



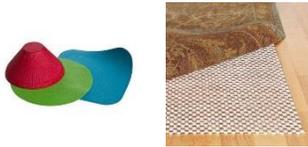
TOOLS for Everyday Living

Presented by the
**Advisory Committee on Aging
Bowdoinham, Maine**

For more information about any of the products,
contact Patricia Oh, Coordinator of Older Adult Services
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Item	Purpose	Places to Buy/Price
 <p data-bbox="94 388 391 415">Wireless Strobe Doorbell</p>	<p data-bbox="500 174 1029 380">Provides both an audible sound that can be adjusted from soft to loud and a flashing strobe light to alert you when a guest is at the door. This item is very helpful if you have trouble hearing a doorbell or take hearing aids out at night when you sleep.</p>	<p data-bbox="1062 174 1300 201">Department Stores: Walmart: \$30.00 +</p> <p data-bbox="1062 247 1458 344">Hardware stores: Home Depot: \$34.47 (pictured model)</p> <p data-bbox="1062 352 1435 417">Online Shopping: Amazon.com: \$17.00 and up</p>
 <p data-bbox="94 674 337 701">Strobe Smoke Alarm</p>	<p data-bbox="500 464 1029 669">The strobe smoke alarm provides a bright visual light to warn of a smoke, heat or carbon monoxide hazard. Must be used with a compatible smoke, heat, or carbon monoxide alarm. The Kidde brand is pictured.</p>	<p data-bbox="1062 464 1419 529">Department Stores: Walmart: \$58.39 for strobe</p> <p data-bbox="1062 537 1321 602">Hardware stores: Home Depot: \$65+</p> <p data-bbox="1062 611 1451 707">Online Shopping: Amazon.com: \$55+ (for Kidde brand, other brands \$35+)</p>
 <p data-bbox="94 926 212 953">Grab Bars</p>	<p data-bbox="500 751 1500 989">Grab Bars come in all shapes and sizes. They can be purchased online, at Drug Stores, and at Hardware Stores. Correctly installed and used properly, grab bars can prevent falls and make it easier to move from one position or area to another. If you aren't sure which grab bar is right for you, talk to your doctor and ask for an Occupational Therapy Consult. The OT consult is covered by Medicare and insures that you will have grab bars where you need them. Warning: Avoid suction cup grab bars! The suction can fail and increase your risk of fall.</p>	
 <p data-bbox="94 1354 235 1381">Reach Tools</p>	<p data-bbox="500 1037 1029 1381">Reacher tools vary in quality and construction. Some have "jaws" that close around objects, others use suction cups. Some have a magnet at the end of one pincher to help pick up small metal items. If possible, try any reacher before you buy it. The mechanism to operate the pinchers varies from model to model. Some are easier to operate for people with arthritis or wrist weakness than others.</p>	<p data-bbox="1062 1037 1308 1102">Department Stores: Walmart: \$10.00+</p> <p data-bbox="1062 1110 1487 1241">Drug stores: Kennebec Pharmacy at Midcoast Hospital: \$20.00+ Wilson's Drug Store: \$15.00+</p> <p data-bbox="1062 1249 1321 1314">Hardware stores: Home Depot: \$15+</p> <p data-bbox="1062 1323 1354 1388">Online Shopping: Amazon.com: \$12.00+</p>
 <p data-bbox="94 1780 284 1808">Standing Assists</p>	<p data-bbox="500 1430 1029 1774">The hand device works well for people who need a slight assist when getting up from a seated position and have someone available to help. The pole device works well when a person needs assist when getting up from a favorite chair or from bed in the morning. An Occupational Therapist can make sure that the right device is being used and is adjusted to meet specific needs (OT consult is covered by Medicare).</p>	<p data-bbox="1062 1430 1308 1495">Department Stores: Walmart: \$12.00+</p> <p data-bbox="1062 1503 1487 1633">Drug stores: Kennebec Pharmacy at Midcoast Hospital: \$20.00+ Wilson's Drug Store: \$15.00+</p> <p data-bbox="1062 1642 1354 1707">Online Shopping: Amazon.com: \$15.00+</p> <p data-bbox="1062 1715 1458 1780"><i>Note: Ceiling pole grab bars price from \$100+</i></p>

Kitchen Helpers		
 <p>One-Touch Can Opener</p>	<p>One-touch can opener eliminates the need to crank a handle to open a can and eliminates the need to lift a can into a stand electric can opener.</p>	<p>Department Stores: Walmart: \$17.00 Target: \$17.49 Hardware stores: Home Depot: \$17+ Online Shopping: Amazon.com: \$15+</p>
 <p>Ring Can Opener</p>	<p>Open ring pull cans and break the seal on jarred lids with ease. This gadget is friendly to those who have arthritis and do not have much strength.</p>	<p>Hardware stores: Home Depot, Lowe's: \$3.00 Online Shopping: Amazon.com: \$2.00 Department Stores: Walmart: \$2.00</p>
 <p>Jar grips</p>	<p>Rubber Jar grips help to concentrate power to open jars by increasing friction between your hand and the jar. <i>Home-made versions can be made using leftover material from non-skid backing used under scatter rugs to prevent falls.</i></p>	<p>Department Stores: Dollar Store: \$1 flat versions only Walmart: \$6.71 Hardware Store: Home Depot: 2x4 rug gripper pad \$6.27; 2x8 \$9.87</p>
 <p>Hand held jar gripper openers</p>	<p>Both types of hand held jar gripper openers use a device to increase friction and provide a handle for better leverage when opening the jar.</p>	<p>Department Stores: Walmart: \$7.00+ Online Shopping: Amazon.com: \$10+</p>
 <p>Under cabinet Jar Opener</p>	<p>Will help open any size jar. Simply hold, push and twist. Especially helpful for people with limited hand and wrist strength.</p>	<p>Department Store: Walmart: \$3.04 Online Shopping: Amazon: \$16.95 (as pictured)</p>
 <p>One-Touch Jar Opener</p>	<p>One-Touch Jar Opener eliminates the need to hold and twist a jar open. Let the machine do the work for you!</p>	<p>Department Store: Walmart: \$20.34 Online Shopping: Amazon: \$9.40 (as pictured)</p>
 <p>Push and Pull Oven Rack Tool</p>	<p>Push and Pull oven rack tools allow you to push and pull an oven rack without using your hands and without bending into the oven to take a hot container out. Also can be used to turn pans.</p>	<p>Department Stores: Walmart: \$5.00 Target: \$5.00 Online Shopping: Amazon.com: \$4.93</p>

Lights and Vision Aids		
 <p>Talking Clock</p>	<p>Do you have difficulty reading the clock at night? The talking clock does it for you. Just push the button at the top of the clock and you will hear the time.</p>	<p>Online Shopping Amazon.com: \$10.00-\$50.00 depending on features and brand chosen.</p>
 <p>LED night lights</p>	<p>The dawn to dusk sensor means you no longer have to remember to turn a nightlight on when you go to bed. The added lighting at night can prevent falls.</p>	<p>Department Stores: Reny's, Target, Best Buy: \$5.00+ Hardware stores: Home Depot, Lowe's: \$5.00+ Online Shopping: Amazon.com: \$10.99/two</p>
 <p>LED Motion Sensor Light, wireless (req. batteries)</p>	<p>Wouldn't it be easier if you had a light to help you see in your closets and kitchen cabinets? Having light in dark closets can prevent falls and makes it easier to find things.</p>	<p>Department Stores: Reny's, Target, Walmart: \$5.00+ Hardware stores: Home Depot, Lowe's: \$12.99+ Online Shopping: Amazon.com: \$10.98/two-pack</p>
 <p>Hands free page magnifier</p>	<p>Hands free full page magnifiers with lights help people who need magnification and want the convenience of seeing a large area without holding a book and lens.</p>	<p>Online Shopping: Amazon.com: \$8.88</p>
 <p>Prism Glasses</p>	<p>These glasses allow you to lie flat on your back and read or watch television. They help you to avoid neck cramps and eye strain. The Prism glasses turn your view to a downward 90° angle. Eliminating the need for head movement. Perfect for people with limited mobility, vertigo or have to rest lying flat.</p>	<p>Online Shopping: Amazon.com: \$10-\$100.00, depending on model and features.</p>
Pillboxes		
 <p>Apex (one dose/daily)</p>	<p>We all know how easy it is to forget to take medication. Pillboxes with alarms prevent forgetting by emitting an alarm noise when it is time to take pills. The Apex model allows you to set an alarm to take one dose of medications each day. The MedGlider model allows the programming of up to four doses daily. There are many different models to meet the needs of any medication regimen. Prices vary.</p>	<p>Department Stores: Walmart: \$12.00+ Drug stores: Kennebec Pharmacy at Midcoast Hospital: \$15.00+ Wilson's Drug Store: \$12.00+ Online Shopping: Amazon.com: \$11.99 Apex model (as pictured) \$11.99 Medglider (with tray for one day of medication)</p>
 <p>MedGlider (4 doses/daily)</p>		
 <p>Locked Pillbox</p>	<p>This device keeps children safe when they visit. Locking your medications gives you privacy and security about prescriptions— with or without children visiting. An alternative method is to lock medications in a small toolbox with a combination or keyed lock.</p>	<p>Department & Hardware Stores: Locked medication boxes \$10+ Locked & small tool box \$10+ Online Shopping: Amazon.com: \$6.00 (pictured model)</p>

 <p>Stacked Pillboxes</p>	<p>For people who have limited vision, a stacked pillbox such as this one can help prevent medication errors. Some types of stacked pillboxes have space for up to four daily doses. Models are available online and in drug stores.</p>	<p>Department Stores: Dollar Store: \$1 Walmart: \$6.81</p> <p>Drug stores: CVS: \$7.29+ Wilson's Drug Store: \$5.00+</p>
<p>Manual Dexterity</p>		
 <p>Button Aid & Zipper Hook</p>	<p>Allows people with difficulty manipulating buttons and zippers to dress with relative ease.</p>	<p>Department Stores: Walmart: \$18.00+</p> <p>Online Shopping: Amazon.com: \$8.00+</p>
 <p>Specially Designed Eating Utensils</p>	<p><u>Weighted eating utensils</u> can help people with essential tremor to enjoy eating without the mess. <u>Rocker knives</u> make it easier to cut food—especially useful for people with arthritis or wrist weakness. <u>Specially designed utensils</u>, such as those in the middle picture—with an ergonomic grip—can make eating simpler, less tiring and more pleasant.</p>	<p>Drug stores: Kennebec Pharmacy: \$15.00+ Wilson's Drug Store: \$12.00+</p> <p>Online Shopping: Amazon.com: \$12.00+</p> <p><i>If you have questions about needing specially designed utensils, talk with your primary care physician and ask for an occupational therapy consultation. The consultation is covered by Medicare.</i></p>
 <p>Lever Door Handles And D-shaped cabinet pulls</p>	<p>Lever door handles (available at hardware stores) make entering and leaving a home easier for people of all abilities. D-shaped cabinet pulls (available at hardware stores) make opening kitchen cabinets easier—especially for people with trouble bending fingers.</p>	
 <p>Key Turners and Large-Knob Light Switches</p>	<p>The Big Lamp Switch knobs feature large spokes which help create more leverage for turning lamp switches.</p> <p>Easy key turners also increase leverage so that turning small keys is easier. Fits over standard keys.</p>	<p>Department Stores: Walmart: \$5.00+</p> <p>Online Shopping: Amazon.com: \$6.90/3 EZ-Key Turner \$9.95 Key Aid (holds two keys) \$7.49/2 light switch turners</p>
 <p>Long-Handled Shoe Horn</p>	<p>The long-handled shoe horn is useful for people who have vertigo or with limited mobility. It makes putting your shoes on easier. No bending to insert a short handled shoe horn! Some models come with a spring feature that makes the shoe-horn even easier to use.</p>	<p>Online Shopping: Amazon.com: \$8.71--\$25.00, depending on model chosen.</p>
 <p>Happy Healthy Smart™</p>	<p>If bending over to cut your toenails has become more difficult, it may be time to try long-handled toenail scissors. The 8" long handle makes it easy to reach your toenails for accurate and safe clipping. Stainless steel</p>	<p>Online Shopping: Amazon.com: \$12.99 (as shown)</p>

Long-Handled Toe-Nail Clippers	scissors are for right- and left-handed use.	
 <p>No-Tie Elastic Shoe Laces</p>	No-Tie Laces are fast & easy shoe laces that you never have to tie! To loosen them, just pull on the loops. To tighten, just pull on the laces. In seconds you have perfectly tied shoes tying the laces!	<p>Department Stores: Walmart: \$5.00+</p> <p>Online Shopping: Amazon.com: \$5.00+</p>
 <p>Weighted writing tools</p>	Weighted writing utensils can help people with a mild to moderate essential tremor to write more clearly. Weighted pens and pencils can be made at home using washers and elastic bands (see photo).	<p>Drug stores: Kennebec Pharmacy at Midcoast Hospital: \$15.00+ Wilson's Drug Store: \$15.00+</p> <p>Online Shopping: Amazon.com: \$12.94 (as pictured)</p>

Moving Around

 <p>Ergomate</p>	Wear an anti-fatigue mat wherever you go. Ergo Mate dramatically reduces pain and fatigue experienced when standing or walking on hard surfaces. Easy to put on.	<p>Online Shopping: Amazon: \$26.75 (as shown)</p>
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Upper

Built-In Orthotic
A rigid Z-Orthotic™ cradles the foot, equalizing pressure distribution to reduce your chance of developing heel spurs or plantar fasciitis (pain in the mid-foot).

Coil
A conical steel coil greatly reduces the rate of impact absorbed at heel-strike.

Heel Pad

Forefoot Cushioning
Nearly an inch of soft cushioning protects the metatarsal heads.

Flex Line & Rocker Bottom
A flex line and rocker bottom provide a natural rolling motion at the ball of the foot.

Z-Coil and Gravity Defyer shoes include spring technology in the heels that may reduce impact up to 60%* more than conventional shoes. Shoes are helpful for people with plantar fasciitis or a heel spur. Spira Shoes has similar technology. Spira and GravityDefyer allow you to insert your own custom orthotics.

Z-Coil Shoes



Online Shopping:
www.zcoil.com: \$100+
Amazon.com: \$200+

Gravity Defyer Soes



Online Shopping:
www.gravitydefyer.com: \$70+
Amazon.com: \$50+

Vehicle and Shopping

 <p>Click and Carry</p>	Click and Carry helps carry multiple bags at one time. Have you ever had the feeling of your fingers being nearly severed by plastic bags? The click and carry will prevent that. An added advantage is that the click and carry allows a person to carry 2-6 shopping bags in one hand, leaving the other hand free to hold a railing while going up the	<p>Kitchen Stores: Casco Bay Cutlery & Kitchenware: \$10.00 Now You're Cooking: \$10.00</p> <p>Online Shopping: clickandcarry.com: \$10.00 + \$4.95 shipping</p>
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 <p>HandyBar Vehicle Transfer Support Handle</p>	<p>steps or open a door.</p> <p>Easily slides into a door latch to give an extra “handle” to hold when getting out of a car. Weight capacity: 350 pounds. Also features a built-in window breaker and seatbelt cutter.</p>	<p>Department Stores: Walmart: \$26.30</p> <p>Hardware stores: Home Depot: \$34.99</p> <p>Online Shopping: Amazon.com: \$26.30</p>
 <p>Seat Belt Grabber Handle</p>	<p>Helps reach the seatbelt. Especially helpful for people with shoulder pain.</p>	<p>Department Stores: Walmart: \$16.32</p> <p>Online Shopping: Amazon.com: \$6.98 (as pictured)</p>
 <p>Seat Belt Extender</p>	<p>Ideal for those who can't otherwise buckle their seat belts, which may include some plus-sized people and people with limited mobility or range of motion.</p>	<p>Department Stores: Walmart: \$16.32</p> <p>Online Shopping: Amazon.com: \$5.00+ (as pictured)</p>