

TOOLS for Independence™

making your life at home easier and safer



September 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/>

Comfort Wherever You Sit

Enjoy the most comfortable seat in the house with the **Royal Tush Cushion**. Its wedge shape helps restore your spine's natural lumbar curve and keep it properly aligned. At the same time, it helps prevent "slouching" which contributes to lower back pain. And with a special cutout section, it helps take pressure off your tailbone for hours and hours of seating comfort. Made from polyurethane foam, the cushion's machine wash and dry zippered cover features a soft fleecy polyester on one side that pampers your derriere and a nonskid polyester backing on the other. Great for travel, home, car, wheelchair use and more. It measures about 16" x 14" x 3". The price range for this item, from various vendors, is \$10.00-\$14.00. Search the words "tush cushion" to view this and other like products .



Reach It . . . Then Retrieve It

Do your back a favor and let this handy **Higgins Utility Hook** reach those inconveniently placed objects for you. This simple but effective tool has no moving parts, no grip to squeeze, no trigger or parts to break. Just a hook at the end that can get around many objects or snag handles that a claw device can't. About 28" x 6¾" and made of recycled polypropylene with reinforcing ribs for strength. It pulls down garage doors or opens gate latches out of reach. It hauls recycling bins to the curb, drags your laundry basket, retrieves things behind furniture or the dryer, and grabs items from a truck bed all without bending, stooping or straining. This assistive technology tools can be found online by searching the words "all-purpose Higgins utility hook" and sells for \$9.00-\$12.00.



Summon Assistance With A Ring Of A Bell

This easy-to-grasp **Long Handled Call Bell** is ideal for those with mobility issues and a must have for anyone who is bedridden. Made of polished steel, its long metal striker delivers a clear, loud ring that can be heard over the sound of TV or other household noises. It lets caregivers or family members know you need assistance in a dignified manner and without the necessity of yelling. The extra-long, black wooden handle, bell is not only easy to grasp, it's also easier to reach for those with disabilities. It measures 4½" x 2½" in diameter. This bell is available online for \$5.00- \$14.00. Search the words "long handle call bell" to find a simple way to summon help.



September Is:

- ▶ National Guide Dog Month
- ▶ National Yoga Month
- ▶ Leukemia Awareness Month

Special Days in September

- ▶ Labor Day; 5th
- ▶ Grandparents Day; 11th

Jimmy Fallon's Birthday 9/19/1974

Jimmy Fallon is an comedian and actor. He hosted NBC's Late Night with Jimmy Fallon from 2009 to 2014, then took over as host of The Tonight Show.

"Anything I learned was just work hard, just keep working and don't worry about the outside stuff. Whatever happens will happen".

Jimmy Fallon

VENDOR RESOURCE LIST

- Active Forever: www.activeforever.com
1-800-377-8033
- AliMed: www.alimed.com
1-800-225-2610
- 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.simplecomfort.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

AGING "SMART"

In a recent survey by the Global Social Enterprise Initiative at Georgetown University's Mc Donough School of Business and Philips Lifeline, 96% of senior respondents said it's important to be as independent as possible as they get older. For seniors to maintain that independence, it pays to age "SMART" By combining basic physical and mental wellness techniques with technology, seniors can continue living the full, active lives they want and deserve. Consider these ideas:

S- Stay Active, Eat Healthy: Activities such as walking and light weight lifting can help with balance and agility, preserving mobility and making you less likely to fall. Group classes designed for seniors can be a great way to stay fit and socialize. Eat lots of fruit and veggies, lean proteins and smart carbohydrates. High Blood Pressure can be of particular concern with age, so diets should be low in sodium.

M- Mental Fitness: Your brain needs a workout too. Studies have associated activities such as reading, playing a musical instrument, learning a new language, playing memory games and other cognitively stimulating exercises with a slower rate of mental decline. Staying sharp mentally can help you maintain your independence by empowering you to manage everyday tasks.

A- A Good Night's Sleep: Lack of sleep can impair your memory, slow reaction time and exacerbate other conditions. Keeping a regular schedule, avoiding caffeine and sleeping in the dark, relaxing environment can help.

R- Remembering Medications: It can be tricky to keep track of your medications but getting doses and timing right are crucial to maintaining your independence. One in ten senior hospitalizations is related to medicine mismanagement. The good news is there are lots of tools out there to help, some as simple as plastic pill-organizing boxes. More advanced solutions include mobile apps that send a reminder when it's time for meds and automatic devices that dispense pre-sorted medications at preprogrammed times.

T- Technology To Keep Connected: E-mail, Facebook and Skype can be great ways to stay connected with family and friends. You can watch your grandkid's soccer game from halfway around the country or catch up with friends you haven't seen in decades. Isolation and loneliness can take a huge toll on mental health, so it's important to maintain and create relationships. Technology also keeps seniors connected to help and lets them go about busy, active lives with fewer worries. Mobile response apps can connect seniors to a call center with the simple click of a button in the case of an emergency. Some even come equipped with fall detection technology that can signal for help if a fall occurs.

Something To Write About...

An opportunity to celebrate and share ourselves by putting our life stories in writing. Celebration by preserving our autobiographies in writing allows us to share our stories with future generations.

For more information get in touch with: <http://www.thememoirnetwork.com>

This Lamp Simulates Natural Sunlight For A Better View

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

Keep Track Of Your Steps

With this easy to use **Talking Pedometer**. This pedometer has multiple functions, clock, alarm and built-in safety feature. Clip it to your waist as you walk or jog. The unit counts steps, calories burned, distance traveled and time walked.



It also displays results on a large LCD screen.

Press the "talk" button and it announces them.

Or set the device to "auto report"

to hear voice announcements at preset intervals.

In addition, in an emergency, pull the lanyard and a panic alarm emits a loud pulsing sound to summon help. It measures about 3¼" x 2" and uses four

AG13 batteries. This and similar pedometers are available from your choice of vendors for less than \$3.99. We find this pedometer for \$15.00. Search the words "talking pedometer alarm" to get started in your daily exercise.

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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