



September 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.

See What You Are Writing

The **Nitewrite** is a ballpoint pen with a built-in spotlight that shines down the barrel of the pen, illuminating the page as you write. The pen is ideal for the visually impaired or for writing at night. It provides direct, concentrated light where you need it. It features a soft LED light for writing or reading. A rotary on/off switch activates the light. Included are 2 AA penlight batteries, 1 extra ink cartridge, and an extra bulb. This and similar products are available from various online vendors that sell AT products for \$7.95 to 16.95. Word search “nitewrite light pens” to find the pen that best suits your needs.



This Kitchen Roll-About is...

...ideal for those with weakness in hands, fingers or painful wrists or forearms. It's also ideal for one-handed users who find lifting difficult. This handy, wheeled, wooden trivet assists in moving hot pans and dishes. Ball bearing wheels roll with a



minimum of effort. The rubber stopper helps avoid accidental movement. The wooden handle is 5" long and stays cool, and the trivet can be hung up for convenient storage. The trivet's overall diameter is 8 1/2". The trivet is also Latex-free. This item is available online from various vendors that sell assistive technology products for \$29.95 to \$54.95. Word search “kitchen trivet wheeled roll about” to find a

ready-to-use **Kitchen Roll-About**. If you are a “handyperson” and would like to make your own **Kitchen Roll-About**, click on the link for instructions. [Kitchen Roll-About](#).

Cut Herbs With Ease

Prepare herbs for cooking or create pretty garnishes without the risk of cutting your fingers when using a paring knife.

Herb Scissors

quickly chop herbs without bruising or tearing the delicate leaves. An herb stripper in the blade removes leaves



from woody herb stems like rosemary or thyme. The vendor says the spring mechanism makes the scissors almost effortless to use. The price range for this item from various vendors is \$7.95 to \$14.95. Search the words "herb scissors" to find your preferred vendor.

September Is:

- ▶ National Guide Dog Month
- ▶ National Yoga Month

Special Days in September

- ▶ Labor Day, September 2nd
- ▶ Jack LaLanne Birthday 9/26/1914

Jack LaLanne

September 26, 1914-January 23, 2011

Jack LaLanne was an American fitness, exercise, and nutritional expert and motivational speaker who is sometimes called "the godfather of fitness" and the "first fitness superhero."

"The only way you get that fat off is to eat less and exercise more."

Jack LaLanne

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*.

Wash Your Entire Body Without Straining

The **Body Care Beauty Kit** includes the **Body Care Body Washer**, **Body Care Long Handle Comb 14-inch**, and the **Body Care Multi-Purpose Grip**. Each body care tool is curved to follow the shape of the body, so the handle can be held close to the body without losing gripping power. These ergonomically designed body care tools are all carefully balanced to provide maximum power with



minimum effort and strain on hands, arms and shoulders. **The Body Care Body Washer** has a replaceable washcloth that cleans your body without absorbing water, making it lightweight and easy to use. The ergonomic handle design allows for a secure grip and the long handle allows reaching to enable you to wash your entire body, right down to your toes. The Body Washer measures 15 inches long. **The Body Care Long Handle Comb 14 inch** is specially designed to enable you to reach all over your head. The ergonomically designed comb is carefully balanced to provide maximum power with minimal effort and strain. The 14-inch long comb has an oval handle with a soft-grip and textured surface for a better and more stable grip. **The Body Care Multi-Purpose Grip** allows you to hold a nail file in one end, while the other end has been adapted to hold a razor or toothbrush. The unique shape allows you to hold small items securely in your hand, but with a relaxed grip, making manicures and shaving much easier. The grip

measures 4.25 inches long. These items are available online from various vendors that sell assistive technology products for \$21.95 to \$34.95. To find an online vendor of your choice, search the web with the words "body care long handle arthritic beauty kit."

One-Click Stick Butter Cutter & Butter Spreader

This unique **Butter Cutter** is helpful for persons with limited hand use. The vendor says to just fill the dispenser with a stick of butter or margarine, press the handle and the stainless steel blades slice and releases a pat of butter. Four pats of butter equal 1 tablespoon so you can also use it for cooking. The **Butter Cutter** can be stored in the refrigerator. It's made of plastic with a stainless blade and is dishwasher safe. Word search "Stick Butter Cutter" to find the online vendor of your choice. We found this handy item online for \$7.60 to \$12.48. Just click on the link below to see what other



people have said about this product. <http://www.amazon.com/Inventions-Market-Butter-Cutter>.

For perfectly buttered corn on the cob, use this **Corn Butter Spreader**. Its contoured bottom easily slides along corn cobs as a plastic pusher spreads the butter. Each push-type butter spreader comes complete

with a convenient cap for sanitary refrigerator storage. The lowest price we found this item for is \$1.79. Word search "corn butter spreader" to get your helpful tool.

Get A Grip...

...with the **Great Grip Twister**. These versatile thermoplastic knob covers combine a non-skid grip with a built-in lever design to help



anyone with a weak grip or dexterity problems. The grips are 2" long with an inside diameter of 1 3/8".

When soaked in warm water, they stretch up to 4 times their original size. The grips can be used on difficult to manipulate surfaces such as doorknobs, faucet handles, outside Faucets and gardening tools. Latex free, they



come 2 grips to a set. A glow in the dark option makes it easier to find the door at night or in an emergency. Word search "grip great disabled" to learn more about this item. The lowest price we found is \$6.95.

This Device Keeps Your Door Securely Locked When You're Inside

While deadbolts have always provided protection from burglars and home break-ins, more burglars are now using a bump key that unlocks deadbolts from the outside. The **Super Grip Lock** is an industrial-strength safety strap that keeps the deadbolt knob

from being turned. The vendor claims that this tool is recommended by the police. It is easy to use and when the device is attached correctly, it



prevents the knob from being turned. You can use it at home or while staying in a hotel. This item is available online from various vendors that sell assistive technology products for \$7.95 to \$10.95. To find a online vendor your choice, search the words "super grip lock, strap".

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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TOOLS for Independence

Volume 5 Issue 9

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