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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.

Camouflage for Dangerous Doorways Improves Home Safety for Alzheimer's Patients



Closets storing potentially dangerous items or doors leading to stairways are very dangerous for those in the middle and late stages of Alzheimer's. One way of denying access is to make the door "disappear". A common ploy in the design of Alzheimer's care facilities is to camouflage unsafe doorways and closets and now you can do this too, in your home, with **Photographic Mural of Book Shelves**.

Applying the photographic mural to a door makes it look like a set of shelves! The full color photograph comes in two pieces, 3'2" x 8'8", and includes one roll of double-faced tape. Some trimming may be required. It costs \$38.95 at The Alzheimer's Store. Check it out at www.Alzstore.com or by calling 1-800-752-3238. Item # 0047-B.

Handle Makes Pouring 2-Liter Bottles Easier

The **Two Liter Handle** makes it easier to hold, carry and pass bottles, according to the vendor. The sturdy and lightweight handle weighs only 3 ounces. It is reusable and fits conveniently in the refrigerator. The manufacturer offers it in three colors: White, Red or Blue. It is available at Life with Ease for \$5.95. Visit www.lifewithease.com or call 1-800-966-5119. Item # LWE-2LBH.



Note To Readers:

While we strive to publish accurate ordering information for the products listed in this newsletter, item prices and availability are always subject to change by vendors.

Time to Relax Your Uptight Muscles...

The **Soothing Herbal Shoulder Pack** helps you achieve fast relief from the aches and pains of tense muscles with this safe and non-electric therapy device contoured to hug your body. The soft terry pack is filled with rice and flax seeds and includes an aromatic blend of 12 herbs that produce a calming scent. Warm it in the microwave to produce moist heat, or chill it in the freezer to achieve cool relaxation. The **Soothing Herbal Shoulder Pack** is made of 100% cotton or 100% polyester (mixed stock), and it's available in both Pink or Green. It costs \$34.95 and you can find out more about it by visiting Gold Violin at www.goldviolin.com or by calling 1-877-648-8400. Item # 91898.



Low Vision Pen Sampler Helps You Choose the Right Pen for the Job....

If you know that you need a pen that creates an easy to see black, bold, heavy line, check out the **Low Vision Pens Sampler**. It lets you test five pens with different thicknesses and drying characteristics, and the vendor says it will save you nearly 15% off the price of buying all five pens separately. The sampler includes one each of a CAN-DO Low Vision pen, a 20/20 pen, a Sharpie pen, a Pilot Bravo pen, and a Liquid Espresso pen. Independent Living offers the set for \$7.95. Visit www.independentliving.com or call 1-800-537-2118. Item # 811209.



Prevent Hand and Arm Strain While Driving...

The ergonomically designed **Palm Rest** helps to provide hand support on the steering wheel. The vendor says the device is particularly helpful for anyone with carpal tunnel, arthritis, tendonitis, and hand and arm pain. Simply attach the two Palm Rest supports to your steering wheel to reduce muscle effort up to up to 76%. Easy no- tools-installation and removal allows it to be transferable between different vehicles. The Palm Rest is available for \$29.95 from MaxiAids. Learn more at www.MaxiAids.com or by calling 800-522-6294.



Timing is Everything

The **Tactile Low Vision Timer** has great features for those with low vision. Large 1-1 1/8" bold black numbers on a oversize 8" diameter bright yellow face makes it easy to see. The oversize white dial is easy to grasp and turn. This 60-minute mechanical timer requires no batteries. Available at Hearmore for \$19.95. Visit www.Hearmore.com or call 1-800-881-4327. Item # 709037.



Pill Taking Just Became Easy...

...with the **Medi-Straw**. The vendor says the unique fluid action of the **Medi-Straw** suspends the pill in liquid as it enters the mouth, reducing or eliminating gagging and choking. The design allows your head to remain level while the straw holds the pill on a "shelf" in preparation for swallowing. A flow of liquid then carries the pill into your mouth and automatically starts the sucking action that triggers the swallowing reflex, avoiding the gag response. In addition, since the pill is surrounded by liquid, the aftertaste is reduced or eliminated. The vendor says it has been tested in medical environments and is approved for adults and children. It is available at Bruce Medical for \$9.95, and includes two straws per package. Find out more at www.brucemedical.com or call 1-800-225-8446. Item BMS5505.



No More Straining to Set This Coffee Maker

The **Primula 10-cup Speak n' Brew** is the world's first talking coffee maker. The coffee maker has a chip inside that understands you speech. In just two simple steps you can either set the clock or program the brew time. **Speak n' Brew** asks you when you would like your coffee ready. Simply say the time. The coffee maker then answers you to confirm and displays the time you have specified. Features include an all stainless steel body, an LCD screen, a pause and serve function, an on/off indicator light, and a manual one-touch brew start. It is available for \$79.95 at LS&S. Visit www.lssproducts.com or call 1-800-468-4789. Item # 421095.



Applying Your Eye Drops Can Be Easy and Safe

The **Autodrop Eye Drop Guide** makes it easier for everyone to use eye drops. It helps to eliminate involuntarily blinking or just missing the eye completely. Simply clip the **Autodrop** to the top of the eye drop container. The **Autodrop Guide** fits right over the eye. A special lip holds the lower lid down to prevent you from blinking. The unique pinhole directs the eyesight upward and away from the descending drops. It costs \$5.95 and is available at The Wright Stuff. Call 1-877-750-0376 or visit www.wrightstuff.biz. Item # AMI 208.



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.

Make Any Small Type Big and Bright...

when your eyes fail you in the dim light of a restaurant or while you are reading price tags. This handy **Pop-Up 2X Magnifier** is ready at a press of the lever to make all small type easy to read. For extra clarity, you simply turn on the built-in light and you can illuminate theater programs, menus, stock pages, and more. At only 3 ¾" L x 1 ¾" W x 1" D, this magnifier tucks efficiently into a purse or a pocket. Uses 2 AA Batteries (not included). It cost \$4.00 at Starcrest of California. Find out more at www.starcrest.com or call 1-800-551-2843. Item # 57438.



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