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THE TOOLS FOR
INDEPENDENCE INITIATIVE
OF THE

**INDEPENDENT
LIVING
PARTNERSHIP**

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You Need.....
Or How You
Improvise to
Make Your Life
Easier**

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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.

Cane With A Light For Walking At Night

No more nighttime falls with the **PathLighter Lighted Walking Cane**. The cane features a super-bright xenon lamp positioned on the cane shaft to create a circle of light that safely shows you where you are going. While most lighted canes using LED lights offer only a limited lighting area, the vendor says that this cane casts a large circle of light that creates an illuminated pathway as you walk. According to the vendor, the cane will support up to 250 pounds and features an adjustable height from 34" to 39". Three AA batteries (not included) are required. There is a 30 day money-back guarantee. It is \$45.00 and you can check it out at the CareGiver Partnership. Visit

www.caregiverpartnership.com
or call 1-800-985-1353 (or 1-920-729-7091 locally). Item #AOPL-1000-1.



Tired Of Struggling To Tie Your Shoelaces?

With the **Coilers No Tie Shoelaces**, all you have to do is tighten or loosen your shoelaces, eliminating the dexterity and finger-strength challenges of making knots. These laces have no pressure points so they permit full natural movement. The coiled shoelaces are designed specifically to allow you to slip your shoes on safely and easily without having to tie the laces. The laces come in black or white, are sold in pairs and fit up to eight pairs of eyelets. NOTE: The vendor says that due to hygiene regulations, these items cannot be returned. They are available at \$3.95 per pair from Active Forever, www.activeforever.com or



call 1-800-377-8033. Item #A16001001 (black) and A1601003 (white).

No More Guessing—If Water Is Too Hot Or Too Cold

Apply the tip of the **Talking Digital Thermometer** to whatever you are cooking and even to your bathwater and within five seconds a clear female voice tells you the temperature. The probe operates on a Lithium battery (included) and automatically powers off to help preserve battery life. Tem-

perature readings range from -4F to +248F, and the probe activates at the touch of a button. The probe itself is 5" long, and the overall length of the thermometer is 9-1/2". It is available for \$28.95 at Maxi-Aids. Visit www.maxiaids.com or call 1-800-522-6294, TTY 1-800-281-3555. Item #300161.



Make Getting Up From Your Lounge Chair Easier

This specially designed riser will give you the leverage you need to get in and out of your chair with total ease and comfort. The **EZ Up Chair Riser** is made of sturdy steel tubing and features comfort grip handles and adjustable arms so you can use it on your favorite chair. It measures 32-1/2" x 24" x 23-1/2" and is priced at \$49.98. Learn more at Harriet Carter by visiting www.harrietcarter.com or by calling 1-800-377-7878. Item #G2136.

Towel Racks Are Not Grab Bars....

No more grabbing the towel rack when you lose your balance - the **Safety Tub and Shower Bar** features suction cups that lock securely on smooth surfaces like porcelain or fiberglass, so it will provide a steady hold on the edge of a bathtub or shower wall. Special levers flip up when you want to remove or reposition the grabber. And this model comes with a



red/green changing safety indicator so you can easily check to make sure the grabber is securely attached to the surface. It measures 11" x 3" x 3-1/4" so you can easily take it with you when you travel. It is available for \$17.95 at Aids for Arthritis. Find out more by calling 1-800-654-0707 or visit www.aidsforarthritis.com. Item #8-03.



These Mugs Are Made For Hugging

If you have trouble gripping ordinary mugs, here is a handy alternative. The **Easy-Grasp Mug** is lightweight and durable, and it is specially engineered so you can slip one hand through the oversized handle, placing your thumb on top for leverage. Then you wrap your other hand around the mug itself, and your fingers fit naturally into the deep rounded grooves for stability. A

dual wall design protects your hands from heat and cold while the beverage keeps its original temperature. It is made of lightweight polycarbonate but has the look of ceramic. The mug holds 10 ounces and is microwave and dishwasher (when on the top shelf) safe. It is available at Make Life Easier for \$10.00. Visit www.make-life-easier.com or call 1-800-522-0227. Item #19172-7.

Check Out The TOOLS Resource Center —

Our new TOOLS Resource Center features links to organizations, other Web sites and groups that can provide you with useful information and help with your questions about assistive technology, caregiving and independent living. Our web site also hosts a blog written by TOOLS editor Michael Carbine with news, updates and notes of interest, and a collection of back issues of the *TOOLS for Independence* newsletter. You can also take a survey and tell us how we can make TOOLS more helpful and useful for you. Visit us at www.TOOLSforIndependence.org.

Keep Hands Safe From Hot Pot And Pan Handles

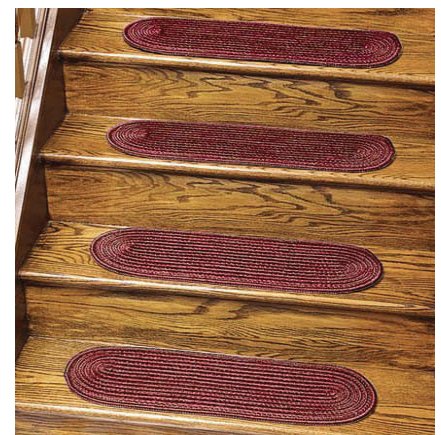
If you have steel cooking ware, you know how easy it is to burn your hands when you touch the handle. But that is a thing of the past with these **Stay Cool Grips**. The vendor says that because the grips are made of durable heavy-duty silicone, they can protect your hands from temperatures as high as 482 degrees F (250 degrees C).



They are designed to fit various handle sizes without slipping, are easy to clean, dishwasher safe, and they can be stored in a drawer or hung on a hook. The grip measures 7" long x 1-3/4" wide x 1-1/8" thick. It comes with a five year warranty. Cost is \$6.95 at Maxi-Aids. Visit www.maxiaids.com or call 1-800-522-6294, TTY 1-800-281-3555. Item #559022.

No More Slipping on Stairs

Slipping on the stairs is a thing of the past—and the **Braided Stair Rug Treads** are comfortable on your feet as well. The woven carpet treads adds a warm touch to wood, tile or concrete steps. They are made of soil-hiding polyester and feature rubberized backing. They can be permanently installed on your stairs with tacks (included). Each tread measures 28-3/4" x 8-3/4". There are four treads in a set and they come in natural, navy, hunter green and burgundy. They are \$19.98 a set and you can find them at Harriet Carter. Call 1-800-377-7878 or visit www.harrietcarter.com.





TOOLS for IndependenceTM

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This newsletter is published by the INDEPENDENT LIVING PARTNERSHIP (ILP)

ILP works to ensure 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.

Make Card Playing Easy On Hands And Eyes

The playing cards have large print so they are easy to see with numbers that are 1-1/2" large. Each suit is a different color so they are easily identified. There is also a fingertip controlled card holder and an automatic card shuffler that will shuffle one or two decks.



The card holder measures 7-1/2" x 4-1/2" and the card shuffler is 8-1/4" x 4-1/2" x 4". The shuffler requires two AA batteries (not included). The **Essential Card Playing Accessories** set is available for \$9 at Gold Violin. Visit www.goldviolin.com or call 1-877-648—8400. Item #91239-40.

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