organizations.

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TOOLS for Independence

Volume 9 Issue 4

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