

TOOLS for Independence™

making your life at home easier and safer



May 2016

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/>

Take It A Half Step At A Time...

... with the **EZ Step Cane**. Climb stairs and steps more easily and with confidence. The vendor says this is the safe boost you need for going up and down stairs. The **Ez step cane** reduces the range of motion you need to climb stairs and curbs, it helps reduce the pain of stair climbing. The textured platform is 9" Long x 9 1/2" Wide x 3 1/2" High. The telescoping handlebar with a cushion grip adjusts from 30" to 39" and can be used by right or left handers. This step cane doubles as a quad cane for walking. It is easy to assemble, weighs just 2 pounds and can support up to 400 pounds.



To see how the step cane works, watch the video [EZ Step Cane](#).

We found this assistive tool for \$89.00- \$120.00 online. You can search "step cane" to find the vendor of your choice.

Stop Fussing With Bulky Pillows...

...and enjoy the support of this **Adjustable Backrest**. You can choose from 5 different positions starting with as low as 3 1/2" to the upright sitting position. The vendor says this **Adjustable**



Backrest is idea for those with acid reflux. The frame is a lightweight powder coated aluminum that folds flat for storage. The backrest is covered in a blue mesh that allows for easy cleanup and superior breathability. This product is available online from various vendors for \$41.95 - \$59.95. Word search

"adjustable backrest bed" to help yourself be more comfortable.

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 item for is \$8.95.

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

First Line Solutions: www.firstlinesolutions.com
1-909-227-9821

Gold Violin: www.goldviolin.com
1-877-648-8400

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
1-800-591-3869

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
1-800-925-4733

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.

May Is:

- ▶ National Older Americans Month
- ▶ National Foster Care Month

Special Days in May 2016

- ▶ Mother's Day, May 8th
- ▶ Memorial Day, May 30th

Clint Eastwood Birthday is May 31, 1930

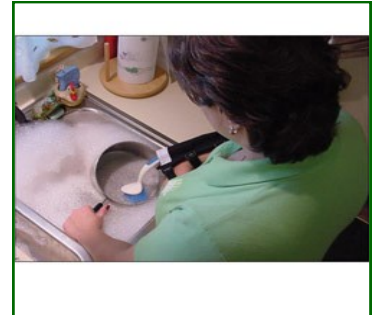
Clint Eastwood made his name as a popular television and film actor, and went on to become an acclaimed filmmaker, directing several Academy Award-winning films.

"When you're young, you're very reckless. Then you get conservative. Then you get reckless again".

Clint Eastwood

Give Yourself a Helping Hand

Lend-A-Hand® is a universal assist tool. 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, this assistive technology tool 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. You can view this video to learn more about this useful tool: [Lend A Hand](#) .This tool is available online from various vendors for \$74.95 to \$109.95. Search the words "lend a hand arm support" to find this and like products that can provide extra support when you need it.



Feed Your Pet Without Straining Your Back

No more bending or stooping to feed your pet! The **No Bend Pet Bowl** has an easy grip adjustable handle that extends from 18" up to 28.5" high, allowing you to handle pet bowls from a standing position. Featuring removable handles, the two 9" diameter bowls are dishwasher safe. This pet bowl is great for seniors or anyone who could benefit from the convenience of not having to reach down or stretch into a painful position to feed their pets. Click on the link to check out this video for more information on this assistive technology product. [No Bend Pet Bowl](#) The price range for this item from various vendors is \$11.95 to \$16.95. Search the words online "no bend pet bowl" to find the vendor of your choice.



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.



Dementia Digital Calendar Day Clock

This digital calendar clock by **DayClox** clearly spells out the full day of the week and the month (and date) in large, bold letters, without confusing abbreviations. Most clocks available today will abbreviate the display of the month and the day. This may be fine for the rest of the population, but for our loved ones with Dementia, early stages Alzheimer's or just simple advancing years, these abbreviations are often too confusing to process. This clock displays complete words only, no abbreviations. The vendor says this quiet reminder clock or 8" digital calendar day clock with an LCD screen has the clearest and easiest to read display available & it automatically dims at 7:00 p.m. for nighttime use. This clock has everything. It displays the full DAY, TIME and DATE. Anyone can enjoy this wonderful clock. It's sleek & contemporary design will look great anywhere in your home or office. This clock can display 12 hour am/pm or 24 hour military time. It can be wall mounted or just pull out the kickstand and display it on your desk or counter. Overall Dimensions: 8.5" wide x 6.75" high x 1" deep (4.5" deep with Kickstand). 8" diagonal display screen. The clock requires an A/C adapter (included) to operate. Does not run on batteries. To view more information about the **DayClox**, click on the link [Digital Calendar Day Clock](#) . We found this clock online for \$64.00-\$109.00 Search the words "dayclox" to find this clock or search "display calendar clocks" to find another style or type of clock that best fit your needs.



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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Editor: Karen Long

Managing Editor: Richard Smith

E-Mail: Editor@TOOLSforIndependence.org

951-653-0740

6235 River Crest Drive, Suite C
Riverside, CA 92507-0758