

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



June 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/>

Read Your Tablet In Optimal Comfort

The **TabletTail MonkeyTail Tablet/iPad Holder** supports your tablet at a readable angle for optimal comfort. Coil the flexible long tail of this tablet holder into any position, and it will support your tablet at the optimal angle for reading, viewing, browsing and just about any other digital activity.

You can position it as a stand, holder, hanger or any other form. The unique vacuum-pump system attaches securely in bed, on the couch, in



the kitchen, treadmill and even in the car, so you can enjoy hands free viewing wherever you are. Featuring an indicator for superior suction power, it is the perfect tablet/iPad holder for easy, hands free enjoyment. The price range for this handy assistive technology tool on line is \$59.00-\$69.95.

To see the utility of the **Tablet Tail Monkey Holder** view this link [monkeytail-tabletipad-holder](#) . To find your preferred vendor search the words “tablet tail monkey holder”.

Step Up With Ease Through Doorways

Reduce the effort of navigating stairs by placing this wide, sturdy platform outside any doorway. The **Outdoor Riser Step** allows

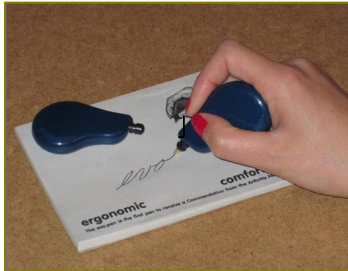


Use indoors
or out

those with limited mobility to remain steady while stepping up or down. The slip-resistant rubber tread helps to keep the step in place. The vendor said this step can support up to 400 pounds. Check this step out and many other step options by doing a search using the words “outdoor riser step”. The lowest price we found for this item is \$39.95.

This Pen Is Made For Pain-Free Writing

The vendor says the **Evo Pen** has received a commendation from the Arthritis Foundation. The kidney shaped body lets you cup the pen in the palm of your hand, thereby using the entire hand rather than isolated fingers muscles when you write. Doing this helps keep fatigue and hand soreness at bay. The **Evo Pen** can also be used in a closed position as a rounded stylus for PDA or keyboard use. Packages of two pens range in price from \$8.95 to \$10.95. Ink refills are available. Search using the words "evo pen" to find this item online.



June Is:

- ▶ National Dairy Month
- ▶ National Safety Month
- ▶ National Adopt a Cat Month

Special Days in June 2015

- ▶ Father's Day, June 21st
- ▶ Summer Solstice, June 21st

Donald Trump
June 14, 1946

Donald John Trump Sr. is an American business magnate, investor, television personality and author. Trump's extravagant lifestyle, outspoken manner, and role on the NBC reality show "The Apprentice" have made him a well-known celebrity.

"What separates the winners from the losers is how a person reacts to each new twist of fate".

Donald Trump

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.supportplus.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*.

Don't Tip Over Another Beverage

Avoid spills with **Mighty Mug**. The cup that does not fall over when accidentally knocked. The clever cup grips flat surfaces, like desktops, kitchen tables, coffee tables, and holds on tight. This mug is

perfect for those with tremors or low vision. Available in a variety of colors, styles and sizes. The prices range from \$14.99-\$24.99. plus shipping. The **Mighty Mug** is BPA-free and dishwasher safe. To learn more about this product, click on the link <http://themightymug.com/>



Never Twist A Hose Onto A Spigot Again...

...with the **Easy Slide Hose Connectors**. Once the connectors are installed, you'll never again have to endure the pain of twisting or turning a hose onto a spigot or a nozzle. The device is ideal for anyone with arthritic hands. The connector self locks and will not leak, drip or impede water flow. It's made from durable



molded polymer and is sized to fit a standard garden hoses. You can purchase six two-part connectors for \$18.00. Search The words "easy slide hose connector" to find an online vendor.

No More Twisting or Shaking...

...with the **Touchless Electric Salt and Pepper Grinder**. This tool is ideal for persons with arthritic hands and limited grasping ability. These sleek and stylish professional grade ceramic mills are designed to provide an easy and effective way to enhance the taste of your food at the touch of a button. The cylindrical storage holds more than standard table shakers and can be easily adjusted from coarse to fine ground by turning the dial on the underside of the mill. An integrated guiding light built into the bottom of each grinder provides an illuminated view and assists with controlling portion size. Dimensions are 8.5" high x 2" wide x 2" in diameter. Two grinders are included per pack, one for salt and one for pepper and it uses 4AA batteries (not included). The price for this item from various vendors is \$19.97-\$25.00. Search the words "electric salt pepper grinder" to find the perfect salt and pepper grinders for your culinary needs.



Toolsforindependence.org is dedicated to making living at home easier and safer for you, your loved ones and those you may be caring for. Please visit us on the web!

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Evermind Provides Peace Of Mind To Those Who Live Alone...

...or who need support, and the people who care about them by detecting when electrical appliances are switched on and off. Daily rituals like making coffee in the morning or watching a favorite television show before bedtime serve as a way to check-in, signaling that everything is okay, even when it is not possible to call or drop by. **Evermind** includes three sensors, you can monitor one, two or three appliances. Simply plug the sensors into a power source, such as a wall outlet or power strip, and then plug the electrical appliance into the sensors. The sensors connect to the **Evermind** network using built-in wireless Internet. **No home Internet connection is required.** Compatible appliances include microwave oven, TV's, lamps, CPAP machines, garage door openers, and many more. **Evermind** sends a text message or email notification that offer reassurance throughout the day and timely alerts when changes in activity could be cause for concern. \$199 for the system, then \$29 per month with no long-term contract and can be canceled at any time. To learn more about this Assistive Technology product, click on the link <https://evermind.us/>

1 Evermind detects when appliances are switched on and off.



2 Evermind sends information to the Evermind network



3 Depending on your preference, Evermind will send a notification when an appliance is used or not within a specific period of time.



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

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