

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



August 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.

Keep Your Life Organized With This Speaking Calendar

The **Lifetime Voice Calendar Talking Organizer** is a useful tool for the whole family, but is especially helpful for those who have visual impairments. Large 0.75-inch numeric, month & function buttons are easy to read and easy to set. Record important dates and appointments in your own voice. When the day of the appointment comes, a red light flashes to alert you of that day's messages. Touch the button and you will hear the reminders and appointments that you had pre-recorded read back to you. Record a simple "to do list" or even set perpetual annual reminders for recurring dates such as birthdays and anniversaries.

The **Lifetime Voice Calendar** holds up to 900 messages. Pick your language choice of English, Spanish or French. It's 11" long x 9" wide x 0.875" deep, and it is lightweight and small enough to take traveling. The organizer has built-in legs to set it at an angle on a desktop, or use the built-in magnets to put it on the refrigerator or hang it on the wall.

The calendar includes three AAA batteries and quick start instruction guides in English, French and Spanish. It also comes with a 90 day limited warranty. Search the words "lifetime voice calendar." We found this item on several online sites with prices ranging from \$39.95 – \$45.95.



Close Zipper-Lock Bags Easily...

...with the **Zipper Bag Sealer**. According to the vendor, it's ideal for one-hand use. Simply slide the zipper seal through the groove to close the zipper and seal the bag. The device mounts with a self-adhesive backing. Search the words "zipper bag sealer" to find this handy little helper. The price for this item from various online vendors is less than \$3.50.



It's Like Having A Helping Hand

Easily carry and pour two-liter soda bottles



with the **2-Liter Bottle Handle**. The soda bottle holder slides on top of any standard two-liter bottle, providing a lightweight grip

that will not weigh down the bottle. It makes pouring from large clumsy bottles much easier for children, seniors, and people with arthritis or joint problems, or anyone who has difficulty handling large bottles. The handle is made out of polypropylene plastic for durability and includes a finger loop for a comfortable grip. A small plastic hook fits conveniently under the bottle cap, keeping the grip securely in place while in use. This and similar products are available from on-line vendors for less than \$3.95. Search the words "soda handle holder".

August Is:

- ▶ National Immunization Awareness Month
- ▶ National Golf Month

Neil Armstrong

August 5, 1930– August 25, 2012

Neil Alden Armstrong was an American astronaut and the first person to walk on the Moon. He was also an aerospace engineer, naval aviator, test pilot, and university professor.

"That's one small step for [a] man, one giant leap for mankind."

Neil Armstrong

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*.

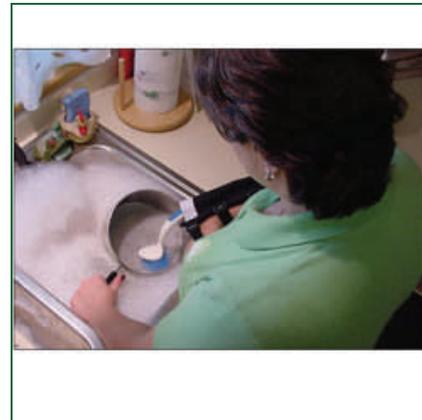
Give Yourself a Helping Hand

Lend-A-Hand® is the first and only universal assist device, according to the vendor. It has been developed by Even Par Enterprises, Inc. to help the physically challenged and able-bodied individual.



It helps provide additional arm support, leverage and strength while raking, painting and performing other day-to-day activities. The vendor says it's easy to use. Simply strap the **Lend-A-Hand®** to your arm or leg and place the handle of the tool or device you're using into the sturdy built-in loop. Once you've put it on, **Lend-A-Hand®** increases hand mobility while shifting the strain off of your shoulders, arms, back and legs. **Lend-A-Hand®** can be used when you play golf, wash cars, paint, rake, sweep and wash floors, go fishing and perform lots of other activities. This tool

is available online from various vendors that sell AT products for \$74.95 to \$109.95. Search the words "lend a hand arm support". Check out this Youtube video to learn more about this useful tool: <http://www.youtube.com/watch?v=e8ckue03aaM>.



Medication Opener

This handy, pressure-alleviating **Medicine Bottle Opener** was designed with input from arthritis sufferers. It is 6 3/4" long x 1 1/2" wide.



The vendor says this pill bottle opener quickly



opens all stubborn medication packaging, including push-off caps, foil seals, safety wraps and pinch-and-turn caps.

This assistive technology tool can be found by searching the words "Medicine bottle opener". The lowest price we found this tem for is \$8.95.



Drink Fluids Anytime

The **Hydrant Drinking System** allows those with limited mobility to take a drink whenever they want



without assistance, reducing the chance of Dehydration. The one-piece cap/handle/clip attaches securely onto beds, chairs or wheelchairs, giving the user instant access to fluids.

The **Hydrant's** one-liter plastic bottle comes with metric markings on the outside, allowing for easy and accurate monitoring of fluid intake. The 44" long tube with an attached mouthpiece comes with a convenient clothing clip, easily and conveniently solving the problem of reaching or holding drinks. Search the words "hydrant drink system" to find your drinking bottle. This and similar products are available from various vendors for less than \$27.00.

See What's Cooking

The **Over-Stove Mirror** is a perfect solution for anyone who has mobility or lower extremity disabilities. Simply mount the mirror on the wall over the stove top burners so you can



see what is cooking from a seated position. The mirror is adjustable to permit positioning the mirror at various angles for the best visibility. It fastens to the wall with one screw.

The mirror measures 19 ½" long x 15 ½" wide and is made of acrylic (brown frame not included). Do a word search using the words "over stove mirror" to find out more about this assistive technology tool. The lowest price we found for this item is \$67.00.

Safely Isolate The Mess...

...with the stove-top **Splatter Guard**. This device lets you effectively shield much more of your stove and the surrounding area—as well as your hands and arms—from hot splatters from whatever you're cooking by using this screen.

The guard measures 10" long x 9" wide. And when not in use, the panels fold down for easy storage. The vendors that sell this



product all recommend that you hand-wash the device. This item is available on-line from various vendors that sell assistive technology products at prices ranging from \$8.99 to \$14.99. Search the words "splatter guard" to find the guard the will help keep your stove cleaner and your hands and arms safe from splatter burns.

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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