



August 2014

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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)

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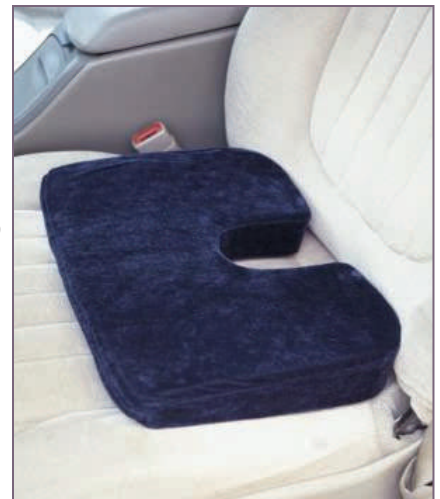
The nonprofit Independent Living Partnership (ILP) - working for the rights of all to live independently in their own homes and communities.

## **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).

## **Add Seating Comfort To Your Favorite Chair**

Relieve lower back pain. Ease tension and fatigue. And travel in greater comfort, with the orthopedically designed **Wedge-Shaped Cushion**. It eliminates the sinking effect on downward-sloping car seats, deep armchairs and soft sofas. Provides a level surface that lets you sit straighter and has a cutout section that eliminates painful pressure on your tailbone. Made from durable foam, with a washable poly velour zip cover that blends into most settings. The cushion is 16" x 12" x 1½" to 3" high. This and similar cushions are available from your choice of vendors for less than \$8.00. Search the words "wedge shaped cushion" to add more comfort to your chair.



## **Slips On ... Slips Off**

Pop this clever **Spray Can Tool** onto a standard spray can, and give your hand a break. Its arthritis-friendly and ergonomic design features a full-grip trigger that's easy to grasp with all your fingers. This gives you greater balance and eliminates finger, wrist and forearm strain. Made in the USA of 100% polypropylene, it slides over the nozzle of your can, and then slides off when you are done. About 5" x 5½" x 1½". This tool works on hairspray, furniture polish, spray paint, lubricants, spray starch, even those cans of spray butter in the kitchen and more. Search the words "spray can tool" to find the vendor of your choice. The least expensive price we found this tool for is \$9.00.



## Simple To Use Carton Holder

Just put this sturdy **Carton Holder** handle on a carton of milk or juice, and you are ready to pour. The vendor says this handy kitchen item is ideal for arthritic hands, or hands that have trouble gripping a bulky container. Constructed



of polypropylene plastic and is dishwasher safe. This item comes in a gallon size carton holder also. Search the words "gallon quart carton holder" to find the size and style you prefer. These and similar products are available

from various online vendors for less \$3.95.

### August Is:

- ▶ National Juvenile Arthritis Month
- ▶ National Social Wellness Month
- ▶ National Recreation & Parks Month

### Martha Stewart

August 3, 1941-to present

Martha Stewart is an American businesswoman and television personality. As founder of Martha Stewart Living Omnimedia. She has written numerous bestselling books and is the publisher of the *Martha Stewart Living* magazine, while her syndicated show, *Martha* (2005–12), is broadcast internationally.

*"If you learn something new every day, you can teach something new every day".*

*Martha Stewart*

### VENDOR RESOURCE LIST

- Active Forever: [www.activeforever.com](http://www.activeforever.com)  
1-800-377-8033
- 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
- Maxi Aids: [www.maxiaids.com](http://www.maxiaids.com)  
1-800-522-6294
- Medical Goods: [www.medicalgoods.com](http://www.medicalgoods.com)  
1-888-557-0256
- Sight Connection: [www.sightconnection.com](http://www.sightconnection.com)  
1-800-458-4888
- 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
- Target.com: [www.target.com](http://www.target.com)
- 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)

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*.

## More Than A Tissue Box

This clever **Lighted Tissue Box** does triple duty as a decorative cover, a night light and a valet. Crafted in plastic with a handsome charcoal matte finish, it covers that unsightly tissue box and makes it into an attractive

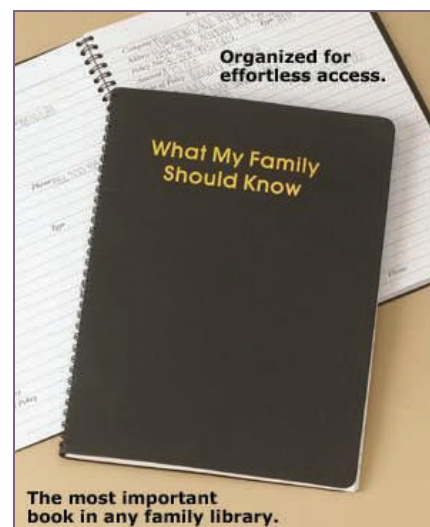


display piece for your nightstand. In addition, when you need a night light, a push of a button turns on the built-in lights around the perimeter. A recessed area on top features a soft velour like surface for

storing eyeglasses, watch and jewelry at bedtime. It measures 7½" x 7½" x 7½", uses two AA batteries, not included. The lowest price we found this item for is \$19.00. Search the words "tissue box light" to find this and other tissue boxes that would suit your needs.

## Estate Planning Book

Leave vital information behind in this **Estate Planning Book**. It will be logically organized and easily accessed in "What My Family Should Know." This important book provides a place to store extensive details about life insurance, bank accounts, savings/loan and credit union accounts. In addition, investments, properties, safe deposit boxes and their contents and a list of personal advisors, including attorney, trustees and such that those who survive will need immediately. Measures 8½" x 11½" is a soft cover spiral-bound format with 116 pages. This and similar products are available from various online vendors ranging in price from \$19.99-\$499.00. Word search "estate planning book" to find a planner that would best fulfill your families' questions and answers .



## Just Lift, Place And Slide Your Furniture

Save your aching back and easily move furniture with this **EZ Moves Furniture Moving System**. Its metal power bar and eight 2-in-1 slides let you rearrange a room, level appliances and more. Ergonomically shaped bar is designed with an adjustable pivot point and protective tip. The vendor says it gives you ten times your normal strength so you can lift up corners of furniture with ease. Plastic slides slip under corners enabling the heaviest of pieces to glide across floors with a mere push. Then slide out the pads when you are done. The pads are dual-sided foam and felt inserts, slides work on carpet and hard surfaces. Bar measures about 21-1/2" x 9" x 2"; each slide about 5-1/2" x 3-3/4" x 5/8". Open the link to view a video on how to use this assistive technology tool. <http://www.youtube.com/watch?v=PYByApiwbbk>. The price range for this item from various online vendors is \$14.95- \$19.95. Search the words "EZ moves furniture systems".



## Mary Wasn't Always This Happy!

She is quite elderly. She doesn't drive anymore. Her family and friends have all gone ahead. She is very frail and needs a walker to be able even to take a few steps. BUT she gets to her doctor when she needs too now! She gets to the store, goes to church, has new friends, eats out occasionally with her volunteer who is her new friend, and she even gets her hair done. People with TRIP assistance tell us they have less stress, more freedom, enjoy life more, are happier, have better health, feel more part of their community, and have more fun!! Her days used to be filled with worry... but she is doing fine now!! To learn more about this life saving program please visit our website: [www.ILPconnect.com](http://www.ILPconnect.com) The TRIP rider-centered volunteer driver program has been adapted for use in many communities in California and others are now in the planning stage.



## This Device Provides A Total Body Workout

Enjoy all the benefits of bicycling and aerobic exercise. The vendor says that the **Total Body Exerciser** is ideal for cardiovascular health and muscle toning and will help improve your circulation right from the comfort of your favorite chair. This exerciser works your arms, legs, core and back muscles at the same time without putting too much stress on your joints. No need for bulky equipment to get a total body workout. Adjust the height and tension to meet your needs and exercise level. The device is made of durable carbon steel, is lightweight, and has pedal straps for safety. Put your workout shoes on and get started exercising. We found this product online for \$39.00. Word search "Total Body Exerciser" to find this device and similar exercising equipment. Note: Check with your physician before starting any kind of exercise program



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**

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