

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



December 2011

Brought to you by:

THE TOOLS FOR
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OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

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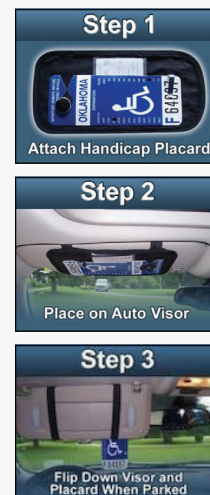
The nonprofit Independent Living Partnership (ILP) - working for the rights of all to live independently in their own homes and communities.

Help Finding Assistive Technology—

Assistive Technology Network offers free information and referrals for assistive technology supplies, daily living devices, and community resources, funding and service providers throughout California. Call 1-800-390-2699, TTY: 1-800-900-0706 or visit www.atnet.org.

Display Your Handicap Placard with Ease

The **Handi Card** is a unique sun visor accessory allowing the driver to comply with displaying the mandated handicap permit or other parking place cards that are made to hang on your vehicle's rear-view mirror. According to the vendor, it makes it easy to store and display the permit from the same location; just pull the sun visor down. The handicapped parking permit that has been stored is now ready to swivel into the display position. When no longer in use, it swivels back into rest position, and the sun visor is returned to its original position. It costs \$19.95 and is available at Handi-Card. Visit www.handicardautovisor.com or call 1-510-889-7243. Item # ID.



Helps Prevent Falls On Wet Surfaces

These **Nonskid Shower Slippers** are ideal for people that are at risks of falls in the shower or bath. The latex free rubber soles provide a non-skid grip in the bathtub shower stall or on a wet bathroom floor. Stretchable, loose knit, nylon upper allows water to pass through, keeping feet clean. Machine washable. Available for women's or men's in sizes XS- XXL. They cost \$15.95 a pair. Available at Bruce Medical. Visit www.brucemedical.com or call 1-800-225-8446. Item # BR6242.



To Our Valued Readers:

The purpose of this newsletter is to present products that appear promising for helping people remain independent. Mention of products is not an endorsement. Product manufacturers provide no compensation or other benefits to Tools.

Take All Your Vital Information with You...

... with the **MedID Card Personal Health Record System**. This portable and easy-to-use secure system allows you to store and edit emergency contact information and have access to information about medications, conditions, organ donations, allergies and insurance. You can also attach documents such as x-rays or progress notes from your doctor. The vendor says that in case of an emergency, the **MedID Card** can speak for you when you cannot; doctors or EMTs are able to determine the best form of medical care for you based on what they find in the **MedID Card**. This credit-card size USB memory device fits into your wallet or purse. Each **MedID Card** is preloaded with software to help you organize and manage your personal health records. It costs \$32.95 from Active Forever. For more information on this product visit www.activeforever.com or call 1-800-377-8033. Item # A17446.



Penetrating Heat Relieves Sore and Stiff Hands

Place these **Warm Therapy Mittens** in the microwave to heat them up. Then slip them on to feel soothing relief instantly. In addition to easing the pain of aching muscles and stiff joints, the gel lining moisturizes dry skin. They cost \$ 29.98 from Solutions. Visit www.solutions.com or call 1-877-718-7901. Item # 87786.



Minimize the Need To Bend...

...with the **Bend Aids Hip Kit**. According to the vendor, this kit is ideal for anyone recovering from hip, knee or back surgery. It includes four of the most popular assistive devices for independent dressing and bathing. These tools let you go about your daily routine and activities without having to bend or twist too much. **Bend Aids Hip Kit** Includes the Raptor Reacher, Shoehorn with "T" Handle, Scrubbies Round Sponge and the Deluxe Sock & Stocking Aid. Check it out at Wright Stuff for \$ 24.95. Visit www.wrightstuff.biz or call 1-877-750-0376. Item # AMI73800.



Check Out the TOOLS Resource Center

Our 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, care giving 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.

Dine Easily Even with Limited Mobility...

...with the **KNORK**. This utensil is used as an eating aid for people with limited hand mobility, from temporary injuries to permanent conditions such as severe arthritis or partial paralysis. **KNORK** looks like a normal eating utensil and attracts no attention when using it. People who would otherwise require that their food be cut for them or have to limit their meal choices can gain increased independence by using the **KNORK**, says the vendor. Unlike a knife, the **KNORK** cuts through food with a rocking motion on the gently curved outside tines that is facilitated by a finger platform on both sides of the handle. **KNORKS** are symmetric and can be used by both left- and right-handed persons. They are made of 100% stainless steel, are dishwasher safe and are available individually, in sets of four, or full place settings. The company is offering "sample salad **KNORKS** for you to...dine on the cutting edge." The \$5.00 price includes all shipping and handling within the US. To experience the **KNORK** difference, visit **KNORK** at www.knork.net/sample-program. Or call 1-877-560-7548.



Easier Self-Examination



If you need to examine your feet, skin or other parts of your body, the **Telescoping Self Examination Mirror** offers assistance to diabetics and others requiring daily foot care examinations, skin care monitoring, and examination of other body areas that may be hard to see without twisting and turning. This two-sided, shatter-resistant mirror features regular and 2x magnification. The soft-grip handle prevents the mirror from slipping. It costs \$13.20 at Southwest Medical Home. Visit www.southwestmedical.com or call 1-800-236-4215. Item # 20012.

Be Prepared For An Emergency

The **Red Cross Personal Emergency Pack With Backpack RC-622** is a convenient and easy way to prepare the family for any emergency situation. The tear resistant nylon backpack contains everything necessary to keep a person warm and dry, hydrated and to treat minor injuries. The pack comes with all the necessary equipment when applying first aid and even comes with germicidal wipes to prevent the spread of bacteria and germs. The included emergency poncho, blanket, and light stick makes this pack a great idea to bring along to camp or any other outside activity. Available from Berktree for \$29.24. To see all that is included in this pack visit www.berktree.com or call 1-866-505-5333. Item # MOM-84472.





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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.

Page Magnifier Helps People with Limited Vision...

...can get a clearer view with the **Standing Page Magnifier**. With its legs in position, the 3x magnifier stands at the perfect distance for reading, writing, or other close work, according to the vendor. The magnifier measures 10 1/2" long x 7 1/2" wide x 4 1/2" high with a 3x magnifier top and wood frame. It is also latex free. The magnifier's



legs can be folded for convenient storage or for travel. It is available at Paterson Medical for \$19.99. Visit www.patersonmedical.com or call 1-866-402-8720. Item # 5557-24.

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