

# TOOLS for Independence™

*making your life at home easier and safer*



June 2016

**Brought to you by:**

THE TOOLS FOR  
INDEPENDENCE INITIATIVE  
OF THE

**INDEPENDENT  
LIVING  
PARTNERSHIP**

On the web at:  
[www.ILPconnect.org](http://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/>

## **No Need To Haul Out The Big Board**

Don't have the muscle strength to open a full size ironing board or short on space... maybe this is your answer. The **Easy-Store Tabletop Ironing Board**. This ironing board can be stowed under the bed or on a closet shelf. The board unfolds to a sturdy, spacious ironing surface; it comes with a thick fiber pad. Constructed of steel iron rest and legs. It opens to 31" long x 12" wide x 7" high. Folded 12" x 16" x 3". We found this handy item online for \$18.95. Search the words "tabletop ironing board" to find an ironing board that will best suits your needs.



## **Rock Your Way To Better Circulation**

The **Portable Rocker Exerciser** rocks your way to better lower leg circulation with this unique exerciser. A must have for those who sit for extended periods of time, portable device is easy to use on road trips, at the office or even when watching TV. Just place it on the floor with your feet positioned on the flat side. As you rock it back and forth from one foot to another, it stimulates circulation to help ease aching legs, varicose veins and more. Textured, slip-resistant surfaces ensure safe use. Made of Polypropylene it measures 15 1/2" long x 1 5/8" wide x 1 3/4" high. We found this assistive technology tool online for \$7.00- \$14.00. Search the words "portable rocker exerciser" to find a vendor and start exercising your legs today!



## Makes Walking Over Uneven Terrain Easier

The **Off Road Walker Kit** lets you easily walk with your mobility aid smoothly on grassy areas, dirt roads and other rough surfaces. Easy installation and no tools required to assemble. Attach the wheels and glides to your walker to safely navigate almost any terrain. This kit includes two deluxe glides and two 8" wheels. Search the words "off road walker kit" to get you off the beaten path. We found this item online for \$44.95-\$65.95, so shop around for the best price.



### June Is:

- ▶ National Dairy Month
- ▶ National Adopt a Cat Month

### Special Days in June 2016

- ▶ Father's Day, June 19th

Marilyn Monroe's Birthday  
June 1, 1926– August 5, 1962

Marilyn Monroe is an Icon and sex symbol who starred in the classic comedies. She became the most famous woman in the world during the 1950s. Personal struggles took hold of her and she died of an overdose of barbiturates.

"I am good, but not an angel. I do sin, but I am not the devil. I am just a small girl in a big world trying to find someone to love".

**Marilyn Monroe**

## VENDOR RESOURCE LIST

- Active Forever: [www.activeforever.com](http://www.activeforever.com)  
1-800-377-8033
- Amazon: [www.amazon.com](http://www.amazon.com)
- Arthritis Supplies: [www.ArthritisSupplies.com](http://www.ArthritisSupplies.com)  
1-800-750-0376
- Bright Life Directs: [www.brightlifedirect.com](http://www.brightlifedirect.com)  
1-8977-545-8585
- Diabetic Shoe Hub: [www.diabeticshoeshub.com](http://www.diabeticshoeshub.com)  
1-623-455-6258
- Dynamic-Living: [www.dynamic-living.com](http://www.dynamic-living.com)  
1-888-940-0605
- Elder Depot: [www.elderdepot.com](http://www.elderdepot.com)  
1-800-910-7790
- First Line Solutions: [www.firstlinesolutions.com](http://www.firstlinesolutions.com)  
1-909-227-9821
- Gold Violin: [www.goldviolin.com](http://www.goldviolin.com)  
1-877-648-8400
- Maxi Aids: [www.maxiaids.com](http://www.maxiaids.com)  
1-800-522-6294
- Sight Connection: [www.sightconnection.com](http://www.sightconnection.com)  
1-800-458-4888
- Simple Comforts: [www.simplecomforts.com](http://www.simplecomforts.com)  
1-800-361-1440
- Solutions: [www.solutions.com](http://www.solutions.com)  
1-877-718-7901
- Support Plus: [www.supportplus.com](http://www.supportplus.com)  
1-800-229-2910
- Target.com: [www.target.com](http://www.target.com)  
1-800-591-3869
- The Alzheimer's Store: [www.alzstore.com](http://www.alzstore.com)  
1-800-752-3238
- The CareGiver Partnership:  
[www.caregiverpartnership.com](http://www.caregiverpartnership.com)  
1-800-985-1353
- Walgreens: [www.walgreens.com](http://www.walgreens.com)  
1-800-925-4733
- Walmart: [www.walmart.com](http://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.**

## Enjoy Healthier Elimination.

Put your feet up on our **RE-LAX Toilet Foot Rest** and let it help reduce straining and increase comfort when you sit on the commode. A simple but effective device, it positions your body so you're squatting as you sit on the toilet. This doctor recommended ergonomic position helps support your stomach walls while positioning the colon for more complete, comfortable and effortless bowel movements. Designed for all ages, it's great for pregnant women as well as those who suffer from constipation, bloating, hemorrhoids, IBS or bladder and pelvic ailments. Assembles easily without tools and stores around toilet. Polypropylene with slip-resistant foot pads; about 19½" x 14" x 7¾". We found this and like products online for \$20.00 - \$54.00. Search the words "toilet foot rest" to find a vendor of your choice.



## Microwave Easy Grab

Microwave with your food and grab without burning your fingers! The **Micro Easy Grab** is a silicone mat that microwaves with your dish and grabs without burning your fingers! It utilizes as a trivet at your destination but also becomes a placemat as well! Simply throw it back into the microwave for storage and because it stackable



there should always be one available for the next person. The **Micro Easy Grab** is ergonomically designed for an "easy grab", made from food grade silicone, BPA free, sustainable up to 450° Fahrenheit and dishwasher safe. This assistive technology tool is 8 tools in 1: Splatter Guard, Trivet, Placemat, Pot Grabber, Food Cover, Utensil Rest, Frozen Food, and Jar Opener. This item is available online for \$12.95-\$34.00 Search the words "micro, easy, grab" to find this handy kitchen tool.

## A Better Grip On Mani-Pedi's.

Trim even the thickest nails with the **EZ Grip Nail Clippers**. Done in a traditional spring-action design, but with one big difference, these have looped handles to accommodate thumb and forefinger. They won't slip and slide like ordinary clippers. So you get a surer grip and less chance of accidental nicks. Plus, they also offer an easier squeeze for those with arthritis or limited dexterity. In chromed metal with precision sharp-cutting edges; nail clipper measures about 3"Length and toenail clipper about 4¼"Length. Each folds for compact storage. This set of two are offered online for \$7.95 from many vendors. Search the words "Ez grip nail clippers" to find your personal pair.



## Spice Up Your Meals...

...Install this plastic **Spice/Herb Dispensing and Storage Unit** under a cabinet (mount included) or place it in a cupboard or on your countertop. The carousel holds 12 dispensers and rotates 360 degrees, providing instant access to a whole shelf of spices and dried herbs. Buy two carousels and stack them with an adaptor (included) so 24 spices and herbs can be stored compactly. Each dispenser offers three methods of dispensing contents. First, an automatic measurer operates by turning a dial; with each click of the dial, hear one click and you dispensed 1/4 tsp. two clicks 1/3 tsp, three clicks 3/4 tsp, etc. of the selected spice or herb cascades from the dispenser's bottom. Second, each dispenser has a shaker top.



Finally, each dispenser has an opening large enough to accommodate measuring spoons. (This is also the opening through which you fill the dispensers.) Forty-four stick-on labels are included; most are printed with the names of common spices and herbs, but there are six blank labels as well. This handy kitchen item can be found online for \$24.95 (not including the spices/ herbs).

This dispenses premeasured amounts of spices that help you make your favorite dishes with perfect taste. This

and many other spice dispensers can be found online by searching the words "spice dispenser" .



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.



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