

*TOOLS for Independence*TM

MAKING YOUR LIFE AT HOME EASIER AND SAFER



February 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, 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 Reaching to Position the Seatbelt

Snap this device onto your car's seatbelt and it makes it much easier for you to reach and pull the seatbelt towards you.

The Easy Reach Seat Belt Handle is designed for anyone who suffers from shoulder pain or arthritis or has trouble reaching over or around to find the seatbelt. It gives you an added 6 ½" to grab on to, and it glows in the dark so you don't have to fumble looking for the buckle at night. It costs \$10.00 and you can check it out at Dynamic Living. Visit www.dynamic-living.com or call 1-888-940-0605. Item # DL1907



No Need to Worry About Slicing Your Fingers When You Chop

With the **Safe Slice**, your fingers are protected whenever you chop or dice fruits and veggies. The cleverly designed finger guards grip



the food securely while protecting your fingers from the knife's sharp edge. It is made of rubber and plastic to provide a soft, non-slip grip that the vendor says flexes naturally with finger movement. And then it rinses clear. The **Safe Slice** measures 3-1/2" long and is available for \$3.98 at Harriet Carter. Visit www.harrietcarter.com or call 1-800-377-7878. Item # C9908

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.

Avoid Stooping and Bending...

...with this **Long Handled Dust Pan and Broom**. The 32"-long handles on the dustpan and broom help reduce discomfort and make it easier when you are sweeping the floor. The lightweight, durable plastic dustpan comes with the long-handle dust brush. Aids for Arthritis has it listed for



\$19.00. Visit www.aidsforarthritis.com or call 1-800-654-0707. Item # D18

Safely Light your Way

...with this **Attachable Flashlight with 14 Bright LEDs**. Shine a light up to 17 feet with this top-quality mini flashlight. It can be mounted on most walkers, rollators and canes with its universal bracket. It swivels to direct the light wherever you need it, and can be easily removed for hand-held use. The vendor says that the bracket is fully adjustable for easy use. The flashlight measures about 3 3/4" long and features a non-slip grip and thumb switch. It runs on three AAA batteries (not included). Make Life Easier is offering it for \$9.00. Visit www.make-life-easier.com or call 1-800-522-0227. Item # 23721



Point the light wherever you want it.

Attaches to your mobility device; for hand-held use also.

Attention Caregivers: Family CareGiver is a new website and online magazine that provides caregivers and families with valuable resources, support and information to help with critical caregiving tasks. The website features a resources store as well as special sections on fall prevention, Alzheimer's and other dementias, and home health resources. You can also sign up to receive a free copy of *The Caregiver Companion* by Janet Morris, an elderlaw attorney with Bet Tzedek Legal Services. To find out more, visit www.familycaregiver.org.

Never Forget to Take Your Medicine Again

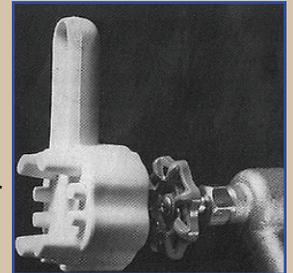
The **Pill Turtle Organizer** helps you avoid medication errors by organizing all your medicine in a once-a-week holder, and then sounds an alarm to remind you to take your medicine on time. The pill case holds all your medications for the week in separate daily compartments and can be set to sound up to four alarms per day. No need to reset the alarm, however. It will repeat itself every day with no reset required. The remainder clock and timer feature easy-to-read raised letters and Braille markings. The pillbox measures 8-1/8" wide x 4-5/8" high x 1-1/8" deep. It requires two AAA batteries (included). It is available at The Wright Stuff for \$14.95. Call 1-877-750-0376 or visit www.wrightstuff.biz. Item # AEN70088



Dear TOOLS Reader: We'd like to hear from you about your experiences with products you may have purchased after reading about them in TOOLS. Did they work? Did they meet your needs? And if they didn't work or meet your needs, tell us why. We also want to know if you experience any problem with vendors from which you order products. Your feedback will help us to make sure that we provide the most helpful information possible to you and other readers. Contact Mike Carbine, Editor, at editor@toolsforindependence.org or call him at (951) 653-0740 ext. 21

Here's the Perfect Remedy for Hard-To-Turn Water Faucets and Valves

Outside water faucets, including those on hot water heaters and water shut-off valves, can lock up and become extremely difficult to turn on. But according to the vendor, the **Outside Faucet Turner** tool fits virtually every common faucet or valve and makes turning a knob easy for anyone with limited grip strength. It's made of plastic and is available at Aids for Arthritis for \$9.50. Visit www.aidsforarthritis.com or call 1-800-654-0707. Item # E26



It's an Alarm, Key Light and Key Holder All In One Small Device



The **Blare and Blast** features a dual alarm (shrill sound and a whistle), key light and key holder all in one small package. A tug of the key ring pulls out a pin that sets off a high decibel alarm that can sound for up to one hour. A blast of the whistle can scare off muggers or dangerous animals.

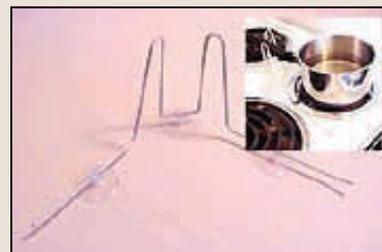
The energy-efficient white LED lamp brightly illuminates keys and door locks, and can be used to read maps, books and newspapers. The vendor says the beam can be seen from a mile away, and that it will last a lifetime. The **Blare and Blast** comes with two replaceable lithium CR3202 batteries. It cost \$19.95 and is available at Sightconnection.

Visit www.sightconnection.com or call 1-800-458-4888. Item # PLU-289

No More Struggling to Hold a Pan Steady While Cooking

This **Pan Holder** is held firmly to the stovetop burner with suction cups that attach next to the burner to prevent anyone with low vision or other impairments from touching a hot burner. The vendor says that the suction cups and wire holder are designed to withstand heat when properly placed. The pan handle itself is positioned between the pot holder, allowing you to stir or fry with one hand. The **Pan Holder** is available at Youcan Tooacan for \$12.95.

Visit www.youcantoocan.com or call 1-888-663-9396. Item # 0113



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.

This Hands-Free Soap Dispenser Works With a Wave of Your Hand

The Touchless Countertop Soap Dispenser is ideal for anyone struggling with upper extremity impairments. It's motion-activated, features a no-drip design, and will hold up to 7.6 oz of liquid soap for the bathroom or kitchen. Four AAA batteries (not included) power a motion sensor located in the front of the unit. The dispenser measures 3" wide x 4 1/8" diameter x 7 1/2" high. It is available at Amera Products for \$24.00. Visit www.ameraproducts.com or call 1-800-608-6568. Item # BL70190.



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