

TOOLS for Independence™

MAKING YOUR LIFE AT HOME EASIER AND SAFER



April 2010

Brought to you by:



700 E. Tahquitz Canyon Way
Suite F
Palm Springs

a community center
for LGBT elders
and their supporters

(760) 416-7790

www.goldenrainbowseniorcenter.org

NOTE TO READERS:

While we strive to publish accurate ordering information for the products listed in this newsletter, item prices and availability are always subject to change by vendors.

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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


Make Doors In Your Home More User Friendly With These Items:

Extend the Size of Your Doorway Without Expensive Remodeling—

Add up to 2 inches of extra space to any doorway opening to allow for a wheelchair or walker with these **Expandable Offset Door Hinges**. The brass hinges can be easily installed because they use the same screws and holes as the existing hinge. The hinges allow the door to swing completely out of the doorway, permitting a 180 degree swing, adding valuable space for better access. The 3-hole side measures 2" x 3-1/2". They cost \$13.95, and you can read the details at Active Forever, www.activeforever.com, or by calling 1-800-377-8033. Item #14111. *NOTE: The vendor says that you need at least 3 inches of clearance on the inside of a door between the wall and the edge of the door jam for the hinges to work properly.*



Turning a Doorknob Has Never Been Easier—

 With **Great Grips**, round doorknobs are never a hassle for anyone with arthritis. It is a low-cost and easy to install solution. Simply moisten the grip with water and stretch it over the knob. It is soft, latex-free, eliminates static electricity and it works on faucets as well as doorknobs. A set of two costs \$6.95 at Aids for Arthritis. Visit www.aidsforarthritis.com or call 1-800-654-0707. Item #SKU S-10. Also available in packs of 8 for \$24.95.

Stop Searching for Keyhole in the Dark—

The **Solar Keyhole Light** fits right on your door over the lock so you can see the keyhole when it is dark. It is solar powered, so no batteries or wiring are needed (*will only work if your door gets sunlight*). The light attaches wherever you want it with an adhesive backing so there is no drilling into the door. And it stays on for 15 seconds when you hit the on/off switch. It is available for \$7.95 at Gold Violin. Call 1-877-648-8400 or visit www.goldviolin.com. Code #92232.



Take Your Pills A Safe And Easy Way...



...with the **Oralflo Pill Swallowing Cup**. You simply put the pill in the cup with water or whatever liquid you use and then drink it naturally and

safely. The vendor says that the cup accepts all sizes of pills on the market, and is especially helpful for seniors and people with disabilities who have trouble swallowing pills. It is available for \$12.95 at Youcan Toocan.

Call 1-888-663-9396 or visit www.youcantoocan.com. Item #12123.

Keep Everything You Need Within Reach...

...with the **Sidekick Sofa and Bedside Caddy**. This handy caddy holds everything from the TV remote to reading glasses, and can store



magazines, books, tissues and more. It is made of 100% sturdy cotton so it is machine washable. It attaches by tucking the tongue under the mattress or over a standard sofa arm. And it comes in a natural color so you can dye it to match your décor. It is available for \$10.99 at Simple Comforts. Call 1-800-361-1440 or visit www.simplecomforts.com. Item #1205.

No Need For Grab Bars With This Extra-Long Bath Mat



The **Drive Bath Mat** is an extra long slip-resistant bathtub mat that offers a safe way to stand in the shower or bathtub without installing grab bars. The vendor says this bath mat provides the best in gripping power with its slip-resistant surface and contoured design that fits around the drain. It can also be cut to fit any size tub, it is easy to clean and can be rolled up for storage. The mat comes in white and is available in two sizes: Standard (15-3/4" x 27-1-2") at \$16.95 and large (15-3/4" x 35-1/2") at \$19.95. You can find out more at Active Forever by visiting www.activeforever.com or calling 1-800-377-8033. Item #A13084 01 (standard), A13084 02 (large). NOTE: Due to hygiene purposes, this item cannot be returned.

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. The 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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GOLDEN RAINBOW SENIOR CENTER—700 E. TAQUITZ CANYON WAY, SUITE F, PALM SPRINGS**

Save Your Back When Lifting A Box

No more tilting and twisting your shoulders and back when you use the **Lift Mates Dual Lift** to pick up and move a box. The Dual Lift allows you to keep your shoulders level and your back straight, protecting your back muscles and greatly reducing stress by allowing your legs to do the lifting. And you save time and effort because you will be holding the box closer to your body. It is available for \$35.96 at Active Forever, www.activeforever.com or by calling 1-800-377-8033.



Can't Open That Clamshell Package?

Here is a quicker, easier and safer way to open clamshell packages. According to the vendor, the battery powered **Zip-It Clamshell Package Opener** works on virtually all clamshell packages, from cosmetics and consumer electronics to office supplies, toys and more. Your hands stay protected from the cutting edge while in operation, and when you are done, there are not sharp edges to cut your fingers. The opener measures 7-1/2" x 3-1/2" and is made of plastic with metal blades. It operates on two AA batteries (not included). It is available from Make Life Easier for \$20. Visit www.make-life-easier.com or call 1-800-522-0227. Item #25653.

Can't Hold A Potato For Peeling?



Peel that potato with the touch of a button. The **Rotato Express** makes peeling all kinds of fruits and vegetables simple and effortless. And you never have to worry about cutting your fingers.

Simply put the potato or piece of fruit onto the holder, hit the switch and presto! It is available at LS&S for \$29.95. Call 1-800-468-4789 or visit their web site at www.lssproducts.com. Item #421037. NOTE: The vendor says that this item cannot be returned once it is opened due to federal and state food, health and safety laws.

Struggle No More With the Handicapped Card



Simply hang your placard on the J-hook and GO, it's that easy! Fits ANY vehicle!

The **Placard Hanger** was invented by a Florida driver who got tired of stretching and twisting every time he had to

remove and then replace the placard. This small, compact device makes the process effortless, especially for anyone with arthritis or who experiences shoulder or arm pain. The Placard Hanger is available for \$5.95 at their web site www.theplacardhanger.com or by calling 1-877-254-8095.





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Pain Free Gardening...

Use these bionic garden gloves for Pain-Free Gardening. If constant gripping and pinching is leaving your hands tired, worn and painful, these **Bionic Gardening Gloves** could be just what you are looking for. The vendor notes that these gloves are designed



ActiveForever.com

to incorporate the anatomical nature of the hand, providing natural dexterity, enhanced comfort and feel, and improved grip strength. And they provide extra padding in the natural peak of the palm. They are also machine and hand washable. The gloves are available for \$29.95 in a variety of

sizes for men and women. The vendor's website has a sizing chart to determine what size would work best for you. Visit Active Forever at www.activeforever.com or call 1-800-377-8033. Item #A12971 01 through 09, depending on size. NOTE: **Bionic Rose Garden Gloves** are also available at the same price.

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