

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



June 2009

Brought to you by:

**Visiting Nurses
Association of the
Inland Counties
(VNAIC)**



**For more information
about VNAIC contact us
at 1-800-498-6242 or our
web site at vna-ic.org.**

Help Finding Assistive Technology—

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

Published by:

The nonprofit Independent Living Partnership (ILP) - working for the rights of all to live independently in their own homes and communities.

Find Those Lost Items With the Press of a Button –

Here's a way to locate misplaced keys, the TV remote, your purse or even your car, and all with the touch of a button. The Lost Item Finder leads you to the electronic tag attached to the missing item. The beeping tone gets progressively louder as you near the missing object. Colored lights also change from red to yellow to green as you near the object.



You can program the device to find up to four items by pressing the corresponding buttons. Indoor range is 100 ft, outdoor range is up to 400 ft. with a clear line of sight. Comes with two small electronic tags and batteries. Cost: \$79.95. Two additional tags cost \$44.95. View at www.alzstore.com or call (800) 752-3238

This Microwave Talks You Through Your Cooking –

The Cook Magic Talking Microwave makes using the microwave easy for anyone with low vision. And you can choose between Spanish and English. It features 10 power levels, five memory setting buttons to make cooking easier plus many other features found on regular microwaves. The 900 watt, 0.9 cu. ft. capacity microwave

measures 20.1" long x 7" high x 11.2" wide. It's available at \$139.95 plus \$15 shipping and handling at www.maxiaids.com or by calling (800) 522-6294.



CHECK OUT OUR NEW 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, a collection of back issues of the TOOLS newsletter, and a survey you can take to help us make TOOLS more useful for you. Visit the Web site and Resource Center at www.TOOLSforIndependence.org

Magnify the TV or Computer Screen – with this simple lightweight display magnifier

The ZoomView video display magnifier is made of plastic and can magnify screens of up to 25 diagonal inches at a 60% larger size than the original image. Cost: \$41.00 at www.aph.org or call the American Printing House for the Blind at (800) 223-1839.



Tell Us What You Need — Or How You Improvised to Make Your Life Easier
E-Mail YOUR ideas to us at Editor@TOOLSforIndependence.org or
send them to us at the address listed on page 4

Pop Those Can Tops

With Ease – This handy tool by Jokari is shaped like a bird's claw and is great for getting under and opening aluminum cans with pull-ring tops, the kind found on soup, soft drink, pet food, tuna cans and more. Insert the tiny wedge on the end into the can ring and pull. It's made of plastic and features a non-slip grip handle. Size: 6-1/2" tall by 3-3/8" wide.



Comes in black or white. Cost: \$3.99. You can find it at www.organize.com

or by calling (800) 600-9817

Help Reaching the Handle on Your Recliner

This lever extender is perfect if you have a hard time reaching the lever to adjust your recliner. It's universal and works with almost any type of recliner. The padded design will

protect your chair handle while providing a comfortable grip with no strain on your hand or fingers.

The handle is 9" long x 7" wide and weighs about 1 pound. The lever is durable, and there's no assembly required. Cost: \$24.95. It's available at www.activeforever.com or by calling Active Forever at (800) 377-8033

Typing Made Easy For Anyone With Limited Hand Control – This slip-on typing aid is perfect for anyone with arthritis, hand tremors or other conditions that make it difficult to type on a computer or typewriter...

The "Slip-on Typing Aid" writing tool attaches comfortably to your hand and provides 5" of extended reach when you're working on a keyboard. A Velcro strap keeps it from slipping off your hand while your working. It's also lightweight because it's made of durable Kydex plastic, and it's easy to clean. The extender measures 3.5" wide x 1.5" high x 1" deep, and the Velcro strap is 4.25" long. It's available for both right and left hand use. Cost: \$15.95, and that includes an extra end-tip (*Note: This is a non-returnable item*). Available at www.activeforever.com or by calling (800) 377-8033.



Help Opening the Medicine Bottle and Reading the Label With Built-in Magnifying Glass



This handy, double-duty device from Jokari is designed to help you open jammed, locked or airtight medicine bottle caps without wrenching your fingers or wrist. And the built-in magnifying glass is great for reading the small print on the prescription label. You can use it to open any standard medicine bottle cap by applying a simple, effortless twisting action. It's made of a thick waterproof, lightweight plastic, and it features a non-slip grip with contoured grooves for easy handling. It's available for \$4.99 at www.organize.com, or call Organize.com at (800) 600-9817.

If You Enjoy Sewing or Needlecraft But Have Arthritis or Lack Strength in Your Hands

– The Fiskars Softouch MultiPurpose Scissors may be the answer. The scissors have oversized cushion-grip handles for comfort, and an easy-action spring that gently opens the blades after each cut. Guaranteed to reduce hand fatigue. They cost \$20.95 a pair. Call (800) 966-5119 or visit www.lifewithease.com

Long-Reach Trimmer Extends Your Reach For Cutting Your Toenails

If you have trouble reaching down or bending to cut your toenails, these 8-1/2" Long Reach Toenail Cutters have a unique design to help you reach your toenails. A long comfortable loop

handle helps you use the strength and control of your whole hand instead of just a few fingers (like traditional nail clippers do). And they have an ergonomically angled stainless steel serrated edge with an angle that help keeps your wrist in a stress-free position. *One important thing to consider:* If you have large hands, the clipper handles might not fit in your hands comfortably. And if you have large fingers, they may not fit in the openings of the handles. Cost: \$14. View and order them at www.dynamic-living.com or you can call Dynamic Living at (888) 940-0605.



For Garden Lovers Who Can't Kneel Because of Arthritis

– The Step 2 Garden Hopper Gardening Stool is a lightweight, easy-to-carry and durable "sitting stool" with wheels. There's also a place for a water bottle and a storage space for your small garden tools. It can carry up to 200 lbs. Cost: \$29.95. Visit www.activeforever.com or call (800) 377-8033.

Pop That Sealed Jar Top With Twisting – This handy little device lets you open tight vacuum-sealed jars with little effort. No more twisting or turning or prying to break the vacuum seal. Simply lift up and pop to release the seal so the lid spins freely. And the lid can be resealed. It's called the Jar Pop and it cost \$6.95 at www.youcantoo.com or by calling Youcan Too can at (888) 663-9396.



**No More Straining
or Twisting When
You Get Out of
Your Car**

– This handy “lazy susan” swivel seat helps you turn when getting in or out of your car. It’s 15” in diameter, sturdy and stable, made with a 1/8” non-skid plastic base with a weight capacity of 300 pounds. Yet it weighs only 2-1/2 pounds! Comes with a removable gray cover that’s washable (it comes only in gray). *But here are two important things to consider before you order.* The cushion will raise you up by about 1-1/2”, and because it’s not as comfortable as a regular car seat, it’s not recommended for long-distance trips. It also may not work on bucket seats. Cost: \$25. View and order the swivel seat at www.dynamic-living.com or call Dynamic Living at (888) 940-0605



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