

TOOLS for Independence™

making your life at home easier and safer



July 2015

Brought to you by the:

Aging and
Disability Resource
Connection
of Orange County



www.adrcoc.org

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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/>

Wash Your Entire Body Without Straining

The **Body Care Beauty Kit** includes the **Body Care Body Washer**, **Body Care Long Handle Comb 14-inch**, and the **Body Care Multi-Purpose Grip**. Each body care tool is curved to follow the shape of the body, so the handle can be held close to the body without losing gripping power. These ergonomically designed body care tools are all carefully balanced to provide maximum power with minimum effort and strain on hands, arms and shoulders. **The Body Care Body Washer** has a replaceable washcloth that cleans your body without absorbing water, making it lightweight and easy to use.

The ergonomic handle design allows for a secure grip and the long handle allows reaching to enable you to wash your entire body, right down to your toes. The Body Washer measures 15 inches long.

The Body Care Long Handle Comb 14 inch is specially designed to enable you to reach all over your head. The ergonomically designed comb is carefully balanced

to provide maximum power with minimal effort and strain.

The 14-inch long comb has an oval handle with a soft-grip and textured surface for a better and more stable grip. **The Body Care Multi-Purpose Grip** allows you to hold a nail file in one end, while the other end has been adapted to hold a razor or toothbrush.

The unique shape allows you to hold small items securely in your hand, but with a relaxed grip, making manicures and shaving much easier. The grip measures 4.25 inches long. These items are available online from various vendors that sell assistive technology products for \$22.95 to \$34.95. To find an online vendor of your choice, search the web with the words "body care long handle arthritic beauty kit."



Get A Grip...

...with the **Great Grip Twister**. These versatile thermoplastic knob covers combine a non-skid grip with a built-in lever design to help anyone with a weak grip or dexterity problems. The grips are 2" long with an inside diameter of 1 3/8". When soaked in warm water, they stretch up to 4 times their original size. The grips can be used on difficult to manipulate surfaces such as doorknobs, faucet handles, outside faucets and gardening tools. Latex free, they come 2 grips to a set. A glow in the dark option makes it easier to find the door at night or in an emergency. Word search "grip great disabled" to learn more about this item. The lowest price we found is \$10.95.



July Is:

- ▶ National Juvenile Arthritis Month
- ▶ National Recreation and Parks Month
- ▶ National Social Wellness Month

Special Days in July 2015

- ▶ Independence Day, July 4th

Dalai Lama, July 6, 1935

Tenzin Gyatso is the current Dalai Lama. He is also the temporal leader of Tibetan. Dalai Lama and is considered to be one of the predecessors. He is also referred as His Holiness Dalai Lama Tenzin Gyatso, well known as the spiritual leader of the Tibetans. He received his doctorate of Buddhist philosophy (Geshe Lharampa Degree) at the age of 25. He has been awarded the Nobel Peace Prize, Honorary degree, and Templeton Prize.

"Love and compassion are necessities, not luxuries. Without them humanity cannot survive."

Dalai Lama

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.

Attractive Ladybug Pendant Magnifiers

Some people believe that ladybugs bring good luck. These lovely ladybug designs show vibrant colors and are a great for a quick magnification on the go. The vendor says the 1.25" lens size and 3X magnifiers on a 28" chain are fun, practical, and good looking. With the pendent design you can make sure you don't lose your magnifier, it's always around your neck. Use it to check medication bottles, menus, and price tags without wearing your reading glasses.



We found these **Ladybug Pendants** on line for \$14.95. There are similar pendant style magnifiers available; word

search "ladybug pendant magnifier" to find a supplier of your choice, so you will have good views and good luck.



No Need To Worry About Slicing Your Fingers When You Chop

Safe Slice Knife Finger Guard keeps fingers safe from sharp knives. The vendor says this is the perfect tool for protecting fingers. Just slip your index finger and thumb into its thimble-like pockets; a textured gripping surface holds foods firmly while a flexible body protects your hand and fingers. It's hand washable and 3" wide x 3 1/2" high. The lowest price we found this item for is \$2.98. Word search "safe slice knife finger guard."



Another handy finger guard is the **Bagel Holder Slicer**. The acrylic bagel holder slicer securely grips a bagel while you safely slice lengthwise through the handy side slots. The vendor says even those with limited hand dexterity can slice easily with this

bagel cutter. It's 4 1/2" long x 2" wide x 4 1/4" high, easy to wash and top-rack dishwasher safe. This and similar products are available from various online suppliers that sell assistive technology for less than \$4.99. Search the words "bagel cutter holder" to find an online supplier.



BAZWNG – Button and Zip with No Grip

Button and Zip with No Grip (BAZWNG) is a low-tech assistive technology designed and developed by Shawn O’Bray. It is a dressing aid designed to help button and zip pants independently. Here is Shawn’s story: “When I was 19 years old I was in a car accident that left me paralyzed. I spent 5 1/2 months in the hospital in rehab learning how to dress, drive, write, feed myself and anything else I would need to know to be a productive part of society, including going to college. I was in good shape so knowing that I still had a long life ahead of me I wanted to become independent and I succeeded, except for one thing: I couldn’t button and zip my pants. I had tried many of the products that are on the market to see if any of them would work but they were designed for people with limited grip and they simply just didn’t work, so I was left with keeping someone near me to help with buttoning and zipping my pants. One night as I was lying in bed thinking about the problem, I had an idea of a tool that might work. The next day I drew my idea on a piece of paper and had a friend build it for me. The first one didn’t work exactly right, but with some minor modifications I had a working product that required no grip whatsoever. The product worked so effectively that I still use the same one today. I’ve been using it for over 10 years! Just recently I decided that I should get this product out so other people could have the advantage that I have. I have spent dozens of hours on the internet, including the patent office and have not found a product like this.” To see how this AT Tool works view <https://www.youtube.com/watch?v=V9Q4oII9qL8>

The **BAZWNG** is available for \$12 for one and \$10 if you get more than one. To order, open <http://bazwng.net/> and select “Store” on the top of the 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

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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