

TOOLS for Independence™

making your life at home easier and safer



July 2016

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/>

Keep Safety Within Earshot With...

...the world's loudest whistle! If you're ever in danger, you'll be grateful to have a **Safety Whistle** effective enough to really be heard, no matter what. Noise travels over engines, crowds and extreme weather. This whistle can be heard when immersed in up to 50 feet of water! You can attach this 6" high x 4" wide x 1" deep whistle to a key ring or lanyard. There are many types of safety whistle online to view. We found this one for \$9.00. Search the words "safety whistle" to find your call for help.



For a Cleaner, Fresher Smile

No need to keep your teeth in a glass at night, not with the **Sonic Denture Cleaner**. A time-saving alternative to soaking them in a solution or tedious brushing, unit uses sonic waves to penetrate crevices and remove food and tartar as well as bacteria and odors. And it gets the job done in about 6-10 minutes. Made of plastic



with removable tank, unit features slip-resistant feet and suction cup on a base for stability. This unit works with water alone or with your favorite cleanser. This cleaner measures about 3½" x 3" x 3¼", and uses two AA batteries, not included. The price range for sonic denture cleaners is \$27.99-44.95. Check out the words online "sonic denture cleaner" to find the vendor and price range for a cleaner smile. choice.

Rest Peacefully

The **Micro Suede Porter Bed Rest Lounger** is for anyone looking for extra support on a couch or in bed, without bulk. This bedrest provides a functional pillow that allows anyone to lie in bed and read, work or just watch TV comfortably.

This bedrest has a handsome high low variegated plush that looks great and wears well and the sturdy handle allows this very lightweight 2.3 pounds bedrest to be moved easily from room to room.



This and other bed rest loungers can be found online by searching the words "bed rest lounger". The online price range for this bed rest lounger is \$39.99-\$59.99. Shop around to find your comfort value for a peaceful and comfortable rest.

July Is:

- ▶ National Juvenile Arthritis Month
- ▶ National Recreation and Parks Month
- ▶ National Social Awareness Month

Special Days in July 2016

- ▶ Independent Day, July 4th

Robin Williams

July 21, 1951- August 11, 2014

Robin Williams was an American actor and comedian. Starting as a stand-up comedian in the mid-1970s, He went on to establish a career in both stand-up comedy and feature film acting.

"Spring is nature's way of saying, 'Let's Party'"

Robin Williams

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

First Line Solutions: www.firstlinesolutions.com
1-909-227-9821

Gold Violin: www.goldviolin.com
1-877-648-8400

Maxi Aids: www.maxiaids.com
1-800-522-6294

Sight Connection: www.sightconnection.com
1-800-458-4888

Simple Comforts: www.simplecomfort.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
1-800-591-3869

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
1-800-925-4733

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.

Stop The Flow of Water Without Getting Up

When you have limited mobility, a hand held shower head makes washing easier. However, to shut the water off completely, you may still need to get to the other end of the tub to reach the faucet. By added a **Hand Held On/Off Switch** to your hand held shower faucet you can have more control over the flow of water while you bathe and eliminates the need to bend or reach for the controls on the other side of the tub and saves you from wasting valuable water. This device attaches between your hand held shower head and the hose. The On/Off Switch fits most standard sized hand held shower heads and hoses. We found this assistive technology device on line for \$9.00 - \$25.00 Search the words “ hand held on off switch” or check out your local hardware store for this handy device.



Liftware For Hand Tremors

The National Institute of Neurological Disorders and Stroke defines a tremor as “an unintentional, rhythmic muscle movement involving to-and-fro movements (oscillations) of one or more parts of the body.” The most common of all involuntary movements, tremors can affect the hands, arms, head, face, voice, trunk, and legs. However, most tremors occur in the hands, making it harder to perform daily tasks. While some people take medication in order to reduce the occurrence of their tremors; medication does not always work, and is not always an option. Therefore, assistive technology can sometimes be a better option for people who are affected by tremors. LIFT Labs has developed a product called **Liftware**, which seeks to provide people who experience hand tremors with an easier eating experience. According to the company’s website, sensors in the **Liftware** handle detect a person’s tremor, and the device responds using motors to move the spoon opposite the tremor. The spoon can discern motion from hand tremor from other types of motion, allowing it to respond to just the tremor while preserving the user’s intended motion. **Liftware** allows the patient’s hand to shake while stabilizing food in the spoon. ”Lift Labs offers 4 eating utensil attachments for **Liftware**, and they are developing more attachments that can help with everyday tasks (e.g. key holder). Click on the link to view a video of how **Liftware** works. <http://www.liftware.com/>The device can be purchased on the Lift Labs website and costs \$295.00. The company’s website also accepts donations, which they match dollar for dollar, in order to provide **Liftware** devices to people in economic hardship, to see if you qualify for financial assistance contact support@liftware.com.



Enjoy Some Peace of Mind...

...with the **uDrink**. It is a simple but ingenious product that uses patent pending technology to empower the end user with the ability to hold and drink a beverage independently. The **uDrink** is an ideal aid for people with limited or no grip strength due to spinal cord injury, MS, cerebral palsy, stroke, arthritis or other disabilities. The **uDrink** is highly versatile, and can be fit onto bottles, cans, cups & glasses of all different shapes, sizes and materials. The easy to adjust hook and loop strap can be sized in seconds to fit most containers without the need for additional tools. With the added security of a **uDrink** on their beverage of choice, a person with a disability affecting their hands can have peace of mind. The worry of dropping or spilling their drink due to a weak grip or from poor/inconsistent hand function goes away. Beyond just being a drink holder, the **uDrink** can also be used as



a universal holder for other items such as a shaver, toothbrush, shower head, mouthwash bottle, etc. The possibilities are endless! We found this assistive technology tool online for \$21.99 plus shipping and handling. Check out this website to learn more about it. <http://u-adapt.com/order.html>. Be sure to do your own research, as there are many products available to assist you with grip strength and the comfort level you want to achieve.



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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