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THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
www.LivingPartnership.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—

Assistive Technology Network offers free information and referrals for assistive technology supplies, daily living devices, funding and community resources, and service providers, throughout California. Call 1-800-390-2699, TTY: 1-800-900-0706 or visit www.atnet.org.

Safely Light Your Way During a Power Outage...

...with the **3-In-1 Security Light**. Plug it into any standard outlet and it becomes a soft night light. A photocell sensor turns it on at dusk and off at dawn. But during a power outage, the bright LED light on the base of the unit automatically turns on to provide emergency lighting. This unit recharges when plugged back into the outlet. The rechargeable batteries are built into the unit and will hold a two-hour charge. It also works as a flashlight!



Simply remove the light from the outlet and turn it on. The energy efficient LED bulbs stay cool-to-the-touch and never need replacing. It measures 4 ½" high x 1 ¾" wide and features a durable plastic housing. The unit costs \$9 and is available at Make Life Easier. Visit www.make-life-easier.com or call 1-800-522-0227. Item #24609.

No More Struggling With Your Eye Drop Bottle

The **Autosqueeze Eye Drop Bottle Squeezer** fits on any eye drop bottle to make eye drop use easier. It is ideal for people with weak or arthritic fingers. Just remove the cap from the eye drop bottle and slide the Autosqueeze around the neck of the bottle. Applying gentle pressure to the Autosqueeze is all it takes. Replace the cap on the eye drop bottle when you're done without removing the Autosqueeze. It clips onto most eye drop bottles. It is available at The Wright Stuff for \$6.95. Call 1-877-750-0376 or visit www.wrightstuff.biz. Item #AMI 209.



Note To Readers:

While we strive to publish accurate ordering information for the products listed in this newsletter, item prices and availability are always subject to change by vendors.

Hair Washing Made Easy and Neat

This **Hair Washing Tray** makes it easy for caregivers to shampoo and rinse someone's hair without splashing water everywhere. It's compact and lightweight to reduce awkward bending, designed to fit snugly around the back of the neck, and has raised edges on the side so water drains directly into the sink. This durable plastic shampoo tray measures 12.75" wide x 17" long x 1.38" high and can be cleaned with household disinfectant and water. It costs \$14.95 at Bruce Medical Supply. Check it out at www.brucemedical.com or call 1-800-225-8446. Item #JB4722.



Sleep Well With This Comfort Zone for Sensitive Feet

Place The **Original Foot-Free Pillow** at the foot of the bed to relieve the aggravating weight of blankets and sheets. The breathable space reduces pressure, pain and irritation on sensitive feet without sacrificing warmth. The vendor says that this pillow is ideal for anyone who is recovering from surgery or who suffers from poor circulation. It's made of 100% polyurethane and, according to the vendor, a fire-resistant foam. The pillow measures 17" long x 8" deep x 9" high. The cover is removable and washable. It is available at Gold Violin for \$29.95. Visit www.goldviolin.com or call 1-877-648-8400. Item #91586.



This Seatbelt ID Pocket Alerts Emergency Units To Your Passenger's Dementia

What would happen to your loved one with dementia if you were incapacitated in a car accident while you were driving them somewhere? Would a first responder or a bystander know that your loved one has dementia? Ease your worry with the **Car Seatbelt Emergency ID Pocket**. Designed by a police officer, this highly visible snap-on pocket attaches to the chest seatbelt and is designed to hold emergency contact information, a consent to treat form or an alert that this person has dementia and should not be left alone. You can find it at The Alzheimer's Store for \$9.95. Visit www.Alzstore.com or call 1-800-752-3238. Item #0199. Note: You can also use this for anyone who suffers from other serious medical conditions or who has a disability that first responders and/or others need to know about.



Never Forget Another Appointment

The **Giant Print Calendar-2011** is designed to help anyone with limited vision remember appointments, birthdays and special occasions. You can hang it on a wall for easy reference or keep it on your desk as a desktop calendar. It lays flat for writing and features 8.5" x 11" sheets that open to a full 1" x 17". When opened, it shows you the entire month (days and dates) at a glance. It also features 1" high dates for easy reading and it includes ample space for writing important notes. It is available for \$7.95 at Maxi Aids. Call 1-800-522-6294 or visit www.maxiaids.com. Item #19050-11.



Be Alerted the Minute a Door Or Window is Opened



These easy-to-install **Door/Window Alarms** are designed to help minimize the dangers of wandering associated with Alzheimer's. The alarm sounds a warning letting you know that an exit door or window has been opened. The alarm has a three-positions switch for selecting between off, a chime sound and an alarm. Once the door or window is closed, you can reset the alarm. The vendor says that door/window alarm installs easily in seconds with adhesive

backing. It uses three 1.5-volt batteries (included) and it comes with a six-month replacement guarantee.

Available at Best Alzheimer's Home.

A pack of five alarms costs \$74.95. Call 1-877-300-3021 or visit www.Best-alzheimers-products.com. Item #909223.

If You Have Difficulty Swallowing Your Pills...

...the **Pill Crusher** may be the answer you're looking for. Simply turn the lid to crush the tablets into a fine powder and then take the medication with liquid for easier swallowing. It's available for \$8.95 at YouCan TooCan, Call 1-888-663-9396 or visit www.youcantoocan.com Item #2232.



Check Out The TOOLS Resource Center —

Our new 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, caregiving 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.



TOOLS for IndependenceTM

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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.

A Helpful Tool for Those With Hand Fatigue

Attach the **Book Cradle** to the spine of a paperback or hard-cover book, slip your hand into the adjustable strap and this lightweight gadget comfortably and ergonomically holds your book open at the right angle. The flexible arms allow for easy page turning. The retractable legs convert it into a hands-free stand, perfect for holding open cookbooks or textbooks. This device is 7" tall and can be folded up and left unobtrusively in a closed book. The vendor says it is great for anyone with arthritis or who is prone to hand fatigue. It is



available at Support Plus for \$16.95. Visit www.supportplus.com or call 1-800-229-2910. Item #UC5982.

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