



March 2013

Brought to you by:

THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
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.

Prevent Dangerous Injuries From Falls and Slipping

The **Anti-Slip Tape** can be used on steps to help anyone with low vision see them more easily. According to the vendor, the grit sandpaper surface provides traction while the adhesive back applies easily and holds securely once in place. Great for the basement, patio, and other steps in the house. The strips come in many sizes and colors. This item can be found on line by searching the words “anti slip tape”. Prices range from \$2.50 per roll to \$45.00 per roll depending on then size of the roll.



Cooking Thermometer Speaks The Temperature

Make sure your meat is properly cooked with this loud-talking food thermometer. The **Talking Food Thermometer** is perfect for anyone who is sight-impaired or is a multi-tasker. With the touch of a button, the thermometer speaks the temperature of the meat out loud. The vendor says that this product is super fast and reads the temperature in 5 to 6 seconds with the range of -58 to 572 degrees F. The large LCD display shows you the temperature in 0.1-degree resolutions. It uses one button battery (included). Note that this thermometer cannot be left in the oven. This item is available online from various vendors that sell AT products for \$19.95 to \$49.00. Search the words “talking meat thermometer” to find the thermometer that meets your needs.



No More Struggling to Fasten Your Necklaces or Bracelets

With the **Clever Clasp** attachment, all you do is hold both ends of the attachment close to each other and super-powerful magnetic forces, firmly close the clasps. The magnetic converter easily attaches to the existing clasps on your bracelets and necklaces without the use of any tools, and a quick twist of the safety lock offers extra security. Search the words "clever clasp". We found this item online for \$14-95-\$17.95.



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
- 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
- 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
- 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 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.

March Is:

- ▶ National Disability Awareness Month
- ▶ National Nutrition Month

Special Days in March

- ▶ Daylight Saving times begins March 10th
- ▶ St. Patrick's Day March 17th
- ▶ Easter March 31st

Lawrence Welk
March 11, 1903 - May 17, 1992

Lawrence Welk was an American musician, accordionist, bandleader, and television impresario, who hosted The Lawrence Welk Show from 1955 to 1982.

"In spite of the Depression, or maybe because of it, folks were hungry for a good time, and an evening of dancing seemed a good way to have it."

Lawrence Welk

No More Straining or Twisting When You Get Out of Your Car

This handy “lazy susan” swivel seat helps you turn when getting in or out of your car. It’s 15 inch diameter, sturdy and stable, made with a 1/8inch non-skid plastic base with a weight capacity of 300 pounds. Yet it weighs only 2-1/2 pounds! Comes with a removable gray or black cover that’s washable. However, here are two important things to consider before you order: (1) The cushion will raise you up by about 1-1/2inches, and (2) because it’s not as comfortable as a regular car seat, it’s not recommended for long-distance trips. The swivel seat can be used with the dining room or desk chair too! We searched the words “lazy susan swivel seat” and found that the price varies from \$24.00 to \$30.00.



Looking For a Accessible Rental Car...

... that can accommodate your disabled parent or loved one? The **Avis Access Program** and **Scooter Rentals** provides a range of special products and services for physically challenged and visually impaired drivers and passengers. The accessible vehicles include transfer boards, panoramic mirrors, swivel seats, hand controls, and spinner knobs. Also available is an easy access bus with an electrically operated ramp, two ADA-compliant wheelchair positions, wider doors, spacious aisles and low luggage racks. Avis also offers mobility scooter rentals at select locations. At Avis, we strive to make everyone's rental experience as easy, safe and stress-free as possible. That's why, as a feature of our Avis Cares® Program, we provide a full range of products and services for our drivers or passengers with disabilities. Our visually impaired passengers can travel worry-free -- **just make an advance reservation, arrive with a licensed driver at least 25 years old and you're on your way.** Because with Avis, you can be sure we'll meet your needs, before you even get on the road. **For more information or to ensure availability, products and services should be reserved at least one day in advance by calling 1-800-669-9585. For Speech- and Hearing-Impaired Services, Call TTY/TDD 1-800-331-2323.**

- ▶ **Scooter Rentals**: Avis provides mobility scooter rentals (upon request) at select locations through a partnership with **Scootaround Inc.**, the nation's leading mobility rentals provider.
- ▶ **Transfer Board**: Enables easier transfer from a wheelchair into and out of the vehicle.
- ▶ **Panoramic Mirror**: Provides a much larger field of view for any driver.
- ▶ **Swivel Seat**: Allows the driver or passenger to turn his or her body in the car seat with limited effort. The swivel seat can easily be removed from underneath the person for transport.
- ▶ **Hand Controls**: Enables drivers to accelerate or brake using a hand-controlled device. Drivers without disabilities can drive the vehicle without interference from the hand controls.
- ▶ **Spinner Knob**: Enables the driver to turn the steering wheel with a full turning radius using only one hand.
- ▶ **Easy Access Bus**: Offers an electrically-operated ramp, two ADA compliant wheelchair positions, wider doors, spacious aisles and low luggage racks.

Shake Loose a Precious Memory...

... with these three **Memory Games**. The object of the games is to keep as many cards as possible, but the real goal is to talk about and recall memories. These games are perfect for anyone suffering from Alzheimer's disease. With the **Shake loose a Memory Game**, every question begins with: "Keep this card if.." (if you have ever played the piano, do you remember practicing?" "If ...you've ever had champagne, remember celebrating weddings?"). There are no wrong answers. The purpose of this game is to help people recall positive emotional events. Each game comes with one large, squishy dice. **Shake out The Truth Game**... "I married my high-school sweetheart." True or False? Surprise and laughter are the result of playing **Shake Out the "Truth"** as participants decide if their observations about other players are correct. This is a fun game that connects people with life events and personal characteristics, providing a gentle means of stimulating memories. The game includes memory cards, dice and "Yes"-



"No" cards for hours of stimulating conversations. **Shake Awake Your Taste**... a mouthful of fun as players munch on a banquet of ideas relating to their food favorites. "Do you prefer dill pickles or sweet pickles? Which would you put in a tuna fish sandwich?" Images that awaken the taste buds come to

mind as participants make choices about different food preferences. All three games can be found online by searching the words "shake loose games." We found them at \$22.00 per game.

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.



TOOLS for Independence™

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