

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



March 2011

Brought to you by:

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.

Call Your Loved Ones With a Touch of Their Picture

No more trying to memorize phone numbers or taking time to look them up. The **One-Touch Photo Dialer** turns an ordinary phone into a picture-driven speed dial device. The unit comes with 12 easy-to-program memory buttons with spaces for individual photos. Once programmed, simply press the picture and the number is automatically dialed. The vendor says it connects directly to your phone, so no power supply or batteries are required. The Photo Dialer is available for \$16.99. from Gold Violin. Find out more by calling 1-877-648-8400 or visit www.goldviolin.com. Item # 91544.



Sandwich Making Just Got Easier...



...with the **Bread Spread Board**.

The vendor says this item is idea for one-handed user. Plastic guards hold the bread in place while the lip hooks onto the edge of the countertop or table to prevent the board from moving. It's dishwasher safe and available for \$16.95. at Disability Products. Visit www.disabilityproducts.com or call 1-800-688-4576. Item # 35789.

To Our Valued Readers:

While we provide links to stores offering the products we feature in each issue of *TOOLS for Independence*, these products and products like them may be available from other outlets. So it's always a good idea to shop around for a product that catches your eye. You may find that it's available somewhere else at a lower cost or in a slightly different design that better meets your needs.

Create Extra Doorway Clearance for Your Wheelchair or Walker



The **Swing Away Offset Door Hinges** give you the extra clearance needed for wheelchairs and walkers without cutting a larger door frame and installing larger doors. The hinges are designed to swing your door completely clear of the opening. The vendor says that because the expandable Z shaped door hinges use the same screws and holes as the existing hinges, you can retrofit your doorway to handle most residential door sizes. The hinges measure 3 ½" high x 2" wide and weigh 1.8 lbs. per pair. They are available at The Wright Stuff for \$18.95 a pair. For more information call 1-877-750-0376 or visit www.wrightstuff.biz. Item # ADM6402.

This Microwave Talks You Through Your Cooking

The **Talking Microwave Oven II** makes using the microwave easy for anyone with low vision. The special buttons allow you to hear announcements for setting the cooking time, running the cooking time and other important settings. A special setting will tell you how much time is left as your food is being microwaved. All announcements are made in a male voice for easy understanding. The vendor says the Microwave's even heating system results in superior cooking performance, reheating and defrosting. The microwave features 1000 Watts, 1.0 cubic feet, and uses a 120 volts outlet. It's available for \$358.89 (with free shipping) at MaxiAids. Find out more www.maxiaids.com or by calling 1-800-522-6294. Item # 151011.



Make Card Playing Easy On the Hands And Your Eyes...



...with the **Essential Card Playing Accessories**. The playing cards measure 3 ½" by 2 ½" with big numbers for easy viewing. Each card suit is a different color so they can be easily identified. Also available are a fingertip controlled cardholder and an automatic card shuffler that will shuffle one or two decks. The cardholder measures 7-1/2" wide x 4-1/2" tall and the card shuffler is 8-1/4" long x 4-1/2" wide x 4" tall. The shuffler requires two AA batteries (not included). The Essential Card Playing Accessories are available at Gold Violin. Visit www.goldviolin.com or call 1-877-648-8400. Card Shuffler costs \$14.95 (Item # 91239), a set of two cardholders costs \$8.95 (Item # 91240), and the Easy Read cards costs \$6.95 for three decks (Item # 92804).

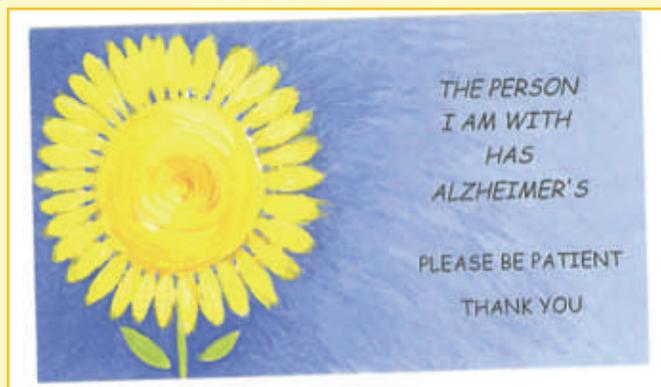
Let Others Know They Need to Be Patient...

...with the **Please Be Patient Cards**. Carry these cards with you when taking your loved one to a restaurant, shopping or traveling. This simple yet discreet card allows you to communicate a very important, sensitive and timely message to someone who might otherwise not realize why your loved one may appear to be rude, impatient or indecisive. The card measures 2" x 3-1/2" (same size as a business card). Twenty cards are available for \$5.00 (Item # 0187) or you can get 100 cards for \$15.00 (Item # 0188). You can

also purchase the **One Moment Please Post- a- Note**.

This stop sign post-a-note captures attention and the clear instructions get the point across - there's a lady in here helping her father

or husband and we'll both be out in a minute. The self-adhesive "sticky strip" post-a-note measures 4" x 6". You can get one pad of 25 sheets for \$2.50 or 10 pads of 25 sheets for \$20.00 (Item # 0257). They're available from the Alzheimer's Store. Visit www.shopalzstore.com or call 1-800-752-3238.



Increase the Height of Your Furniture to Improve Your Mobility

As anyone with limited mobility knows, getting up from chairs, sofas and even a bed can be difficult if they're too low to the ground. **Easy Risers** address this problem by adding an extra 2" to 5" to the height of existing furniture. The vendor says that the adapters are easily installed by simply screwing the adapter into the leg of the furniture. The adapter then sits flush on top of the Easy Riser. According to the vendor, the risers can hold up 3000 pounds. Yet they weigh less than 2 pounds. They're available in a package of four at Allegro Medical. The 3" Riser is \$29.05; 2" Riser is \$30.22; and the 5" Riser is also \$30.22. Visit www.allegromedical.com or call 1-800-861-3211. Item # 192093.



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.



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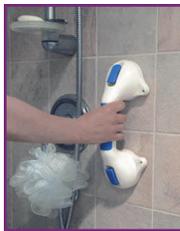
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This newsletter is published by the INDEPENDENT LIVING PARTNERSHIP (ILP)

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.

Towel Racks Should Not Be Used as Grab Bars

No more grabbing the towel rack when you lose your balance. The **Safety Tub and Shower Bar** features suction cups that the vendor says lock securely on smooth surfaces like porcelain or fiberglass, so it will provide a steady hold on the edge of a bathtub or shower wall. Special levers flip up when you want to remove or reposition the grabber. This model comes with a red/green changing safety indicator so you can easily check to make sure the grabber is securely attached to the surface. It measures 11" long x 3"1/4" wide so you can easily take it with you when you travel. It is available for \$14.95 at Aids for Arthritis. Find out more by calling 1-800-654-0707 or visit www.aidsforarthritis.com . Item # 8-03.



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