

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



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Brought to you by:

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.

No More Painful Tugging When You Unplug an Appliance

If it hurts your hands or fingers when you have to grasp the plug to unplug the iron, hairdryer or kitchen appliances, then the **EZ Plug Puller** is for you. The Plug Puller attaches permanently to any plug and is secured in place by plastic ties (included). It has two large finger holes for extra control and stress-free pulling.

Active and Able offers it for \$5.95.

Visit www.activeandable.com or call 1-877-229-9993. Item # AA4034.



Keep your Bathtub at Low Tide...

... with this uniquely designed water level alert. Let the little fish buzzer warn you before your floor becomes a wading pool! The easy-to-assemble **Safety Fish Water Alert** uses a suction cup to adhere to tile or your bathtub. You set the alert cord with the fish



on it to whatever water level you want and an alarm will sound when the water reaches the fish. The Safety Fish Water Alert can be also be used in the kitchen sink. The device measures 4" long x 1-7/8" wide x 3/4" deep and weighs one ounce. They're available for \$5.50 each at Sight Connection.

Visit www.sightconnection.com or call 1-800-458-4888. Item # PLU-445.

To Our Valued Readers:

While we provide links to stores offering the products we feature in each issue of *TOOLS for Independence*, these products and products like them may be available from other outlets. So 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.

Know if You Need a Jacket Before You Venture Outside...

Now you can find out what the temperature is outside before you venture out. Voice Zone's **Talking Indoor-Outdoor Thermometer** is a digital talking thermometer that clearly announces and displays both the indoor and outdoor temperature. The thermometer comes with a 10 foot long probe that you place outside a window so it can read the temperature. The easy-to-read LCD screen inside your house or apartment features temperature reading numbers that are 5/8" high. The talking thermometer itself measures 3" wide x 6" long x 2" deep and can be wall mounted or set on a counter or table. According to the vendor, the device is fully accessible for blind users. It's available for \$19.95 at Active Forever. You can learn more about the **Talking Indoor-Outdoor Thermometer** by visiting www.activeforever.com or by calling 1-800-377-8033. Item # A18033.



Mark Your Money for Easy Identification

...with the **Click Pocket Money Brailer**. It's small, convenient and easy to use. Simply insert the edge of a bill and squeeze. The device marks bills in denominations of \$1, \$5, \$10, \$20, \$50, and \$100 dollars in Braille for easy identification. The clip itself is designed to be carried on a key chain (included). It measures 3-1/8" long x 1-1/2" wide and is available from Sightconnection for \$5.75. Visit www.sightconnection.com or call 1-800-458-4888. Item # PLU-308.



Avoid Annoying Spills When You Use The "Nosey" Cup

The **Nosey Cup** is idea for anyone with limited upper extremity range of motion. The unbreakable 8-ounce plastic cup lets you drink without having to tilt your head back. The cutout at the back of the cup fits over your nose so all the liquid in the cup can be consumed. The vendor says it's dishwasher and microwave safe. You can find this cup and others like it at Colonial Medical for \$1.79. Visit www.colonialmedical.com or call 1-800-323-6794. Item # 66492.



No More Straining When Tucking in the Bed Sheets

The **Bed Made EZ** Mattress Lifter is designed to reduce painful strain on your back, neck and shoulders whenever you lift the mattress to tuck in sheets and blankets. Simply insert the ergonomically designed bed-making helper between the box spring and mattress. Once it's inserted, the mattress rests in a raised position so you can tuck in the sheets without straining. The handle features a rubber grip for no-slip gripping. It weighs 14 ounces and measures 16" long x 3" wide x 5.5" high. **The Bed Made EZ** is available at Comfort House for \$29.95. Visit www.comforthouse.com or call 1-800-359-7701. Item # 64130.



Now You Can Tell Your Back Pain to "Eat My Dust"

The **Kiss My Back** Mesh Back Support for chairs offers the ergonomic support your back needs while sitting. The vendor says that the body conforming design and mesh fabric decrease back strain and pain and makes sitting more comfortable. It's durable, light-weight and portable so you can use it at the office, in your car or at home. The support comes with a bungee cord to provide a secure fit on most chairs. The mesh back support measures 16.5" wide x 15" tall x 6" deep. You can find it at Arthritis Supplies for \$14.95. Visit www.arthritissupplies.com or call 1-877-750-0376. Item # CKMB32850.



These Locks Stop Your Loved Ones From Opening Cabinet With Harmful Items

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. Each lock set includes two locks and one key per lock. The Invisible Cabinet Lock is available at The Alzheimer's Store for \$17.95. Check it out at www.alzstore.com or by calling 1-800-752-3238. Item # 0114.

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.



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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.

Update Your Medical ID Bracelet Without a Fuss

The **Medical ID Bracelet** by Vital ID allows you to quickly and easily update vital information whenever you move, modify your medical history or change emergency contact information. The ID card is stored securely and discreetly inside the bracelet itself. The bracelets come in a variety of colors and designs so they become a part of your fashion statement. And the vendor says they're 100% waterproof and latex free. The bracelet comes in three different sizes. They're available for \$14.99 at Simple Comforts. Find out more about these bracelets at www.simplecomforts.com or by calling 1-800-361-1440. Item # Vital ID.



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