

# TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



May 2011

*Brought to you by:*

THE TOOLS FOR  
INDEPENDENCE INITIATIVE  
OF THE

**INDEPENDENT  
LIVING  
PARTNERSHIP**

On the web at:  
[www.LivingPartnership.org](http://www.LivingPartnership.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—**

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](http://www.atnet.org).

## **Get an Easy Grip on Those Hard to Reach Items...**

...with the **Easy-Grip Lightweight 31" Aluminum Reacher**.

It lets you grab hard-to-reach items off high shelves, the floor or



your backyard apple tree! It has a handy magnetic tip for picking up small metal objects. The Easy-Grip Reacher has an aluminum shaft with easy-to-grip molded plastic handle and trigger, and it features a 31" reach. It is available for \$19.95

at Bruce Medical. Visit [www.brucemedical.com](http://www.brucemedical.com) or call 1-800-225-8446. Item # MZ199.

## **Move Hot Items Safely With the All-In-One Pot Holder-Trivet.**

Put away those bulky hot mitts, slippery hot pads and trivets. The vendor says that with the **MycroMat**, you'll feel safer removing hot bowls, cups and casserole dishes from the microwave or oven. The all-in-one design features flip-up "arms" that turns into heat-resistant potholder with a sure, secure grip. A center flap underneath the device becomes a trivet to protect counters from heat and scratches. The center mat will even help the stop the dish from slipping around on the table. According to the vendor, it's safer and more sanitary than fabric oven mitts because it's made of silicone that can be cleaned in the dishwasher. It is available at Solutions for \$19.95. Visit [www.solutions.com](http://www.solutions.com) or call 1-877-718-7901. Item # 87833.



### **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.

## Keep Your Feet Happy From Heel To Toe

Turn your bathtub, shower or bathroom floor into a foot spa with **Easy Feet**. Just attach it to any hard surface using the suction cups on the base. Then slip your foot inside. The unique sandal design has over 1000 nylon bristles to clean the top and bottom of your feet. And it even gets between your toes. As you slide your foot back and forth, the bristles gently massage, exfoliate and eliminate dirt while a built-in pumice stone takes care of rough cracked heels. And you can do all of this without bending or stretching. The vendor says that **Easy Feet** is great for all ages, especially for seniors who find bending difficult. Best of all, **Easy Feet** will give your feet a glowing pedicure look and feel. The device is made of plastic and measures about 11 ¼" x 5 ½" x 4". You can find it at Make Life Easier for \$9.00. Visit [www.make-life-easier.com](http://www.make-life-easier.com) or call 1-800-522-0227. Item # 30747.



## Help is Instantly On the Way With the Wireless Telemergency Phone System

Now you can always feel secure in your own home when you are alone and an emergency occurs. If you can't reach a phone, you can summon help fast from the wireless pendant or the base unit of the **Telemergency Phone System**. At the press of a button on the pendant or the base unit, your phone will automatically dial 911 and up to five other numbers (doctor, relative, neighbor, etc.). You can even record personalized messages for three different types of emergencies, such as medical, fire and burglary. A built-in speakerphone on the base unit let you speak directly to the person you called so you can tell them about the nature and severity of the emergency, ask critical questions, and know that help is on the way. The vendor says that an internal back-up battery makes sure that the system will always function during a power failure. And best of all, there's no monthly fee or monitoring service involved. Just plug in the system and it's ready to use. According to the vendor, the effective range from the wireless pendant to the base unit is approximately 80 to 100 feet, depending on the physical structure and layout of your home. The **Telemergency Phone System** is available at Bruce Medical for \$99.95. To find out more about this device and how it works, visit [www.brucemedical.com](http://www.brucemedical.com) or call 1-800-225-8446. Item # TL700.



**Dear TOOLS Reader:** We'd like to hear from you about your experiences with products you may have purchased after reading about them in TOOLS. Did they work? Did they meet your needs? And if they didn't work or meet your needs, tell us why. We also want to know if you experience any problem with vendors from which you order products. Your feedback will help us to make sure that we provide the most helpful information possible to you and other readers. Contact Mike Carbine, Editor, at [editor@toolsforindependence.org](mailto:editor@toolsforindependence.org) or call him at (951) 653-0740 ext. 21

## This Gadget Becomes a “Stirr” for Every Pot!

The **Stirr** “walks” around the pot, blending flavors and keeping ingredients from sticking or clumping, in effect stirring so you don’t have to. The vendor says the soft padded feet won’t scratch so it’s safe for nonstick pots or pans. There’s even a paddle that sweeps across the bottom of the pot. Constructed of nylon and silicone, the **Stirr** is

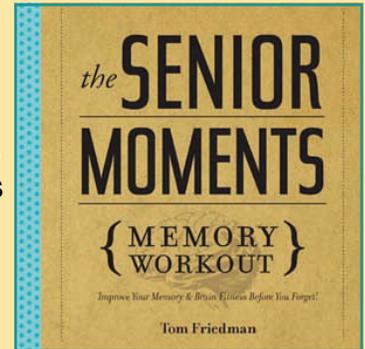


operated by (4) AA batteries (not included) and features three operating speeds. And according to the vendor, the detachable blades are dishwasher safe. The **Stirr** measures approximately 7-1/8” high x 3-1/2” in diameter. It’s available for \$29.95

from Solutions. Visit [www.solutions.com](http://www.solutions.com) or call 1-877-718-790. Item # 87271.

## Tune Up Your Brain and Say Goodbye to Senior Moments!

Determined to stay in top mental shape? Keep your memory in tip-top shape in just minutes a day with this collection of 128 pages of quizzes, puzzles, brainteasers and engaging brain workouts. **The Senior Moments Memory**



**Workout** book, written by Tom Friedman, offers ways to improve your memory and brain fitness before you forget. It’s available at Gold Violin for \$9.95. Visit [www.goldviolin.com](http://www.goldviolin.com) or call 1-877-648-8400. Item # 92673

### 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](http://www.TOOLSforIndependence.org).

## Never Twist a Hose Onto a Spigot Again...

...with the **Easy Slide Hose Connectors**. Once these clever connectors are installed, you’ll never again have to endure the pain of twisting or turning a hose onto a spigot or a nozzle or other attachments. According to the vendor, there’s no release mechanism to maneuver, and the vendor adds that one smooth and effortless sliding motion will firmly attach the hose to the spigot or nozzle. So the device is ideal for anyone with arthritic hands. The connector self-locks and will not leak, drip or impede water flow. It’s made from durable molded high-performance polymer and is sized to fit a standard garden hoses. You can purchase six two-part connectors for \$18.00 at Make Life Easier. Call 1-800-522-0227 or visit their website at [www.make-life-easier.com](http://www.make-life-easier.com) Item # 17005.





**TOOLS for Independence<sup>TM</sup>**

6235 River Crest Drive, Suite C  
Riverside, CA 92507-0758

## **TOOLS for Independence<sup>TM</sup>** - a Trademark of the Independent Living Partnership

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.

### **It's Just Like Having a Extra Pair of Hands**

The **Baggy Rack** is ideal for filling plastic baggies with sauce, soup or cereal because it holds the plastic bags upright and open so it's always easy to fill. The vendor says with this gadget, plastic baggies will never "slump" and spill contents on the counter, and it will always stay upright while you work. The



rack telescopes to a full "10" to accommodate sandwich, quart and gallon-sized bags. A set of two **Baggy Racks** costs \$9.95 and is available at Solutions. Visit their website at [www.solutions.com](http://www.solutions.com) or call 1-877-718-7901. Item # 86819.

### **TOOLS for Independence<sup>TM</sup>**

Volume 3, Issue 5

Editor: Michael Carbine

Associate Editor: Ray Mastalish

Managing Editor: Richard Smith

E-Mail: [Editor@TOOLSforIndependence.org](mailto:Editor@TOOLSforIndependence.org)

951-653-0740 Ext. 21

6235 River Crest Drive, Suite C

Riverside, CA 92507-0758

*TOOLS for Independence<sup>TM</sup>* is published monthly by the Independent Living Partnership, 6235 River Crest Drive, Suite C, Riverside, CA 92507-0758. The Partnership is a non-profit, tax-exempt corporation organized for the purpose of improving or preserving the independence and dignity of older adults, people with disabilities, their caregivers and families. The education programs of the Partnership are supported by sponsorships, grants, and the charitable contributions of individuals and organizations.

#### **NOTICE**

*TOOLS for Independence<sup>TM</sup>*, the Independent Living Partnership, and the distributor do not endorse, recommend or assume responsibility for any products referenced in this publication and are responsible only for the information presented. Product performance claims are those of the manufacturers. Prices quoted are subject to change without notice. Check with the merchant you select for current pricing.