

# TOOLS for Independence™

*making your life at home easier and safer*



November 2016

*Brought to you by:*

THE TOOLS FOR  
INDEPENDENCE INITIATIVE  
OF THE

**INDEPENDENT  
LIVING  
PARTNERSHIP**

On the web at:  
[www.ILPconnect.org](http://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/>

## **A Handy Kitchen Helper**

The **Sticky Bowl Gripper** holds mixing bowls, plates and platters securely down on a flat surface. With one side bigger than the other, this mixing bowl gripping aid can accommodate a large range of bowl sizes. Simply place the Sticky Bowl onto any smooth surface and secure the mixing bowl by pressing down in the center. The suction keeps the bowl in place and prevents it from moving or suddenly sliding across the counter top. To release the bowl, pull up on the round knob on the side to release the suction. Made from non-porous high quality food grade silicone, the Sticky Bowl Gripper does not trap odors and can withstand temperatures of up to 250°F. It is dishwasher safe. Online price for this handy kitchen tool is \$19.99. Search the words "Sticky Bowl Gripper" to help assist the chef in your home.



## **Get Your Game On...**

... with these **Extra-large Checkers** and versatile playing surface make this game ideal for children and seniors alike. Playing surface is of a natural fiber composition. Includes: 12 black and 12 red oversized 3" checker pieces for playing checkers, 30 traditional sized checker pieces in 2 colors, plus 2 dice to play backgammon, and a 28" square "board" with checker board on one side and backgammon on the other. Includes everything needed to play checkers and backgammon. We found this game online for \$10.95. Search the words "Jumbo checkers" to have your game delivered for family fun game night.



## A Little Help for Man's Best Friends

**Automatic Pet Feeder** allows the users to eliminate the need to bend and constantly fill a dog's feed bowl. It is designed for use by individuals with arthritis, back injury, low vision, stroke, traumatic brain injury, or vertigo. There are many



different kinds of pet feeders, some with timers, some that the door drops down to protect food from rodents and moisture. Search the words "automatic, pet, feeders" to do the research that will best suit your family's pet needs. Prices range \$17.95 and up.

### November Is:

- ▶ National Alzheimer's Disease Month
- ▶ National Aids Awareness Month
- ▶ Lung Cancer Awareness Month

### Special Days in November

- ▶ Veteran's Day November 11th
- ▶ Thanksgiving's Day November 24th

### Vince Scully

Born November 29, 1927

Vincent Edward "Vin" Scully is an American sportscaster. His 67 seasons with the Dodgers, starting in Brooklyn in 1950 and ending in 2016, comprise the longest tenure of any broadcaster with a single team in professional sports history.

*"It's a wonderful feeling being a bridge to the past and unite generations". Vin Scully*

## VENDOR RESOURCE LIST

Active Forever: [www.activeforever.com](http://www.activeforever.com)  
1-800-377-8033

AllMed: [www.allmed.com](http://www.allmed.com)  
1-800-225-2610

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

Maxi Aids: [www.maxiaids.com](http://www.maxiaids.com)  
1-800-522-6294

Sight Connection: [www.sightconnection.com](http://www.sightconnection.com)  
1-800-458-4888

Simple Comforts: [www.simplecomfort.com](http://www.simplecomfort.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)  
1-800-591-3869

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

The Grommet.: [www.the.grommet.com](http://www.the.grommet.com)

Walgreens: [www.walgreens.com](http://www.walgreens.com)  
1-800-925-4733

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.**

## Slip, Trip And Fall Prevention Will Keep Older Adults Safe And Independent

The **National Safety Council** offers some statistics about older-adult falls and some solutions for keeping your loved ones safe. Today, Americans are living longer while staying active and healthy. But adults 65 and older are at risk for falls, which can signal the beginning of the end of active life and independence. Injuries from falls can lead to limited activity, reduced mobility, loss of fitness and a fear of falling, all of which increase risk of additional injury. Falls also are the leading cause of injury-related death for adults age 65 and older, according to Injury Facts 2016, the statistical report on unintentional injuries created by the National Safety Council. This is not surprising considering falls are among the most common causes of traumatic brain injury. About 20,400 people died from falls at home in 2014, and the vast majority of them were over age 65. The Good News! Falls are preventable and aging, itself, does not cause falls. Some of the underlying causes of older-adult falls, such as muscle weakness, medications that cause dizziness, improper footwear, impaired vision, slick floors, poor lighting, loose rugs, clutter and uneven surfaces, can be improved. While falls can happen anywhere, they most often occur at home. What can you do to make your home or the home of someone you love safer?

- Remove clutter, small furniture, pet gear, electrical cords, throw rugs and anything else that might cause someone to trip
- Arrange or remove furniture so there is plenty of room for walking
- Secure carpets to the floor
- Use non-skid mats or appliques in the bath and shower
- Install grab bars in the tub, shower and near the toilet
- Place nightlights in kitchen, bath and hallways
- Make often-used items more accessible, like food, clothing, etc., so an older person won't be tempted to use a stool or ladder to get to them.



## Increase Your Range Of Motion

The **Range Master Shoulder Wand** is a collapsible stretching bar designed for performing therapeutic exercises for increasing range of motion in the shoulder. The patent-pending design with an ergonomic handle assists in maintaining the proper hand position. The parts securely connect together with threaded ends to prevent separation during exercises. The secure connection design also accommodates isometric strengthening exercises at the end of range. The lightweight, folding wand can be easily stored or transported for users to perform stretching exercises when at home, or when traveling. The online price range for this tool is \$16.95-\$21.00. Search the words "shoulder wand" to learn more about this therapeutic tool and other like products.



## Non-Slip Surface Is Not Sticky Or Tacky

Are you a wheelchair user who often needs a table or can't find a desk? The **GRIP Solutions Long Lap Board** is a lightweight, flat lap tray that you can take with you anywhere! The lap board was designed with wheelchair users needs in mind. This non-slip, nonbending multiple use lap tray



pad will fit comfortably on a person's lap while sitting in a wheelchair, sofa, or power chair. This lap tray is textured with pebble like grip for carrying a variety of items including plates, cups, iPad, iPhone, books, papers and items for work or home. The light-weight long lap board measures 8" wide x 18" long, and helps to make life easier by preventing items from slipping or sliding during daily activities. The lap board is a mobility aid designed to make life easier for wheelchair users. Check out this link to learn more about the lap board and other non-slip products. [Grip Lap Board](#). The price for this lap board is \$39.99

## Mealtime Help...

...with the **Food Cubby Food Divider**. The silicone food dividers are a simple solution for people with special needs or older people who need help at mealtime. The semi-circle cubbies suction onto your plate, but they do more than just keep foods separate. The cubbies create a "wall" to help push food onto a fork or spoon. Check out this link to learn more about this meal aid. [FoodCubbyFood Divider](#). The Food Cubby sells for \$10.95 for a set of two dividers. Search the words "food cubby" to help make mealtime more pleasurable.



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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