

# TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



March 2014

Brought to you by the:



*“Working to empower caregivers and increase public awareness of caregiver issues”.*

Published by:

The nonprofit Independent Living Partnership (ILP) - helping people to live independently in their homes. On the web at: [www.ilpconnect.org](http://www.ilpconnect.org)

## Help Finding Assistive Technology—

Assistive Technology Network offers free information and referrals for assistive technology supplies, daily living devices, and community resources, funding and service providers throughout California. Call 1-800-390-2699, TTY: 1-800-900-0706 or visit [www.atnet.org](http://www.atnet.org).

## See Print Clearer

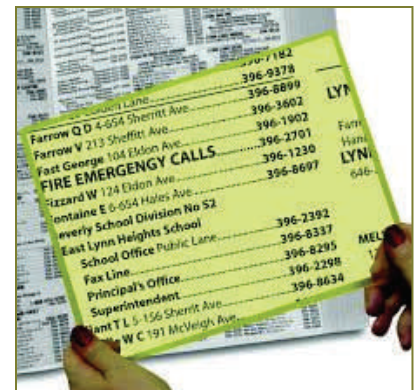
This **High Contrast Amber Magnifier** lets you see color print clearer than ever before. This full page 3X magnification and the amber color creates an ultra contrast to make black letters stand out and become clear with less eyestrain.



The vendor says this assistive technology tool is great for reading small print in newspapers, telephone books and maps. Constructed with non-breakable acrylic lens.

The magnifier is 8.5” wide x 11” tall. To find this and many other magnifier search the words “amber,

magnifier”. This item is available from vendors that sell AT products for \$9.95 to \$14.95.



## Down Alternative Allergy Free Pillow

The vendor says that this **Down Alternative pillow** is filled with Micro Gel fibers and comes with hypoallergenic, anti-bacterial, anti-fungal and anti-dust mites to guarantee an allergy free sleep.



These gel pillows are produced with a practical and versatile design to provide support to your neck and head. There are many pillow alternative products using new technology to provide the softness of down without causing allergic reaction. To learn more about these products search the words “down alternative allergy free pillow bedding”.

These and similar products are available from various online suppliers for less than \$30.00.

## E-Z Open Grip Claw

The **Juvo E-Z Open Grip Claw** can be helpful for those who have limited flexibility in their hands or wrists. The vendor says, “grip like a bear”! Made of soft silicone it feels good on your hands and can be used on either hand. It provides padding and a sure grip to help open stubborn hard-to-open jars and containers, and even doorknobs. Search the words “Juvo, E-Z, open, grip claw”. The lowest price we found this item for is \$9.95. To view a video on this handy tool, click on the link below. <http://www.juvoproducts.com/e-z-open-grip-claw-pages-54.php>



### March Is:

- ▶ National Disability Month
- ▶ National Nutrition Month
- ▶ Red Cross Month

### Special Days in March 2014

- ▶ Daylight Savings Begins, March 9th
- ▶ St. Patrick's Day, March 17th
- ▶ Springs Begins, March 20th

Samuel Moore “Sam” Walton  
March 29, 1918-April 5, 1992

Was an American businessman and entrepreneur born in Kingfisher, Oklahoma, best known for founding the retailers Walmart and Sam's Club

“High expectations are the key  
to everything”

Sam Walton

### VENDOR RESOURCE LIST

- Active Forever: [www.activeforever.com](http://www.activeforever.com)  
1-800-377-8033
- Active Medical: [www.activemedical.com](http://www.activemedical.com)  
1-866-866-2700
- 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
- LS & S: [www.Lssproducts.com](http://www.Lssproducts.com)  
1-800-468-4789
- 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
- Silverts: [www.silverts.com](http://www.silverts.com)
- Simple Comforts: [www.simplecomforts.com](http://www.simplecomforts.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
- 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
- Walgreens: [www.walgreens.com](http://www.walgreens.com)
- 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*.**

## A Little Help In The Kitchen

Quickly, easily wash and dry lettuce and other leafy greens and berries with the **Salad Spinner**.



Just fill the basket with rinsed salad greens, place the bowl, close the lid and press the top knob to spin dry. It has been 15 years since the first **OXO Salad Spinner** was introduced. The most noticeable different is the shape of the bowl which is wider at the base, flat top and redesigned to do even a better job sticking to the counter when spinning at top speed. Search the words "Salad, Spinner, oxo" The price range for this product from various online supplier is \$29.95-\$32.95.

Another handy kitchen item is the **Salad Chopper with Bowl**. Quickly transform



everyday vegetables into appetizing and nutritious chopped salads. The bowl has a continuous curve that is an constant with the blade for efficient cutting, and the rim serves as a grip for the rotating bowl while chopping. The bowl can be taken directly to the table for serving. Simply assemble salad ingredients in the bowl, chop, dress and serve. The 5.5-quart capacity can accommodate up to six servings. Both the **Salad Chopper and Bowl** are dishwasher safe for easy cleaning. Search the words" salad, chopper, bowl" to find your kitchen helper! This item varies in price range from \$24.95 to \$29.95.

## "SEE" The Knock At The Door...

...with the **Door Beacon Wireless Door Signaler**. The battery operated door knock signaler



lets you "See" the knock at the door of your room you are in. The **Door Beacon** flashes a bright LED light when someone knocks at the door and is a great solution for persons with hearing loss. Easily hangs on the inside of the door (over the top) with the included bracket or can be fastened to the door with included hook and loop. You can adjust the Hi -Low sensitivity switch to pick up the knock. Operates on a 9Volt battery (not Included) These and similar products are available from various online suppliers for less than \$29.95. Search the words "door, beacon, wireless, door signaler" to find out more about this useful tool.

## Add Additional Security To A Sliding Door

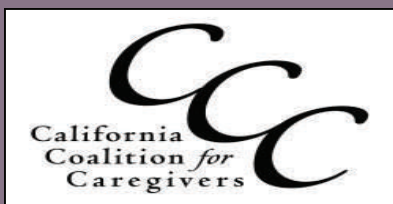
Instantly add security to your sliding glass door with the **Sliding Door Security Bar**. You will have peace of mind knowing that the bar “is on duty” guarding your home from intruders whether you are asleep or away on vacation. Adjust to the width of the door and twist to lock in place. We found this item for \$12.98. Search the words “sliding door security bar”. If you are a handy around the house type person, take a look at this YouTube Video on how to make a sliding door security bar for doors in your home. <http://www.youtube.com/watch?v=vIA1-4grib4>



## Checklist For Preventing Falls At Home

Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and disability in people age 65 and older. Those who fall once are 2 to 3 times more likely to fall again. Falls are often caused by hazards that are easy to overlook. However, these hazards can also be easy to fix.

- ▶ Move furniture so that your path through a room is clear.
- ▶ Remove throw rugs on floors or use double-sided tape or a nonslip backing so the rug won't slip.
- ▶ Always keep objects off the floor. Pick up papers, books, shoes, or other things that are on the floor



The goals of the *California Coalition for Caregivers* are to help caregivers self identify, to advocate for caregiver friendly policies and programs, to increase public awareness of the contributions and needs of caregivers, to empower caregivers to mobilize and advocate on their own behalf.

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