

**ASSISTIVE TOOLS TO
AID IN INDEPENDENCE
AND MAKE LIFE EASIER**

CANE



Used for balance and stability. Is held on the opposite side of the weaker side.

Purchase: Walmart, Any Local Pharmacy, or Amazon

Quad Cane



Used for balance and stability, gives more support than single point canes.

Purchase: Walmart, local pharmacy, or Amazon

Standard Walker



Used for maximum stability, ideal for individuals with significant balance issues, leg weakness, or who need to bear a lot of weight on the device. It doesn't have wheels and requires the user to lift it with each step.

Purchase: Walmart, local pharmacy, or Amazon

Rolling Walker



Used to provide support, balance, and mobility for those who need assistance while walking.

Purchase: Walmart, local pharmacy, or Amazon

Rollator Walker with Seat



Used to provide stability while walking and offering a place to rest during longer periods of activity.

Purchase: Walmart, local pharmacy, Amazon

Transport Wheelchair



Used to move individual's short distances. It is lightweight and is easy to maneuver in and out of a vehicle. It requires someone to push it.

Purchase: Walmart, local pharmacy, Amazon

Standard Wheelchair



Used for mobility and provides the individual with upper body strength to move around independently. It can also be propelled with your feet.

Purchase: Walmart, local pharmacy, Amazon

Power Wheelchair



Used to provide indoor and outdoor mobility for individuals who have difficulty walking. It requires charging each night. Talk with your PCP to see if insurance will approve.

Purchase: online, Amazon, or a pharmacy that carries medical equipment

Leg Lifter Strap



Used to assist individuals with limited mobility to lift and reposition their legs independently. Can be used to assist legs into the bed, shower, or vehicle.

Purchase: online or Amazon

Bed Rail



Used to assist with getting in and out of bed or repositioning.

Purchase: Walmart, local pharmacy, Amazon

Car Assist Handle



Used to provide support to individuals with limited balance and mobility to get in and out of a car more easily.

Purchase: online sources or Amazon

Shower Chair



Used to provide a place to sit while bathing.

Purchase: Walmart, local pharmacy, or Amazon

Over the Tub Transfer Shower Bench



Used to help people with limited mobility safely get in and out of a bathtub or shower by eliminating the need to step over the tub.

Purchase: Walmart, local pharmacy, or Amazon

Grab Bars



Used to provide a secure handhold to help prevent falls and provide stability in areas like bathrooms, kitchens, and entryways.

Purchase: Walmart, local pharmacy, Amazon, or other online sources

Bathtub Grab Bar



Used to provide stability and support to individuals whom have balance or mobility issues.

Purchase: Walmart, local pharmacy, or Amazon

Floor to Ceiling Grab Bar



Used to provide support for activities like standing up, sitting down, and transferring.

Purchase: Amazon or other online sources

Handheld Shower Head



Used for individuals with limited mobility, allowing them to sit and shower easily.

Purchase: Any hardware store, Walmart, Amazon, Lowe's, or Home Depot

Long Handle Bath Sponge



Used to wash hard-to-reach areas of the body, like the feet and back, for those with limited mobility.

Purchase: Walmart, local pharmacy, or Amazon

Adhesive Shower Caddies



Used to store shampoo, soap, and other shower items, keeping them within easy reach during a shower.

Purchase: Walmart, Amazon, Target, Lowe's, or Home Depot

Bedside Commode/Over the Toilet Seat



Used over the toilet to make it easier to sit/stand. Used for the bedside for people with limited mobility. It can be used at night for someone who has urinary incontinence or limited mobility getting to the toilet.

Purchase: Walmart, local pharmacy, or Amazon

Toilet Safety Rails



Used to provide support and stability and support, making it easier to safely sit down and stand up from the toilet.

Purchase: Walmart, local pharmacy, Amazon, or other online sources

Female/Male Urinal



Used for people with urge incontinence or bladder issues to prevent accidents. Can also be used if you have a difficult time getting to the restroom due to mobility issues. Can be used at night to help prevent accidents or falls.

Purchase: Walmart, any local pharmacy, or Amazon

Toilet Paper Aid for Wiping



Used to assist with wiping the bottom after using the toilet.

Purchase: Walmart, local pharmacy, Amazon, or other online sources

Dressing Stick



Used to help individuals with limited mobility, pain, or injuries to dress and undress.

Purchase: Walmart, Target, Amazon, other online sources

Button Hook and Zipper Pull Aid



Used to help individuals who have limited mobility in their hands/fingers to independently fasten buttons and pull zippers.

Purchase: Amazon, other online sources

Long-Handled Shoe Horn



Used to help people who have trouble bending over to put on and off shoes.

Purchase: Walmart, local retail stores, Shoe stores, Amazon, or other online sources

Sock Aid



Used to help individuals put on socks without bending or straining, making it easier for those with limited mobility.

Purchase: Walmart, Amazon, local pharmacy, or other online sources

Clip and Pull Dressing Aid



Used to help people who cannot bend over, twist, or reach to put on pants, underwear, skirts, and other lower-body clothing.

Purchase: Amazon, or other online sources

Reacher/Grabber Tool



Used for picking up and grasping objects in hard-to-reach places, especially for those with limited mobility or who need to avoid bending or stretching.

Purchase: Walmart, Amazon, local Pharmacy, other online sources

Long Handled Brush and Comb



Used for people with limited mobility, helping individuals with arthritis, injuries, or other conditions that make reaching difficult to comb their own hair.

Purchase: Amazon or other online sources

Electric Razor



Used to shave without soap and water, simple and safe for reducing nicks and cuts.

Purchase: Walmart, Amazon, local Pharmacy, or any local retail store

Weighted Universal Holders



Used to stabilize tools for individuals with tremors, limited hand strength, or motor control issues.

Purchase: Amazon or other online sources

Wall Mount Adjustable Mirror



Used for close-up grooming task, can be used while sitting down.

Purchase: Amazon or other online sources

Lighted Mirror



Used for grooming tasks like shaving and applying make-up.

Purchase: Walmart, Amazon, any retail stores

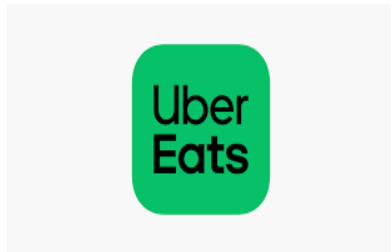
Built Up Utensils



Used by individuals with limited hand strength, mobility, or dexterity to make it easier to eat independently.

Purchase: Amazon or other online sources

Uber Eats/Door Dash/Instacart



These are apps that can be downloaded on a smart phone. They allow you to order from restaurants or stores and have it directly delivered to your home. Check your area to see what is available.

Price: Varies depending on what you order

Must have a smart phone to download the app and be able to order.

Ready Prepared Freezer Meals



Used to provide ready-to-eat dishes for individuals with limited cooking ability.

Purchase: any local grocery store

Fresh Meal Deliveries



Used for individuals who want to prepare their meals but skip the grocery shopping. Requires a monthly subscription.

Purchase: Online

Grocery Store Deliveries



Used for shopping online and having household items/groceries delivered directly to your home. Can also be used to shop and do pickup at the store.

Hearing Amplifiers



Used to make sounds louder for people with mild to moderate hearing difficulties.

Purchase: Walmart, Amazon, local Pharmacy, or other online sources

Bluetooth Hearing Amplifiers



Used to improve hearing for people with mild to moderate hearing loss, can be connected to phone, computer, or TV.

Purchase: Walmart, Amazon, Best Buy, other online sources and stores

Caption Phones



Specially designed telephones that provide real-time text captions of the caller's speech, making it easier for individuals with hearing impairments to understand conversations.

Purchase: Walmart, Amazon, check with the State to see if any companies provide one for free

Magnifying Glass



Used to assist with daily activities like reading, writing, and hobbies by making small print and details larger.

Purchase: Walmart, Amazon, local Pharmacy, Retail Store, and other online sources

Talking Clock/Alarm



Used to announce the time audibly, especially those with visual impairments, dementia, or hard of hearing, while an alarm clock is used to set an alert to wake up or remind you of a task.

Purchase: Walmart, Amazon, local retail stores or other online sites

Pill Planner



Used to organize your daily medications so there is no confusion.

Purchase: Walmart, Amazon, any local Pharmacy or retail store

Automatic Pill Dispenser with Alarm



Used to remind you when to take your pills and automatically dispenses them for you.

Purchase: Amazon or other online sources

Take your Pills Talking Alarm Clock



Used to remind users when it's time to take their medication.

Purchase: Amazon or other online sources

Medicine on Time



Used to keep track of medications and help to ensure patient safety and medication adherence. Individual pill cups can be formatted for either a weekly or monthly cycle.

Purchase: Check with your local Pharmacy to see if they provide this service

Alexa



Used as voice-activated virtual assistance for tasks like controlling smart home devices, streaming music, setting alarms, and getting information.

Purchase: Amazon – requires internet

GoGoGrandparent



Used to help older adults live independently by providing on-demand rides, grocery delivery, and other essential services through a simple phone call, bypassing the need for a smartphone or app. It is used for tasks like transportation to appointments, shopping, or errands, with features such as ride monitoring and real-time updates for family members.