

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



January 2015

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/>

Device Helps Prevent Burns For Persons With Alzheimer's

In the later stages of Alzheimer's disease, it is much harder for the patient to communicate discomfort; they may experience pain but may not be able to tell someone. The **Anti-Scalding Device**



called a temperature activated flow reducer is easy to install. Screw it on at the bathroom or kitchen sink, and the **Anti-Scalding Device** turns off the water if the temperature gets too hot. What the vendor likes best about this product is that you can put your mind at ease, knowing that the chance of an accidental, severe burn is now greatly reduced. To find more information about this and other

anti-scalding device search the words "anti scalding device". We found this safeguard tool for \$51.95.

Memory Games Can Help Keep Your Mind Sharp

This challenging interactive **Memory Training Game** of sound, light, and vocal prompts is not just fun it also helps keep your mind sharp with 12 games. You won't want to put it down. This device is designed to enhance logic coordination, memory, reasoning and more. It has big, easy push buttons and uses four AA batteries (not included). Word search "memory training electronic game" in your search engine. We found this game for \$32.00. If you are looking for memory games to play on your computer, there are memory training games available online as well. Just word search "memory training games" and select those that will be fun and challenging.





<http://www.ilpconnect.org/come-and-party-with-us/>

January Is:

- National Glaucoma Awareness Month
- National Mentoring Month

Special Days in January 2015

- New Year's Day, January 1
- Martin Luther King Jr., Birthday
January 15, 1929 - April 4, 1968

Martin Luther King, Jr., was an American pastor, activist, humanitarian, and leader in the African-American Civil Rights Movement. He is best known for his role in advancement of civil rights using nonviolent civil disobedience based on his Christian beliefs.

"Faith is taking the first step even when you don't see the whole staircase".

Martin Luther King, Jr.

VENDOR RESOURCE LIST

- Active Forever: www.activeforever.com
1-800-377-8033
 - 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
 - LS & S: www.Lssproducts.com
1-800-468-4789
 - Maxi Aids: www.maxiaids.com
1-800-522-6294
 - Medical Goods: www.medicalgoods.com
1-888-557-0256
 - Sight Connection: www.sightconnection.com
1-800-458-4888
 - Simple Comforts: www.simplecomforts.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
 - The Alzheimer's Store: www.alzstore.com
1-800-752-3238
 - The CareGiver Partnership:
www.caregiverpartnership.com
1-800-985-1353
 - Walgreens: www.walgreens.com
 - Walmart: 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.**

It's Like Having A Helping Hand



Do you find it hard to lift or pour from large soda, juice or milk containers? The **Pour Thing** is a convenient system for dispensing beverages without putting stress on our hands or shoulders. Just place the bottle or jug in the cradle and tilt it forward to pour easily. **Pour Thing** fits on a shelf in your refrigerator or leave on the kitchen counter for your water containers. Available in two liter and gallon size holders. Search the words "Pour Thing" to find a supplier of your choice. Price ranges, for this handy assistive technology tool, is \$20.00 to \$34.00.

This Device Provides a Total Body Workout

Enjoy all the benefits of bicycling and aerobic exercise. The vendor says that the **Total Body Exerciser** is ideal for cardiovascular health and muscle toning and will help improve your circulation right from the comfort of your favorite chair. This exerciser works your arms, legs, core and back muscles at the same time without putting too much stress on your joints. No need for bulky equipment to get a total body workout. Adjust the height and tension to meet your needs and exercise level. The device is made of durable carbon steel, is lightweight, and has pedal straps for safety. Put your workout shoes on and get started exercising. We found this product online for \$39.00.- \$58.00. Word search "Total Body Exerciser" to find this device and similar products online.



Penetrating Heat Relieves Sore And Stiff Hands

Pamper your hands with warmth and moisture. Place these **Warm Therapy Mittens** in the microwave to heat them up. Then slip them on to feel soothing relief instantly. The vendor

says the flax seed filled pockets provide relief for arthritis, stiff joints, inflammations, and strains. In addition to easing the pain of aching muscles and stiff joints, the gel lining disperses moisturizing mineral oils and Vitamin E to hydrate and nourish your skin. Wear for 10 to 15 minutes, up to 3 times a day. The mittens are lightly scented and one size fits most. This item is available from various vendors that sell assistive technology products for \$29.95. Search the words "warm therapy mittens" to read about this item and other therapy mittens that will help relieve arthritis and stiff joints.



An Easy-To- Use Dressing Device

The **Clip & Pull Dressing Aid** is a unique, easy-to-use dressing device and is ideal for people who have difficulty bending at the waist due to back pain or hip surgery, or



have suffered a stroke or have partial use in one arm. Attach the two large, plastic clips onto the waistband of your pants or skirt. Lower the clothing to your feet, and then place your feet

in the waistband/skirt opening. Pulling on the webbing strap brings the clothes up. The looped end of the strap can be pulled using one or both hands. This item is available online for \$16.95 to \$26.95 from various vendors that sell assistive technology products. Search the words "clip & pull dressing aid" to find a vendor of your choice.

This Newsletter is published by
**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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Deluxe NR1 NOAA Emergency Radio

Extreme weather can happen when you least expect it, leaving you without power, access to real time weather updates or a way to call for help if you need it. With the **Deluxe NR1 NOAA Emergency Radio**, you'll always be equipped to communicate and handle any other general emergency. With 7 channels, this radio transmits need-to-know weather alerts or warnings. Powered by three AA batteries (not included) also has a built-in emergency battery, this durable radio features a dynamo hand crank to charge the emergency battery, in case you lose power. The built-in LED flashlight and reading light are also indispensable during power outages, while the AM/FM clock radio with alarm function will keep you in tune with real-time news and weather updates. The radio's emergency siren and flasher also come in handy if hiking in the wilderness. Built-in USB port and AUX-IN for charging devices. Word search "Deluxe NR1 NOAA Emergency Radio" to find this and other emergency radios. The cost for this radio online is \$34.95.



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