

TOOLS for Independence™

making your life at home easier and safer



October 2015

Brought to you by:

THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

On the web at:
www.ILPconnect.org

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—

Ability Tools 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 <http://abilitytools.org/>

Keep Your Personal Items Within Reach

The legs of this **Personal Table Mate** easily slip under furniture, letting you pull the table up close.



The tabletop adjusts at three angles; legs adjust in height from 22" to 29". This snack or personal table weighs just 6 lbs., yet the vendor says it will support 50 lbs. It has a wood grain look finish and a cup holder. Made of steel and polypropylene, the table folds to 20- 3/4" x 20 3/8" x 3". The lowest price we found for this is \$34.99. To find this item online,

search "Personal Table Mate". Perhaps this **Armchair tray** (right) is more what you are looking for. It can hold items, like snacks and note pads. The armchair tray has pockets for magazines, remotes, and DVDs. It is made of faux leather with nonslip backing and measures 23 1/2" long x 13 1/4" wide. We found this **Armchair Tray** for \$25.00. Search "Sofa Pockets" to find which product will suit your needs best.



Maintain Healthy Hands...

...by exercising with silicone putty. The Vendor says it's an



convenient way to maintain hand function. The **Hand Exercise Putty** is soft and airy, making it easy to squeeze, pinch and stretch as you work your muscles. Price range for this item from online vendors is \$3.99 - \$6.99. Search the words "hand putty exercise therapy."

Please visit our FaceBook page and like us:
<https://www.facebook.com/pages/Independent-Living-Partnership>



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Click here to help:
<https://smile.amazon.com/ch/33-0464739>

October Is:

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

Special Days in October

- ▶ Columbus Day, October 12th
- ▶ Halloween, October 31st

Lee Iacocca
 October 15, 1924

Lido Anthony "Lee" Iacocca is an American automobile executive best known for spearheading the development of Ford Mustang and Pinto cars, while at the Ford Motor Company in the 1960s, and then later for reviving the Chrysler Corporation as its CEO during the 1980s

"To succeed today, you have to set priorities, decide what you stand for".

Lee Iacocca

VENDOR RESOURCE LIST

- Active Forever: www.activeforever.com
 1-800-377-8033
- Amazon: www.amazon.com
- Arthritis Supplies: www.ArthritisSupplies.com
 1-800-750-0376
- Bright Life Directs: www.brightlifedirect.com
 1-8977-545-8585
- Diabetic Shoe Hub: www.diabeticshoeshub.com
 1-623-455-6258
- 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
- Maxi Aids: www.maxiaids.com
 1-800-522-6294
- Sight Connection: www.sightconnection.com
 1-800-458-4888
- 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
- Target.com: www.target.com
- The Alzheimer's Store: www.alzstore.com
 1-800-752-3238
- The CareGiver Partnership:
www.caregiverpartnership.com
 1-800-985-1353
- Walgreens: www.walgreens.com
- Walmart: 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.

This Lamp Simulates Natural Sunlight For A Better View

The **Sunlight Low Vision Table Lamp** produces natural sunlight indoors. The vendor says you will be able to read comfortably for longer periods of time without suffering glare or eyestrain. The **Sunlight Low Vision Table Lamp** provides natural light that is clear and



bright. The desk lamp is perfect for reading, engaging in your favorite hobbies or working at the office. With this lamp you can enjoy true, accurate, more vivid colors in your art and needlework. These

and similar products are available from various online vendors for less than \$39.99. Search the words "low vision lamps" to find the lamp that best suits your needs.

Stay Warm This Winter with a Comfort Zone for Sensitive Feet

Place the **Foot-Free Pillow** at the foot of the bed to relieve the aggravating weight of blankets and sheets. The breathable space reduces pressure, pain and irritation on sensitive feet without sacrificing warmth. The vendor says that this pillow is ideal for anyone who is recovering from surgery or who suffers from poor circulation, bunions and ingrown toenails, joint pain and arthritis, and other foot and leg problems. It is made of 100% polyurethane which is a fire resistant foam. This pillow measures 17" long x 8" deep x 9" high. The cover is removable and washable. It is available on online for \$29.95. Search using the words "foot free pillow" to find the pillow that suits your personal needs.



Stop Reaching For The Potholder

Keep your hands safe from burns with the **Stay Cool Grip**, a secure, convenient alternative to



traditional potholder and oven mitts. Designed for a range of handles sizes, simply slip the durable heavy-duty silicone over the pot handle and you will be able to get a good grip without worrying about getting burned. Word search "Stay cool grip hot pots". This product sells for \$6.95. Also available are **Cool Touch Pot and Pan lid Grips Handle Covers** made for hot metal lid handles. They're made of black rubber composite material, latex-free and BPA-free.

Just squeeze the grip to place on the handle on the lid. We found this item for \$12.95 for a set of 3 grips. There are similar grips available from various online vendors. Search the words "lid handle grips" to find the grips that work best for you.



Limit Heavy Lifting On Wash Day...

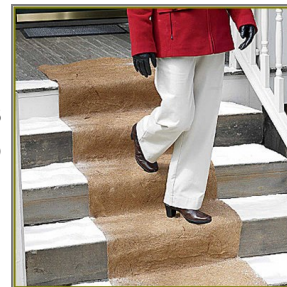
...with the **Laundry Trolley**. This wheeled cart lets you roll the laundry to the machine or clothesline without bending or heavy lifting.



Made of a sturdy steel frame and heavy-duty plastic wheels, It holds most square or oval laundry baskets. Just place your basket on the trolley and push. It weighs 8 lbs. and folds for storage. Assembly required. Search the words "laundry trolley" to find your laundry helper. We found this trolley online for \$39.99- \$59.99.

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 a roll. Search the words "no-slip snow carpet" to find a supplier of your choice.



Do You Need Trip?

The Trip Transportation program, offered by the Independent Living Partnership, is one of the special services in Riverside, CA and other counties that assists people in accessing medical transportation services and other resources to help them remain independent as long as possible. Trip reimburses volunteer drivers for miles driven to transport individuals where no transit service exists or when the person is too frail, ill or unable to use public transportation.. For more information on the TRIP Transportation Program; visit; ILPConnect.org

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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