



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

This Device Helps You Open Ring-Pull Tops on Cans

Ring-pull lids can be frustrating and difficult to open. The vendor says “slide the **Ring Pull Can Opener** under the ring and as far as possible”. This gives you the leverage you need to cleanly and neatly pull back the lid. A gentle pull of the handle rolls back the lid. While this kitchen aid is very useful on items such as tuna cans, dog and cat food cans, soup cans, etc., **it is not intended for use on soda cans.**

This lightweight plastic tool has built-in finger grips. The lowest price we found for this item is \$2.95. Use your favorite search engine with the words “Ring Pull Can Opener” to find a vendor located near you.



Now You Can Beat The Heat...

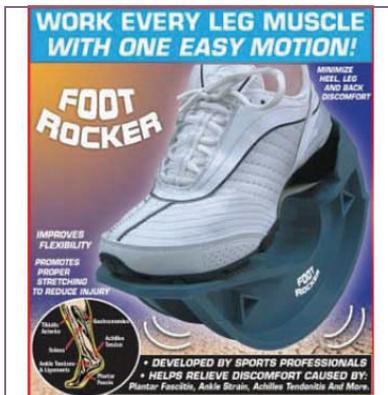
... with the handy and innovative **2-in-1 Mist and Hydration Bottle**. With its tapered ergonomic shape and easy-grip rubber outer insulating sleeve, this bottle is ideal for those who have Parkinson's and other dexterity challenges. Use it to help you get your daily intake of water. Press the mister to keep cool and turn the lid to drink out of the pop-up straw.



This and similar products are available from various vendors. We found prices ranging from \$9.95-\$12.95 for this bottle. Search “2-in1 mist and hydration bottle” on your search engine to find a bottle that keeps you cooler for the summer.

Great For Stretching and Pain Relief

Foot Rocker is designed to hold the foot in the optimal position for proper stretching. The vendor says “just 3 repetitions of 30 seconds each provides an effective way to help relieve the lower body pain associated with Plantar Fasciitis, Achilles Tendonitis, Ankle Strain and other chronic conditions”. Solid ABS design with rubber safety-grip treads keeps any size foot safely in place. This and similar products are available from various online vendors for less than \$11.99. Search online using the words “Foot Rocker”.



September Is:

- ▶ National Guide Dog Month
- ▶ National Preparedness Month
- ▶ National Yoga Month

Special Days in the Month of September

- ▶ Labor Day: September 3rd.
- ▶ Dr. Michael Ellis DeBakey Birthday: September 7, 1908- July 11, 2008

Dr. DeBakey was a world-renowned Lebanese-American cardiac surgeon, innovator, scientist, medical educator, and international medical statesman. He was also known as the greatest surgeon of the 20th century.

“When you put your whole heart and soul into whatever you do, your sense of self-worth soars. You gain self-confidence, and you are more at peace with yourself.”

Dr. Michael Elli DeBakey

VENDOR RESOURCE LIST

- Active Forever: www.activeforever.com
1-800-377-8033
- Active Medical: www.activemedical.com
1-866-866-2700
- 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
- Dynamic-Living: www.dynamic-living.com
1-888-940-0605
- Elder Depot: www.elderdepot.com
1-800-910-7790
- 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
- Sight Connection: www.sightconnection.com
1-800-458-4888
- Silvert's: 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
- The Alzheimer's Store: www.alzstore.com
1-800-752-3238
- Walgreens: www.walgreens.com
- Walmart: www.walmart.com

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, 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*.

Set a Nap Timer with One Touch

Instantly set a 15, 30, or 60-minute timer for your naps with the touch of a button with the **Napper Low Vision Clock**. The vendor say “naps can leave you refreshed and may even have health benefits, including reduced risk of heart attack and stroke, and improved mental performance”. The Napper is an easy to use alarm clock

featuring 3 one-touch nap timer buttons. Press multiple buttons for other time amounts.

For example; press “30” and “15” for a 45-minute nap, or press “60”



twice if you wish to take a 2-hour nap. It also has a traditional morning wake-up alarm with snooze. Set your naptime without changing your morning wake-up time. This gadget is perfect for anyone with low vision. The time is displayed in bold black numbers on a LCD screen. Requires 2AA batteries (not Included). The **Napper Low Vision Clock** is available online for \$14.50. Using your favorite search engine, type in the words “Low vision clock” to find a alarm clock that best suits your needs.

Keep Vital Documents Safe From Fire...

...with the **Fire- Resistant Document Bag**.

Keep those vital documents and photos you can't afford to lose safe from fire. The vendor says that the soft-woven fiberglass bag protects up to 1000 degrees F. Great for passports, deeds, and birth certificates, this document bag can hold legal-size documents. **NOTE:**



This item is not a substitute for a safe deposit box. To find a fire-resistant document bag that fits your needs, search the web using the words “Fire-Resistant bags. This and similar products are available from various online vendors for less than \$13.00.

Did You Know...

...that **Tools for Independence** has a website?

Go here <http://toolsforindependence.org/index.htm> to find out more. You can access back issues of **Tools** featuring a wide variety of devices and gadgets to help people live more independently in their own homes. In addition, the **Tools** website has listings of a number of resources designed to assist people with their independent living needs.

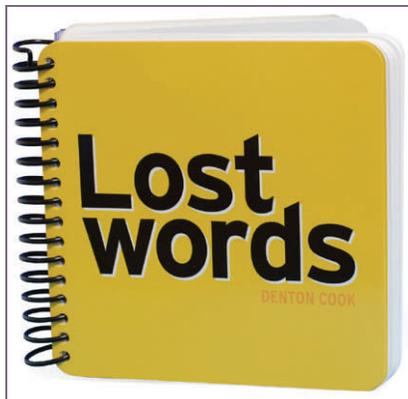
You can contact us any time with comments or questions about **Tools for Independence?**

editor@ToolsforIndependence.com

951-653-0740 x. 21

Can't Remember the Correct Word?

There are a lot of people who, for different reasons, have difficulty finding the right words for things. There are also many people, like some dementia and stroke patients, who have completely lost the ability to speak. **Lost Words**, written by Denton Cook, has more than 290 pictures and their corresponding words. The book is spiral bound for ease of constant use.



There are also a few plastic pockets inside for keeping photographs in, and pages for personal notes. This useful reference book can be a great help for both patients and caregivers. Word search the title "**Lost Words** by Denton Cook" to find a copy online. We found this book for \$12.95.

This Vest Will Help Support a Weak Arm

The **Muff Vest** was designed by a spouse of a stroke survivor. This vest provides support for a flaccid arm. The weight of the stroke arm is distributed and effectively supported over both shoulders. The **Muff Vest** provides arm control, even when the user is bending forward. The large front horizontal pocket is open on both ends, allowing the wearer to reach through the pocket to place their impaired arm in the support. The vest features a universal fit for either left or right arm support, and fits both males and females. Use the words "**Muff Vest**" to search for this item online. Several vendors offer this item for \$71.99.



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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Editor: Michael Carbine

Associate Editor: Karen Long

Managing Editor: Richard Smith

E-Mail: Editor@TOOLSforIndependence.org

951-653-0740 Ext. 21

6235 River Crest Drive, Suite C

Riverside, CA 92507-0758