

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



April 2015

Brought to you by the:

**Aging and
Disability Resource
Connection
of Orange County**



www.adrcoc.org

Published by:

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

Help Finding Assistive Technology—

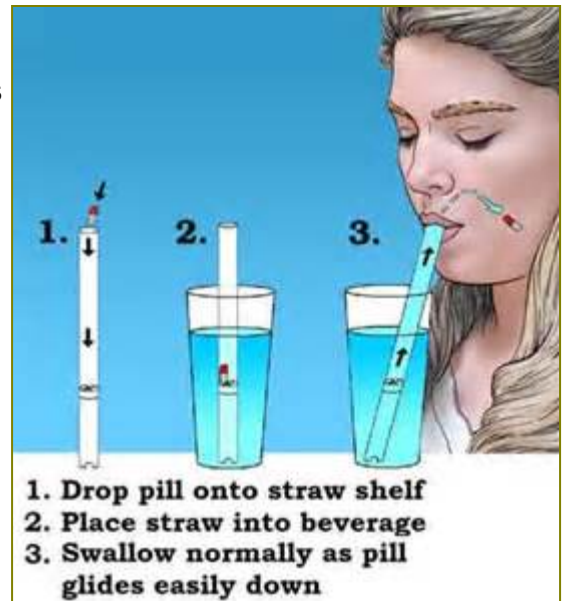
Ability Tools offers free information and referrals for assistive technology supplies, daily-living devices, community resources, funding and service providers throughout California. Call 1-800-390-2699, TTY: 1-800-900-0706 or visit <http://abilitytools.org/>

Pill Taking Just Became Easier...

...with the **Medi- Straw**. The vendor says the unique fluid action of the **Medi-Straw** suspends the pill in liquid as it enters the mouth, reducing or eliminating gagging and choking. The design allows your head to remain level while the straw holds the pill on a “shelf” in

preparation for swallowing. A flow of liquid then carries the pill into your mouth and automatically starts the sucking action that triggers the swallowing reflex, avoiding the gag response. In addition, since the pill is surrounded by liquid, the aftertaste is reduced or eliminated.

The vendor says it has been tested in medical environments and is approved for adults and children. It is available online for \$12.95, includes two straws per package. Find out more about this product by doing a word search “medi straw”.



Maintain Healthy Hand Strength...

...by exercising with this medium resistance silicone putty. It is an



easy and convenient way to regain hand function after an injury or just to stretch out your finger muscles. The vendor says the **Hand Exercise Putty** is never greasy or sticky. The putty is soft and airy, making it easy to squeeze, pinch and stretch as you work your muscles. Check this product out online. Search the words “exercise putty”.

Putty resistance strength may vary. We found light resistance exercise putty for \$3.00.

Never Tie Your Shoes Again

Replace your regular laces with **Lock Laces**. Unique patented fastening system includes two spring-activated, sliding locks to hold laces in place, two polyester-covered elastic laces (about 48" long) and two nylon cord tip clips to protect lace ends. To use, simply lace your shoes, then squeeze lock and pull laces through it. Cut laces 2"-3" below lock and insert into clip. You get a tight, comfortable fit, plus laces that won't ever come undone or need tying. \$8.00 - \$15.00 bases on style. Search the words "lock lace" to add these to your shoe fashion accessory.



April Is:

- ▶ National Autism Awareness Month
- ▶ National Poetry Month

Special Days in April 2015

- ▶ Easter, April 5th
- ▶ Holocaust Remembrance Day, April 16th

Anne Frank
June 12, 1929 – March 1945

Annelies Marie "Anne" Frank was a diarist and writer. She is one of the most discussed Jewish victims of the Holocaust. Her wartime diary *The Diary of a Young Girl* has been the basis for several plays and films. It documents her experiences hiding during the German occupation of the Netherlands in World War II.

"Think of all the beauty still left around you and be happy."

Anne Frank

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
- Gold Violin: www.goldviolin.com
1-877-648-8400
- LS & S: www.Lssproducts.com
1-800-468-4789
- Maxi Aids: www.maxiaids.com
1-800-522-6294
- Medical Goods: www.medicalgoods.com
1-888-557-0256
- 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.supportolus.com
1-800-229-2910
- Target.com: www.target.com
- 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
- 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.

Get Help In An Emergency

Help is just a "tug" away with the **Wall-Mount Panic Alarm**. Ideal for seniors or anyone needing a helping hand. Simply install the holder onto a wall using the included screws and wall anchors, then place alarm unit into holder. When assistance is needed, a pull on the alarm's 18" cord activates a loud 120dB siren and flashing red LED light to summon help. Place it next to a bed, shower or the commode. This unit features an on/off switch,



battery test button and flashing LED to indicate unit is armed. It uses two AAA batteries, not included. Made of plastic and about 3¼" in diameter. Available online for \$14.00. Search the words "wall mount panic alarm" to get your sense of security.

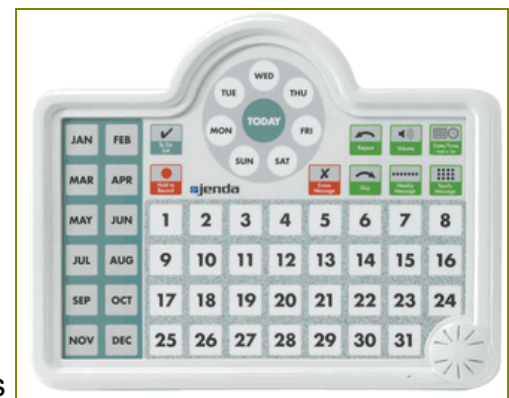
Space-Saving With Easy Access

Toilet paper and reading material are always at the right height with these **Easy Access Bathroom Accessories**. No more reaching under the bathroom sink. A nice solution for anyone with back problems. Made of sturdy metal with matte-silver tone finish, each has a hook that simply slips over the edge of the toilet tank for tool-free installation. Toilet paper holder (about 9" x 5") stores two rolls of your favorite brand, while magazine holder (about 9-3/4" x 8-1/2" x 3-1/8") ensures generous assortment of reading material stays at your fingertips. We found these sold separately for \$8.00 each. These and similar products are available from various online vendors. Search the words "space saving easy access bathroom accessories" to see items that will help make your life more convenience.



Voice Reminder Of Your Appointments

The **Lifetime Voice Calendar** reminds you with your important dates and messages recorded in your own voice. Have you ever missed an important appointment or been embarrassed because you forgot a loved one's anniversary or birthday? If you answered yes, Jenda, the **Lifetime Voice Calendar** is the perfect solution. With just the push of a button, Jenda records all of your important dates and appointments in your own voice. Jenda is fast, simple to use, essential for any busy family, office or student. Easy interface with one-touch recording ability enables you to keep your life organized quickly and easily. Uses three AAA alkaline batteries. Low-battery notice ensures your messages are always at your fingertips. This product sells for \$49.95. Word search "Jenda lifetime voice calendar" to help keep your life more organized.



Time To Make Your Life Easier

This **Modern Timepiece** offers the ultimate in easy on, easy off and easy reading style. Perfect for persons with Arthritis in your fingers and hands There are no clasps to do or undo. There are no buckles to hassle with. Its wide leather-look polyurethane strap is designed with a spring coil mechanism. Just place one end on your arm and band automatically encircles your wrist for a custom and comfortable fit. Not to be overshadowed by the band, oversized clock face is done in gleaming silver tone and features a three-handed display with easy-to-see bold black numerals, these watches come in two colors and powered by a Japanese quartz movement. We saw these online for \$10.00 each. Search the words "slap wrist watch band timepiece" to found the watch that fits your personal style and needs.



Did You Know...

...the AT Network has a **Device Lending Library** where you can find assistive technology equipment that may be of use to you in your daily activities? You can borrow this equipment for 30 days to see if it would be beneficial to you. This program is administered by the **Independent Living Partnership**.

For more information or to find a **Device Lending Library** near you, go to this website <http://abilitytools.org/> or call Toll-Free at 1-800-390-2699 or TTY: 1-800-900-0706.

Nationally acclaimed transportation assistance for isolated elderly and disabled in Riverside County is available through our TRIP Program [Read More](#). We also help get TRIP Programs started in other cities, counties and states.

...the **Independent Living Partnership** has a **Facebook** page? Go here and "Like" us. [ILP Facebook Page](#)



The Aging and Disability Connection of Orange County (ADRC) is a new program sponsored by local organizations to provide specialized information, assistance and access to community resources for seniors and persons with disabilities of all ages. Direct questions or comments about this newsletter to: Claudia Hernandez , 714-347-5763, chernandez@caloptima.org

TOOLS for Independence[™], is published monthly by the Independent Living Partnership. The Partnership is a non-profit, tax-exempt corporation. The educational programs of the Partnership are supported by sponsorships, grants, and the charitable contributions of individuals and organizations.

NOTICE

TOOLS for Independence[™], the Independent Living Partnership, and the distributor do not endorse, recommend or assume responsibility for any products referenced in this publication and are responsible only for the information presented. Product performance claims are those of the manufacturers. Prices quoted are subject to change without notice. Check with the merchant you select for current pricing.

TOOLS for Independence

Volume 7 Issue 4
Editor: Karen Long
Managing Editor: Richard Smith
E-Mail: Editor@TOOLSforIndependence.org
951-653-0740 x 21
6235 River Crest Drive, Suite C
Riverside, CA 92507-0758