

# TOOLS for Independence™

*making your life at home easier and safer*



August 2015

*Brought to you by the:*

Aging and  
Disability Resource  
Connection  
of Orange County



[www.adrcoc.org](http://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](http://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/>

## **Spoken Instructions From These Kits Help You Handle Emergencies**

The largest of the three **Talking First Aid Kits** has a set of nine convenient talking care packs organized by type of injury or emergency (Breathing/CPR; Bleeding; Shock; Head & Spine; Bone; Burns; Bites & Stings; and Basic). This particular kit sells for \$145.96. Each talking care pack includes accessories to assist in the treatment of the injury, as well as printed instructions complete with audio guidance to talk you through the steps necessary to handle the situation. With the squeeze of a button, a calm, clear voice provides you with the proper first aid step to manage the injury.



The **Talking Safe at Home Kit** has a set of 4 talking care packs (Basic; Bleeding; Bones; Bites and Stings) and sells for \$59.95. The **Traveler's Kit** is also available for \$59.95. The vendor says, "This is simply the most advanced, easy to use first aid kit available". Check out this website to see and hear how this product works <http://www.intelligentfirstaid.com/index.php/media> Then click the video button at the bottom of the page.

## **No More Struggling with Blister Packaging**

We all know how hard it is to get medication out of that frustrating blister packaging. Now you won't have to use your fingernails, sharp knives or scissors. The **Pill Popper** is fast, safe and easy



to use. The vendor says, "It will not damage the pill and releases in seconds." This tool is perfect for people with arthritis, carpal tunnel and limited hand mobility. The **Pill Popper** is available online from various vendors that sell assistive technology products for \$4.99 to \$7.99. Search the words "pill popper tool".

## Please visit our FaceBook page and like us:

<https://www.facebook.com/pages/Independent-Living-Partnership>



Help support Tools for Independence! When you shop on Amazon your purchases can count toward an Amazon donation to support Tools. Click here to help:

<https://smile.amazon.com/ch/33-0464739>

## August Is:

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

Barack Obama, Born August 4, 1961

President Barack Hussein Obama II is the 44th and current President of the United States, and the first African American to hold the office. Born in Honolulu, Hawaii, Obama is a graduate of Columbia University and Harvard Law School. He became known for economic stimulus legislation and healthcare reform.

*"If you're walking down the right path and you're willing to keep walking, eventually you'll make progress".*

President Barack Obama

## VENDOR RESOURCE LIST

Active Forever: [www.activeforever.com](http://www.activeforever.com)  
1-800-377-8033

Amazon: [www.amazon.com](http://www.amazon.com)

Arthritis Supplies: [www.ArthritisSupplies.com](http://www.ArthritisSupplies.com)  
1-800-750-0376

Bright Life Directs: [www.brightlifedirect.com](http://www.brightlifedirect.com)  
1-8977-545-8585

Diabetic Shoe Hub: [www.diabeticshoeshub.com](http://www.diabeticshoeshub.com)  
1-623-455-6258

Dynamic-Living: [www.dynamic-living.com](http://www.dynamic-living.com)  
1-888-940-0605

Elder Depot: [www.elderdepot.com](http://www.elderdepot.com)  
1-800-910-7790

Gold Violin: [www.goldviolin.com](http://www.goldviolin.com)  
1-877-648-8400

LS & S: [www.Lssproducts.com](http://www.Lssproducts.com)  
1-800-468-4789

Maxi Aids: [www.maxiaids.com](http://www.maxiaids.com)  
1-800-522-6294

Sight Connection: [www.sightconnection.com](http://www.sightconnection.com)  
1-800-458-4888

Simple Comforts: [www.simplecomforts.com](http://www.simplecomforts.com)  
1-800-361-1440

Solutions: [www.solutions.com](http://www.solutions.com)  
1-877-718-7901

Support Plus: [www.supportplus.com](http://www.supportplus.com)  
1-800-229-2910

Target.com: [www.target.com](http://www.target.com)

The Alzheimer's Store: [www.alzstore.com](http://www.alzstore.com)  
1-800-752-3238

The CareGiver Partnership:  
[www.caregiverpartnership.com](http://www.caregiverpartnership.com)  
1-800-985-1353

Walgreens: [www.walgreens.com](http://www.walgreens.com)

Walmart: [www.walmart.com](http://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*.

## Easy-To-See Bold Print Keyboard Improves Accuracy

This **Big Bright Keyboard** is for everyone and will be especially appreciated by those with macular degeneration and other low vision conditions. This keyboard reduces eyestrain and improves accuracy. The **Big Bright Keyboard** is the same size as a conventional computer keyboard but the print is larger. In addition, the keys are a high-contrast green color with black print, making them easy to see. This plug and play USB-powered keyboard does not require any software installation. The keyboard connects via any open USB port on your laptop, desktop PC or Mac. We found this product online for \$19.95. Use the Words "big bright keyboard" to search for this product.



## More than Just a Walking Stick

The **Reality Track Hiking Cane** is perfect for the serious hiker or recreational walker. This lightweight and durable hiking and walking pole is fully adjustable and comes with an anti-shock system.

Made out of high impact aluminum alloy, this hiking cane is equipped with a



removable tip for both summer and winter traction. The handle has a flashlight. The telescopic shaft provides different height adjustments and can break down into two 22" pieces for travel and easy storage. Search the words "Reality Track Hiking Cane" for more information and find the lowest price available. We found this item for \$14.95.

## Checklist For Preventing Falls At Home

Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and disability in people age 65 and older. Those who fall once are 2 to 3 times more likely to fall again. Falls are often caused by hazards that are easy to overlook. However, these hazards can also be easy to fix.

- ▶ Move furniture so that your path through a room is clear.
- ▶ Remove throw rugs on floors or use double-sided tape or a nonslip backing so the rug won't slip.
- ▶ Always keep objects off the floor. Pick up papers, books, shoes, or other things that are on the floor

## Now It's Easy to Identify Your Prescription Bottles...

...with the **Medi-Ring Prescription Labels**. When you take multiple medications, it can be easy to mix up drugs, especially when they come in bottles that look alike or have



labels that are hard to read. The plastic **Medi-Ring** band easily snaps around medicine bottles and caps. You can label the band with a marker pen to

tell you what each prescription is for, such as blood pressure, heart, back, etc. The **Medi-Ring** fits bottles up to 1-1/4" in diameter and comes in a package of 10 for \$9.00. Use the words "Medi-Ring Prescription Labels" to search for this product.

## Dexterity Kit Eases Difficult Tasks for Arthritis Suffers

This **Dexterity Kit** is specifically designed to assist the activities of arthritis sufferers. The kit includes 3 each E-Z key turners, 1 each zipper and button puller, 3 each pen and pencil cushions, 2 each comfortable spoon and fork holders, and 2 lamp switch enlargers. The E-Z key turner is an enlarged key holder. There is probably no more difficult task than buttoning a button. This unique tool eliminates the stress and frustration by pulling the button or zipper into position. The pen and pencil cushions are designed in both shape and density to alleviate stress while providing a secure grip. The spoon and fork holders fit onto virtually any spoon and fork providing a secure grip. The lamp switch enlarger fits right over the existing switch to provide an easy, grasp. The **Dexterity Kit** is available for \$16.95. Use the words "Arthritis dexterity kit" to search the web to get your stress free grip tools.



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](mailto:chernandez@caloptima.org)

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### **TOOLS for Independence**

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