

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



February 2012

Brought to you by:

THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
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, and community resources, funding and service providers throughout California. Call 1-800-390-2699, TTY: 1-800-900-0706 or visit www.atnet.org.

Get In And Out Of the Car with Ease

The **Car Caddie Door Frame Strap with Handle** attaches to the door frame of most cars, vans and trucks.

It offers balanced support for persons entering or leaving the car. It is made of durable nylon and has an adjustable strap with a soft cushion grip that fits comfortably in the hand, according to vendors. The **Car Caddie Strap** is a great mobility aid that can be adjusted to accommodate varying window heights. The strap length is 9.5" and handle grip width is 4.5". The weight limit is 250 pounds (which also depends on your vehicle's door.) The lowest price we found for this item is \$15.95.



No More Twisting or Shaking...

...with the **Touchless Electric Salt and Pepper Grinder**. This tool is ideal for persons with arthritic hands and limited grasping ability. These sleek and stylish professional grade ceramic mills are designed to provide an easy and effective way to enhance the taste of your food at the touch of a button. The cylindrical storage



holds more than standard table shakers and can be easily adjusted from coarse to fine ground by turning the dial on the underside of the mill. An integrated guiding light built into the bottom of each grinder provides an illuminated view and assists with controlling portion size. Dimensions are 8.5" high x 2" wide x 2" in diameter. Two grinders are included per pack, one for salt and one for pepper and it uses 4AA batteries

(not included). The price for this item from various vendors is \$19.50-\$25.00, not including shipping cost.

VENDOR RESOURCE LIST

Active Forever: www.activeforever.com 1-800-377-8033
 Active Living Now: www.activelivingnow.com 1-866-376-9981
 Active Medical: www.activemedical.com 1-866-866-2700
 Allegro Medical Supplies: www.allegromedical.com
 1-800-861-3211

Amazon: www.amazon.com
 Arthritis Supplies: www.ArthritisSupplies.com 1-800-750-0376
 Body Back Buddy: www.bodybackbuddy.com 1-877-601-9118
 Bright Life Directs: www.brightlifedirect.com 1-8977-545-8585
 Bruce Medical: www.brucemedical.com 1-800-225-8446
 Buck and Buck: www.buckandbuck.com 1-800-458-0600
 Compressions Stockings: www.compressionstockings.com
 1-877-393-4848

Disability Products: www.disabilityproducts.com
 1-800-688-4576

Dynamic-Living: www.dynamic-living.com 1-888-940-0605
 EasyAccessclothing: www.easyaccessclothing.com
 1-800-775-5536

Enablemart: www.enablemart.com 1-888-640-1999
 Elder Depot: www.elderdepot.com 1-800-910-7790
 Foot Smart: www.footsmart.com 1-800-707-9928
 Gold Violin: www.goldviolin.com 1-877-648-8400
 Healthykin: www.healthykin.com
 Isokinetics: www.isokinetics.com
 LS & S: www.Lssproducts.com 1-800-468-4789
 Make Life Easier: www.make-life-easier.com
 Maxi Aids: www.maxiaids.com 1-800-522-6294
 Overstock.com: www.overstock.com
 Paterson Medical: www.patersonmsedical.com
 Sight Connection: www.sightconnection.com 1-800-458-4888
 Silverts: www.silverts.com
 Simple Comforts: www.simplecomforts.com 1-800-361-1440
 Solutions: www.solutions.com 1-877-718-7901
 Support Plus: www.supportplus.com 1-800-229-2910
 Target: www.target.com
 The Alzheimer's Store: www.alzstore.com 1-800-752-3238
 Touchless: www.itouchless.com 1-800-660-7978
 Walgreens: www.walgreens.com
 Walmart: www.walmart.com
 Wright Stuff: www.wrightstuff.biz 1-877-750-0376
 Wisdom King: Visit www.wisdomking.com 1-877-931-9693

All of the 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 and merchants, and Google 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*.

“Diabetic Socks” Provide Comfort for Your Sensitive Feet Due to Any Condition

Jobst SensiFoot Diabetic Socks are specially designed for people with sensitive feet due to diabetes, arthritis, and generalized foot pain. Featuring the lightest therapeutic compression strength available according to the vendors, these comfortable padded socks are ideal for individuals with ulcers, extreme foot sensitivity and minor swelling. A low profile toe seam prevents irritation and the socks help keep your feet dry and cool. The price for this item is under \$15.00 a pair. The Jobst brand is one of several brands of compression stockings, socks, and support hose. Please look at the vendor resource list in this newsletter to find the suppliers of your choice.



One way to find a particular product online at the best price and availability is to “Google” the name of the item and check out the vendors that show up.

Stretch Yourself Back Into Shape and Improve Your Overall Health

Did you know, according to many health professionals, that poor spinal health is one of the most common contributors to overall pain and discomfort? The **Core Stretch** is an innovative design to



better stretch your legs, shoulders, and back. Proper use of the **Core Stretch** allows you to stretch yourself back into shape as it works the ligaments, muscles and tendons in your back, as well as in your legs and arms that work in accordance with your back. It elongates the spine rather than forcing your back to curve-thus stretching your core. The **Core Stretch** features a three-plane swivel for up-and-down, side-to-side and twisting motions, 10 sizing options and 3 levels of fitness. It is lightweight and collapsible, black in color and weighs 3 pounds. There are stretching and instruction manuals on a few different vendor sites. For more information online, Google the word **Core Stretch**. We found this item online for \$49.99-\$70.00.

Benefits of Clothing, Apparel and Footwear Created for Persons with Disabilities:

- ▶ Disability clothing features Easy Touch, zipper, and Velcro brand closures for ease of dressing.
- ▶ Generous cuts and sizing provides the wearer with greater ease of movement and greatly reduces the frustration of limited-mobility dressing.
- ▶ Ease-of-dressing features aid in reducing falls by allowing the wearer to dress from a seated position. Skid-resistant shoes, slippers and socks provide the wearer with greater traction whether walking or transferring in and out of wheelchairs or other seating.
- ▶ Best of all, disability clothing provides the convenience of dressing without anyone ever knowing you're wearing special-needs clothing! You have fashion and functionality all in one!



- ▶ Homecare Clothing
- ▶ VELCRO® Clothing

Google these words to find vendors that can provide you with more information and clothing.



- ▶ Clothes for the Disabled
- ▶ Adaptive Clothing
- ▶ Easy Accessing Clothing
- ▶ Handicap Clothing
- ▶ Adaptive Apparel
- ▶ Senior Clothing



From the Editor

Dear Readers:

Happy February. Please note that February is Heart Disease Awareness Month.

We would appreciate it if you would let us know what you think about this issue of Tools for Independence (or any issues that you have read or distributed so far). We have three easy ways for you to give us feedback:

1. Follow the link to the reader survey: [Reader Survey](#)
2. Email me at Editor@ToolsforIndependence.org
3. Call 951.653.0740 x. 22, leave a message and staff will call you back to listen to your comments

We would like to know:
any changes you would make to make the newsletter more useful to you;

how you have used the newsletter;

- ▶ anything you have learned from reading the newsletter;
- ▶ any feedback on the website links in the newsletter;
- ▶ anything else you would like to say.

We appreciate your feedback and want to keep working to make Tools as beneficial as possible.

Thank you,
ILP Editorial Staff

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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If Your Vision is Limited, Magnify Text and Read It Anywhere

The compact, portable **SmartView Nano Portable Video Magnifier** is small in size

but big on features. It weighs less than 4 oz., yet magnifies from 5x to 20x on its color LDC screen. It enlarges small print to a measurable, readable size with a simple click of a button.



Choose full color or inverse (white type on black background) to suit your viewing preference. The freeze-frame function lets you capture an image and bring it closer for viewing. Use the **Smartview Nano** around the home for viewing anything small, such as dosages on pill bottles, names and numbers in the phone book, or your favorite recipes. You can also take it shopping to help see labels, menus, and price tags. In addition, it is always ready, thanks to a rechargeable battery with auto shut-off. Included are 3AAA rechargeable batteries, an AC charger and carry strap. This item is available for under \$200.00.

TOOLS for Independence™, is published monthly by the Independent Living Partnership. The Partnership is a non-profit, tax-exempt corporation. The educational programs of the Partnership are supported by sponsorships, grants, and the charitable contributions of individuals and organizations.

NOTICE

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TOOLS for Independence™

Volume 4, Issue 2

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