



October 2013

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THE TOOLS FOR  
INDEPENDENCE INITIATIVE  
OF THE

**INDEPENDENT  
LIVING  
PARTNERSHIP**

On the web at:  
[www.ILPconnect.com](http://www.ILPconnect.com)

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

## **Easy Peel Vegetable Peeler**

An ergonomically-designed assistive technology tool, the **EZ Peel Vegetable Peeler** is a small palm-size tool that slips over the finger for easily peeling vegetables and fruits. The peeler tucks into the palm of your hand allowing a gentle easy motion instead of a striking motion. The stainless steel blade is durable and it even has a convenient potato eye remover at the tip. The vendor says that the ergonomic design is especially safe for people with low vision. It's top rack dishwasher safe and measures 2.5" wide by



2.5" long. This item is available online from various suppliers that sell AT products for \$5.95 to \$7.95. Word search on the internet "palm held vegetable peeler" to find a supplier of your choice.

## **A Safer Way To Pour Hot Liquids**

The vendor says If you have a problem pouring tea or other hot liquids, here's a great way to help prevent burns and spills.

The **Kettle/Pot Tipper** allows the user to easily control the tipping angle for pouring hot or boiling water in a safe manner without lifting any weight. It is suitable for most types of teapot or electric kettle. The nonslip feet keep the tipper from sliding, and



a hook and loop strap keeps the kettle securely in place. Made completely from plastic, it is lightweight and corrosion resistant. The price range for this item from various suppliers is \$34.99 to \$55.99. Search the words "kettle pot tipper" to find this handy beverage helper.

## Create a Safe Walkway This Winter Over Snow and Ice

The **No-Slip Ice/Snow Carpet** is a natural sisal fiber mat treated with rubber. According to the vendor, it adheres to moisture, creating a non-slip surface that makes walking or wheelchair use safe whenever there is ice or snow. It can be used on porch steps, entryways, sidewalks, ramps or driveways. The carpet can be rolled up and stored for use again and again. It's 10' long x 18" wide. This product is available online from various suppliers for \$9.95 to \$14.95. Search the words "no-slip snow carpet" to find a supplier of your choice.



### October Is:

- ▶ National Adopt a Shelter Dog Month
- ▶ National Breast Awareness Month
- ▶ National Diabetes Month
- ▶ Lupus Awareness Month

### Special Days in October

- ▶ Columbus Day, October 14th
- ▶ Halloween, October 31st
- ▶ John Lennon Birthday, Oct 9, 1940

John Lennon  
October 9, 1940—December 8, 1980

"Life is what happens while you are  
busy making other plans."  
John Lennon

### VENDOR RESOURCE LIST

- Active Forever: [www.activeforever.com](http://www.activeforever.com)  
1-800-377-8033
- Active Medical: [www.activemedical.com](http://www.activemedical.com)  
1-866-866-2700
- Amazon: [www.amazon.com](http://www.amazon.com)
- Arthritis Supplies: [www.ArthritisSupplies.com](http://www.ArthritisSupplies.com)  
1-800-750-0376
- Bright Life Directs: [www.brightlifedirect.com](http://www.brightlifedirect.com)  
1-8977-545-8585
- Diabetic Shoe Hub: [www.diabeticshoeshub.com](http://www.diabeticshoeshub.com)  
1-623-455-6258
- Dynamic-Living: [www.dynamic-living.com](http://www.dynamic-living.com)  
1-888-940-0605
- Elder Depot: [www.elderdepot.com](http://www.elderdepot.com)  
1-800-910-7790
- Gold Violin: [www.goldviolin.com](http://www.goldviolin.com)  
1-877-648-8400
- LS & S: [www.Lssproducts.com](http://www.Lssproducts.com)  
1-800-468-4789
- Make Life Easier: [www.make-life-easier.com](http://www.make-life-easier.com)
- Maxi Aids: [www.maxiaids.com](http://www.maxiaids.com)  
1-800-522-6294
- Sight Connection: [www.sightconnection.com](http://www.sightconnection.com)  
1-800-458-4888
- Silverts: [www.silverts.com](http://www.silverts.com)
- Simple Comforts: [www.simplecomforts.com](http://www.simplecomforts.com)  
1-800-361-1440
- Solutions: [www.solutions.com](http://www.solutions.com)  
1-877-718-7901
- Support Plus: [www.supportplus.com](http://www.supportplus.com)  
1-800-229-2910
- The Alzheimer's Store: [www.alzstore.com](http://www.alzstore.com)  
1-800-752-3238
- The CareGiver Partnership:  
[www.caregiverpartnership.com](http://www.caregiverpartnership.com)  
1-800-985-1353
- Walgreens: [www.walgreens.com](http://www.walgreens.com)
- Walmart: [www.walmart.com](http://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 Web search 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*.**

## The Correct Amount Of Toothpaste Every Time

This attractive **Touch and Brush Toothpaste Dispenser** makes it easy for individuals with limited finger and hand functions or the visually impaired to put the correct amount of toothpaste on the brush with just one touch. **Touch and Brush** works with any size tube of



toothpaste and secures easily onto any surface without tools. There are no batteries to replace. To view a “You Tube” video of this dispenser click the link: [Touch-n brush-toothpaste-dispenser](#). We found this toothpaste dispenser available from several online suppliers ranging in price from \$13.99 to \$19.99. Search the words “toothpaste dispenser” to find this and other dispensers.

## Stay On Top Of It All With A Little Help From Your Smart Phone.

**Your Password: Data Vault** securely stores and keeps track of all your codes, making it easy to use a separate password for each account and website log-in. \$9.99 for the App and it works with iPad and Androids.

**A Birthday:** When a contact’s birthday is approaching, **Cleverbug** will send you an alert and prompt to create a custom card using Facebook photos. The App then prints and mails the card in two to five business days, so it arrives in time for the big occasion. A Free App that works with iPhone, iPad, or Androids.

**Tune-Up Time: Car Maintenance Reminder** notifies you when your car is due for scheduled maintenance, in addition to tracking fuel usage, efficiency, and cost. \$2.99 for the App that works with iPhone, iPad and Androids.

**Your Meds: RX Pal** delivers multiple reminders to take medications or vitamins—for an individual or for several family members. It also alerts you when a prescription is running low and links to your pharmacy for easier refills. A Free App that works with Androids.

## Rubber Treated Socks Help Prevent Falls

**Fall Management Large Socks** feature slip-resistant rubber tread printed on both the top and bottom of the sock. These soft terrycloth socks provide comfort and warmth while the slip-resistant rubber tread provides traction for walking. The large sock also features a mesh band that fits large width ankles and calves up to adult size 14. The vendor says the bright color helps increase awareness of foot positions. The soft terry cloth material is latex free and machine washable. These anti-slip socks are idea for people that are at high risk for falls. To find an online supplier search the words “fall management socks” The lowest price we found for a pair of socks is \$13.82.



# Talking CPR Instructions At A Touch Of A Button

In the event of an emergency, your knowledge of CPR can mean the difference between life and death. The **Reizen Talking Save A Life CPR Audio Rescue Flashlight** provides spoken prompts to guide you through an emergency. Plus, the built-in flashlight emits a steady, bright light even if the battery has a low charge, providing illumination when you need it. The voice prompts (in a clear female voice) are helpful for the CPR trained rescuer, or to help with the “peace of mind” that you will be more prepared for an emergency. Also provided are written, separate sets of instructions for use in administering CPR to an adult, baby or child. The CPR Instructions follow American Heart Association Guidelines. This unit is an effective rescue aid and review tool and is a great way to periodically refresh your CPR skills and knowledge. It is intended for use by those who have had CPR training with a certified instructor. Package includes a tote-string that allows it to be carried around the wrist or hooked onto a belt, purse strap, etc. Keep it in your handbag, briefcase or glove compartment. Take it with you when traveling. Add one to your First Aid Kit at home or work. Comes in a Silver case. Uses 2 AAA batteries (not included.) and weighs .25 lbs. The lowest price we found for this item is \$9.95. Search the words “CPR audio rescue flashlight” to help you be more prepared for an emergency. To review CPR instructions and print written instructions click on the link <http://depts.washington.edu/learncpr/quickcpr.html>



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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