

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



January 2010

Brought to you by:

Visiting Nurses
Association of the
Inland Counties
(VNAIC)



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at 1-800-498-6242 or our
web site at vna-ic.org.

If you order something shown in the TOOLS newsletter, please tell the vendor where you heard about their product.

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

Stylish iPhone Offers Caregiving Help When and Where It Is Needed

Dr. Marion's 35 years of experience as a geriatric care manager is now available whenever and wherever you need it most with the new **Elder 411** application for the iPhone and iPod touch. The application features over 500 pieces of expert advice organized into 11 eldercare topics so you can access solutions to caregiving problems as you encounter them. It also features convenient mobile access to insights, checklists and support. The application is available for download from the iTunes Store for \$1.99 (it requires iPhone OS 3.0 or later). You can read more about the application at www.Elder411.net and also access a direct link to the iTunes app store. Also available from Dr. Marion: **Elder 911**, an application you can download that provides step-by-step advice for a range of eldercare emergencies. It is also described on www.Elder411.net and is available for download for 99 cents.



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No More Struggling With the Juice Carton

Simply slip your bulky half-gallon container of juice or milk into the **Half-Gallon Easy Pourer** and you'll have a sturdy grip handle for easy pouring. You can store it with the container in your refrigerator for daily use. It is made of polypropylene and is ideal for anyone suffering from arthritis. Available from Gold Violin at \$9.95. Call 1-877-648-8400 or visit www.goldviolin.com.



HAPPY NEW YEAR—2010

Afraid of Slipping on a Wet Bathroom Floor?

This convenient alarm tells you whenever there's a puddling of water from an overflowing sink or toilet or other mishap. In addition to posing a risk of falls, pooling water also can migrate to carpeting or seep through the floor, causing considerable damage. But **The Water Alarm** sounds the minute it detects water. The monitor sits on the floor with tiny prongs in each of its three feet to alert you instantly when a puddle forms. There are no wired sensors to unplug or detach from the wall, so you can turn it off simply by picking it up. No batteries to remove or switches to turn off. And it's

easy to install. Just insert a 9-volt battery (not included) and place it on the floor. The vendor says it will operate for up to one year on the battery, and it sounds a loud 110 dB alarm for up to 72 hours. It's available for \$24.95 at The Alzheimer's Store. To learn more, visit www.alzstore.com or call 1-800-752-3238. Item #0253.

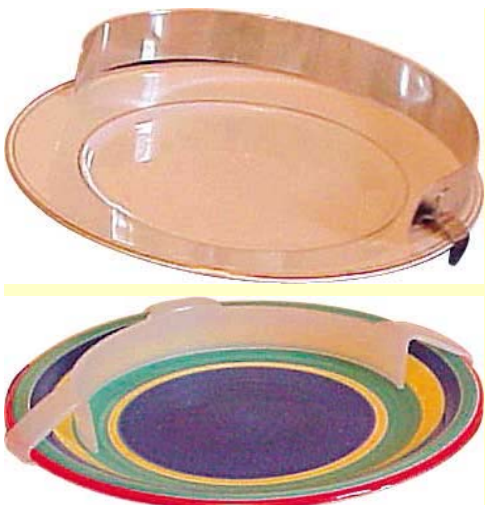


Instant Light Without the Hassle and Expense of Electrical Wiring...

...is possible with the instant peel-and-stick **Outlet Free Bulb Light**. This light features stay-cool operation that the vendor says is safer than a regular bare bulb. Yet it requires no electrical wiring. It is battery operated and looks just like a regular bulb fixture. The break-resistant plastic cover encloses a 2.5-watt replaceable light bulb that offers bright illumination. It turns on and off with the tug of the string, and you can slip the entire unit out of its mount for hand-held use. The peel-and-stick bracket attaches instantly for use in closets, pantries, stairwells, basements and other places. The device runs on 4 AA batteries (not included). The kit includes an extra bulb and optional mounting screws. It is available from Starcrest of California for \$4. View the item at www.starcrest.com or call 1-800-551-2843. Item #16254.



Prevent Messy Spills When Eating...



These plate guards fit right at the edge of the plate and create a wall that you can use to push food onto your fork and prevent food from spilling over the side of the plate. The **Stainless Steel Plate Guard** comes in two sizes, one to fit plates from 6" in diameter up to 8", and another that fits plates measuring 8" to 10" in diameter. The cost of the smaller plate guard is

\$10.40, and the larger plate guard is \$11.40. The **Plastic Plate Guard**, meanwhile, is designed to fit plates from 9" to 11" in diameter. The plastic plate guard is \$5.95. Both are featured at YouCanTooCan. Visit www.youcantoocan.com or calling 1-888-663-9396. The stainless steel guards are Item #1102. Plastic guard is Item #0337.

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Listen To Your Favorite Passages from the Bible

This is a hand-held talking Bible. And it is available in Spanish as well as English. With the **Talking Solar Powered Bible**, you can use the ear buds to listen in private, or you can use the built-in speaker for group settings. Simply press play to start or use the navigation buttons to select the New or Old Testament chapter of your choice. It is solar



powered or you can use a 9 volt DC adapter (included). The talking bible plays for up to 10 hours on a full charge. Choose from the New American Standard, King James and Spanish editions. The device measures 4-1/2" x 2-1/2" x 7/8" and is available for \$59.99 from Gold Violin. Call 1-877-648-8400 or visit www.goldviolin.com. Item #91117.

Images Are Three Times Larger Than Life...

...when they are viewed through the hands-free **3X Magnifying Screen**. This handy device makes seeing fine details far easier than juggling hand-held magnifying devices or squinting through your glasses because it is mounted on a sturdy non-tip base, rotates a full 360 degrees and stops at any angle you need for easy viewing. You can read the fine print on the small squares of a

crossword puzzle, decipher a map, repair eyeglasses, look at photos and do other kinds of fine detail work. Made of plastic with a vinyl lens, the 3X Magnifying Screen measures about 9" wide and provides a 6-1/4" x 4-1/4" viewing area. It is available from Make Life Easier for \$12. Visit www.make-life-easier.com or call 1-800-522-0227. Item #95344.



Information Updated Instantly With This Stylish Medical Bracelet



This medical ID bracelet is stylish and fun to wear and you can update your medical information instantly without having to wait and pay for the information to be engraved. The **Medical ID Bracelet** is hardwearing and comfortable, and holds your ID card with important medical information securely inside. Two ID cards come with each bracelet so you can easily update your information. The vendor says it is 100% waterproof (including the medical ID card) so you don't have to remove it when swimming or showering, and it is 100% Latex free. The bracelet comes in small, medium and large and is available in a range of fun and attractive colors. It is available for \$14.99 from Simple Comforts. Visit www.simplecomforts.com or call 1-800-361-1440. Item #520.

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.

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This newsletter is distributed to you courtesy of the *Visiting Nurses Association of the Inland Counties* (VNAIC) in cooperation with the Independent Living Partnership. VNAIC is the oldest non-profit in-home nursing and hospice provider agency serving Riverside County and the Inland Empire.

Now You Can Turn Lamps On and Off With Ease

No more struggling with hard-to-turn lamp switches with the **EZ Turn Lamp Switch**. Simply slip the ergonomically designed device over the existing lamp switch and you can operate even the most stubborn controls easily. The three-sided shape has recessed surfaces for a comfortable thumb and finger grip so anyone with arthritis can avoid that painful squeezing motion. The flexible flange fits snugly over most switches. The EZ switch comes in neutral beige and measures about 1-1/2" x 1-1/2". It costs \$2 and is available from Starcrest of California. Visit www.starcrest.com or call 1-800-551-2843. Item #15048.



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Editor: Michael Carbine

Associate Editor: Ray Mastalish

Managing Editor: Richard Smith

E-Mail: Editor@TOOLSforIndependence.org

951-653-0740 Ext. 23

6235 River Crest Drive, Suite C

Riverside, CA 92507-0758

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