



VATS RESOURCE LIST

Virginia Assistive Technology System (VATS) is a program designed to ensure that Virginians are aware of and able to access assistive technologies and information they may need to participate in society. VATS has specifically highlighted these products to help older adults live independently and with greater function in their daily lives.

VISION

Ablenet U See Keyboard (approximate cost = \$35)



- Largest print on keycaps available in a full-size keyboard
- Easy to see, even in low light
- Recommended for the visually impaired
- Internet, multimedia and energy-saver hot keys
- Plug-n-play for Windows NT, 2000, XP, Vista & Win 7, 10 - 32 and 64 bit systems

For more information: <https://www.youtube.com/watch?v=4uXyUyf-Wso>

iBill Talking Dollar Reader (Free)



Bureau of Engraving and Printing provides currency readers, free of charge, to all eligible blind and visually impaired U.S. citizens and national residents.

The device is small, compact, and runs on a triple-A battery, which is included. To use the currency reader, simply insert a U.S. bill into the reader and press the button. The device will tell the note's denomination.

For more information: <https://www.youtube.com/watch?v=hwzzvvy8T5A>

HEARING

Comfort Duett (approximate cost = \$160)



The Comfort Duett from Comfort Audio is an easy-to-use hearing amplifier that helps you hear every word loud and clear, whether you're at a lively family dinner, chatting on the phone or watching TV.

For more information: <https://www.youtube.com/watch?v=ui0g-t4MqUc>

Hygen X Disposable Headphone cushion covers (Approximate cost = \$17)



Keeping proper hygiene is more important now than ever and these disposable, sanitary covers are an easy way to keep your headphones clean and protected.

With its hypoallergenic material and special weave design, you'll enjoy full sound quality,

comfort and protection. Simply stretch the cover over the headphone ear cups and you're all set.

For more information: <https://www.hamiltonbuhl.com/store/p/9536-HygenX-Sanitary-Headphone-Covers-for-Over-Ear-Headsets-50-Pair>

Sonic Bomb Alarm Clock with Super Shaker (approximate cost = \$36)



Wake Better! The Sonic Bomb Alarm Clock with the industry's most powerful bed shaker! Never sleep past your alarm again with the Sonic Bomb Alarm Clock!

The Sonic Bomb Alarm Clock Is Renowned For Waking Heavy Sleepers. Do You Not Want To Disturb Others? You Can Turn Off The Volume On The **Sonic Boom Alarm Clock** And Awaken With The Adjustable Strength Bed Shaker. Your Sonic Boom Alarm Clock Is Perfect For Any Dorm Room Or For Early Birds.

For more information: <https://www.sonicalert.com/SBB500SS-Alarm-Clock>

LEARNING, COGNITATION AND DEVELOPMENT

Ablenet Chester Mouse One Click Mouse (approximate cost = \$22)



A small computer mouse with no scroll wheel, about half the size of a standard mouse with one large green button that serves as the left-click. Good for small hands and those with limited abilities.

For more information: <https://www.ablenetinc.com/chester-mouse/>

Ditto Wearable Vibrating Notifier for Smartphones (Approximate cost = \$40)



Ditto is a tiny notification device that helps you stay connected while your phone charges in the next room. Ditto can be customized to let you know of incoming calls, texts, emails, and app notifications, plus its gentle alarm feature can wake you up in the morning.

For more information: <https://www.youtube.com/watch?v=zT44QdbGqx4>

MOBILITY

HealthSmart Expandable Door Hinge (Approximate cost = \$35)



These expandable offset door hinges add 2 inches to doorways, allowing barrier-free handicap access for most wheelchairs, walkers and transfer chairs

- An easy, inexpensive way to expand most doorway openings
- Installs using the same screws and holes as the existing hinge
- Decorative finish looks attractive
- Comes with two hinges per package

For more information: <https://www.livehealthsmart.com/HealthSmart-Expandable-Door-Hinges?quantity=1&color=35>

Knee Scooter; Roscoe Medical (Approximate cost = \$240)



The Knee Scooter offers increased comfort and ease of mobility to patients who cannot put weight on their foot or ankle, but want to remain active. With its four large wheels and padded knee platform, the Knee Scooter is perfect for indoor and outdoor use. The offset post on the aluminum knee platform allows for right-to-left adjustment in seconds

- no tools required. The Knee Scooter is equipped with an easy folding mechanism that collapses using a thumb release lever and fits beneath the raised knee platform for ease of storage and transportation.

Features

- Scooter can be steered for increased maneuverability
- Adjustable hand brake ensures safety
- Padded knee platform with easy-adjustment mechanism
- Padded handlebar grips

For more information: <https://www.youtube.com/watch?v=vanjNm6Zy1A>

Car Grip – Car Standing Aid (Handy Bar) (Approximate cost = \$13)



Car Grip allows the user to easily sit or stand safely while entering or exiting their vehicle, offering support and protecting from falls. It fits securely into either the passenger or driver side of the door of almost all types of vehicles and provides optimal leverage. This solid mobility bar has a non-slip fitting grip and is a universal fit for all automobiles. It's perfect for the elderly, injured, or anyone who needs help getting in and out of cars.

For more information: <https://at-aust.org/items/13056>

Uplift Premium Power Lifting Seat by Carex (Approximate cost = \$110)



This portable and economical lifting seat is perfect for those who need help to stand. It activates automatically as the user stands, lifting up to 70% of their weight up to 220 lbs. It is fully self-powered and does not require electricity instead using a hydro-pneumatic gas spring. The patented LevelLift Technology ensures gentle and safe lift without pushing you forward. Weighing just 9 lbs., it has a built-in carry handle and works on most armchairs or sofas. The 100% polyester cover is fully washable and the polyurethane foam cushion is easy to care for.

For more information: <https://carex.com/products/carex-upeasy-seat-assist-standard>

Deluxe Hip Kit – Royal Medical Services (Approximate cost = \$35)



The Hip Kit Knee Replacement Kit is designed carefully by medical professionals for people who are recovering from hip, knee or bariatric surgeries

- Most often recommended by therapists for post-hip surgery patients

- Kit contains 4 pieces: one 26" or 32" Reacher, one Deluxe Molded Sock Aid with 38" Long Foam Handles, one 22" Long Handle Sponge and one 18" Long Plastic Shoe Horn

For more information:

<https://www.myrmsstore.com/search?q=deluxe%20hip%20kit>

RMS Folding Cane (Approximate cost = \$16)



RMS Folding Cane - Foldable, Adjustable, Lightweight Aluminum Offset Walking Cane - Collapsible Walking Stick with Ergonomic Derby Handle - Ideal Daily...

Color:Blue



RMS Royal Medical Solutions, Inc. presents folding canes with ergonomic handle and wrist strap. The walking canes can be folded and collapsed easily to fit into a bag, purse, walker tote or any of your travel luggage. The canes are made from anti-corrosion aluminum, lightweight but durable for a long lasting use. They are not only your daily mobility equipment but also your everyday fashion statement!

For more information:

For demonstration: <https://www.youtube.com/watch?v=df6aNK57Aa8>

To buy: https://www.myrmsstore.com/search?type=product&q=folding+canes*

HEALTH

Touchless Forehead Thermometer by Fermometer (Approximate cost \$20)



Touchless Forehead Thermometer for Adults, Kids and Babies, Digital Infrared Non Contact Thermometer with Fever Indicator, 1s Instant Accurate Reading by...



Femometer infrared forehead thermometer is specifically designed for easily use on the forehead. It is intended for the intermittent measurement of human body temperature from the forehead by people of all ages. When properly used, it will quickly assess your temperature in an accurate manner.

For more information: <https://www.youtube.com/watch?v=SSACsLrUHyQ>

Med-E-Lert Locking Automatic Pill Dispenser (Approximate cost \$70-\$100)



Whether you're managing vitamins, supplements, or prescription medications, the Med-E-Lert Automatic Pill Dispenser remembers when you need to take each one. Featuring six unique dosage rings, the easy-to-fill pill tray allows you to organize, secure, track, and dispense contents for up to 28 days with a maximum of six reminders per day. With only three buttons and an easy-to-read LCD screen, you can effortlessly program this electronic pill dispenser to match your needs. You can even adjust the alarm tone or set it to a "silent" mode, which enables only the visual alert. Once the scheduled event is triggered, users simply pick up the electronic pill dispenser, pour contents out of the

dispensing window, and the Med-E-Lert is all set and ready to remind you when it's time to take your next dose.

Never forget your medications again—add a Med-E-Lert Automatic Pill Dispenser to your cart today!

For more information: <https://www.medelert.com>

Weighted Gel Lap Pad by Skil-care 18"xx10" (approximate cost = \$30)



This medium weighted vinyl lap pad with green gel and sparkles inside provides deep pressure to help create a secure grounded feeling. Weighted products provide proprioceptive input that helps establish increased body awareness, improve attention span and concentration, and has calming benefits. Vinyl-covered pad easily wipes clean. Weighs 5 lbs.

For more information:

<https://skil-care.com/catdetail/cat?parcat=Pediatric%20Special%20Needs&scat=98&pid=361#.YaPKS-caYU>

Freedom Wand – Multi Task Bathroom Aid (Approximate cost = \$50)



The FreedomWand is more than just a toilet tissue paper aid, it is a personal hygiene aid that helps people when reaching is difficult to take care of their toileting, bathing, shaving, and ointment application. Unique from other toilet aids it offers portability, multiple lengths, and 4 Tools In one. It can help you or a loved one heal faster and keep your independence and dignity from: Hip Pain, Spinal/Back Injuries, Arthritis, Carpal Tunnel, Shoulder injuries, Stroke, Obesity, Paraplegia, and Rotator Cuff Surgery.

For more information: <https://www.freedomwand.com>

Therafin Denture Brush with Suction Base (Approximate cost = \$15)



The Suction Denture Brush is an adapted denture tooth brush with bristles on both sides. The two suction feet on the bottom of the base securely hold the brush in place. The brush features short even-length bristles on one side, and longer contoured bristles on the other side. The Suction Denture Brush is ideal for independent one handed denture care for people to be independent with oral hygiene. Denture Brush features two suction feet which securely hold the base in place. Ideal for independent one handed denture care

For more information: <https://www.thewrightstuff.com/suction-denture-brush.html>

Kinsman Nail Brush with suction cups (Approximate cost = \$12)



The suction brush is securely held in place by two suction cups. Can be used for scrubbing vegetables, fingers etc..

For more information: Information for this item is available online

DAILY LIVING

ArcMate 26" EZ Reacher with lock (approximate cost = \$20)

ArcMate 42" EZ Reacher with lock (approximate cost = \$25)



ArcMate EZ Reachers with round silicone tips provide a powerful and secure grip with delicate sensitivity. Constructed of lightweight aluminum, these reaching aids have a stainless steel spring mechanism for heavy-duty use. The handle is comfortable to hold and has an easy to operate pistol grip full finger trigger. EZ Reachers will handle objects of different shapes and sizes up to 5 pounds. The jaws open to 4.5 inches wide. Locking models have an on/off lever locking mechanism to hold the jaws securely around the

item being retrieved. A flip of the thumb releases the lock. An optional wrist support provides added arm support for people with limited strength.

For more information:

<https://www.thewrightstuff.com/ez-reachers-suction-cup-claw.html>

Kinsman Adult Weighted Utensils - Set of 4 (Approximate cost = \$40)



Additional weight helps stabilize movement for those who experience tremors of the hands. Each utensil weighs approximately 8 ounces. Gray plastic vinyl handle is contoured to fit the fingers.

For more information: Information for this item is available online

OXO Good Grips Bendable Utensils (Approximate cost = \$12 each)



Good Grip Bendable Utensils offer a range of different utensils include a fork, teaspoon, tablespoon, small spoon, and rocker knife which can be purchased individually for specified need or to complete a full set of graspable feeding utensils. They are easy to adjust for right- or left-handed use, and can be placed in the dishwasher for convenient care.

Arthritis, weakness, and neurological impairments can make it difficult for individuals to grip regular utensils and move food from the plate to their mouths. The built-up rubber handle is ideal because it allows for sturdy, adaptable grip. The utensils can also be bent at different angles to accommodate a limited range of motion.

Good Grips Bendable Utensils offer forks and spoons that can be adjusted to different angles. The shaft of the utensils features a special twisting mechanism so that users can customize the reach of their forks and spoons. This allows for more comfortable use that puts less stress on the hand.

For more information: Information for this item is available online

Recording Minder – Talking Personal Alarm Clock (Approximate Cost = \$45)

<https://www.medcentersystems.com/MedCenter-Talking-Alarm-Clock-p/7094-2.htm>



The "Take Your Pills" Talking Alarm Clock alerts users when it's time to take their medication with a friendly female voice up to 4 times daily.

Set up to 4 Daily Alarms to alert you when your medication is due. A repeating friendly reminder notifies you of the time, the date and which daily dose to take. ("Good morning! Please take your morning pills for the 20th.") Press the "Alarm Acknowledged Button" to confirm compliance and the MedCenter Talking Alarm Clock tells you when the next daily dose is due.

For more information: <https://www.medcentersystems.com/MedCenter-Your-Minder-Personal-Alarm-Clock-p/7326-7.htm>

Go Cart Laundry Basket on Wheels (Approximate cost \$40)



The GoCart is the perfect cart for all your needs both inside and outside the house. Roll it with the telescoping aluminum handle or carry it with the top handle. You can also pick it up anywhere with the rim handle. Use it for grocery laundry cleaning supplies and more. The tire tread allows you to pull more weight with less effort. Carry all your dirty clothes with a lightweight rolling laundry basket.

For more information:

https://www.amazon.com/dp/B096YX2YPT/ref=sspa_dk_detail_0?psc=1&pd_rd_i=B096YX2YPT&pd_rd_w=Zk90F&pf_rd_p=887084a2-5c34-4113-a4f8-b7947847c308&pd_rd_wg=ApNuO&pf_rd_r=YM2XZKMHZN11N1CJYXWG&pd_rd_r=7346f22d-4cb8-4429-9181-0ca86193b845&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyTlpOUzRPOFINUkkmZW5jcnlwdGVkSWQ9QTAYODA1MDgxUzhHNEdXOUlWOTdXJmVuY3J5cHRlZEFkSWQ9QTazNDgzOTIxU0lUUjkwMlIBTU1JndpZGdldE5hbWU9c3BfZGV0YWlsJmFjdGlvbj1jbGlja1JlZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ

Gas Cap Aid (Approximate cost = \$9)



Remove the gas cap from your vehicle more easily with the Gas Cap Removal Tool. Fitting right over your vehicle's gas cap plate, this handy gas cap grip provides easy grip from most any angle. This offers the leverage needed to easily open and close your gas cap. This gas cap tool is designed drivers with arthritis, hand injuries or limited strength, so you can retain your independence. Included with this sturdy plastic cap opener are two universal adapters, which accommodate most vehicles on the market.

For more information: Information for this item is available online

Button/Dial Aid – Universal Turning Handle



The Universal Knob Turner is a gripping aid for people with arthritic hands who are unable to tightly grip and turn control knobs on ovens, dishwashers, microwaves and other appliances. This ergonomic turning aid assists users with arthritis in turning knobs on and off more easily.

For more information: Information for this item is available online

Versacart Transit by Filgenuity (Approximate cost = \$110)



Lightweight at only 9 lbs, the patented original VersaCart Transit folding cart easily handles 120 lb of cargo and then some, yet folds up in a snap for compact storage in your trunk or closet. Use it for grocery, shopping, laundry, picnics, camping and so much more.

For more information: <https://versacart.us>

FISKARS TITANIUM EASY ACTION SCISSORS (Approximate cost = \$20)



Fiskars Titanium Easy Action Scissors (No. 8), 8 Inch, Orange/White



- Ideal for cutting a wide variety of materials including denim, silk and multiple layers of fabric
- Awarded the Arthritis Foundation Ease-of-Use Commendation for a design that is easy-to-use for people with arthritis or limited hand strength
- Spring-action design gently opens blades after each cut to reduce hand strain

For more information: Information for this item is available online

Yicostar Pet Food Storage Container (Approximate cost = \$22)



Yicostar Pet Food Storage Container, Airtight Small Dog Food Container Cat Food Container with Measuring Cup, Upgraded Large Pour Spout and 4 Seal Buckles...

Color: Blue



It is an ideal solution for storing dog, cat or other pet food and more. A container sitting on your countertop looks much nicer than the food bag.

Using the dog food storage helps keep pet food fresh, the weather out and insects and pests out, so you can store anywhere.

The pour spout and measuring cup makes it easy to fix your pets meals without having to open the entire container up.

Holds about 3.5lb dog food, durable plastic material with BPA free, safe to use. With the carrying handle, this small pet food storage container is perfect if you are traveling a few days.

For more information: <https://www.yicostar.store/productinfo/661906.html>

ENVIROMENTAL ADAPTATIONS

Etekcitey Wireless Remote Outlet (Approximately = \$12-\$30)



Enjoy full control of your outlets with the Etekcitey Remote Outlet Switch. The convenient remote control lets you control your outlets in the palm of your hand.

For more information: <https://www.youtube.com/watch?v=y9Rs9NPWTAE>

Fire Avert (approximate cost = \$150)



FireAvert is the most effective way to protect your home from dangerous stove fires. Our product installs in less than 10 minutes and requires no professional skill. FireAvert syncs to the sound of the smoke alarm, including Nest alarms, and will automatically shut off the power or gas to your stove when your smoke alarm sounds. Have peace of mind knowing your stove can turn itself off if necessary!

For more information:

https://fireavert.com/?utm_term=fire%20avert&utm_campaign=Automatic%20Stove%20Shut%20Off&utm_source=adwords&utm_medium=ppc&hsa_acc=7574553711&hsa_campaign=12458126368&hsa_grp=124039280328&hsa_ad=502033251252&hsa_src=g&hsa_tgt=kwd-324989221329&hsa_kw=fire%20avert&hsa_mt=p&hsa_net=adwords&hsa_ver=3&gclid=Cj0KCOQjw5oiMBhDtARIsAJi0qk1kREAMwEGLYPceWv6VtwqiyA5FFiIFELqevhRGNRbmhCIZ3TJfO0caAqPDEALw_wcB

Westek Plug in Touch On/Off Control (Approximate cost = \$18)



Add a measure of safety, security and convenience to everyday life with Westek Plug In Touch On/Off Control. You will never have to use the lamp's switch again. Simply plug the unit into a standard wall outlet and then plug any metal lamp into the outlet on the front of the unit.

- Converts any lamp to a touch-controlled lamp
- 1st touch is equal on
- 2nd touch is equal off
- Incandescent bulbs only

For more information: <https://www.homedepot.com/p/Westek-200-Watt-Touch-Lamp-On-Off-Plug-In-Light-Switch-Control-White-6000BC/100644829>

USB Wall Charger X-ED (Approximate cost = \$20)



A power adapter that generates the 5 volt DC standard required by USB. ... The charger plugs into an AC outlet, and a USB cable plugs into the charger.

For more information: Information for this item is available online

RECREATION, SPORTS AND LEISURE

Fiskars Stand up Weeder (Approximate cost = \$36)



The Fiskars stand-up weeder makes it easy to permanently remove invasive plants without sore knees from kneeling, back ache from bending or harsh, costly chemical herbicides that need to be applied multiple times. Just place the head over a weed, step down on the reinforced foot platform, and the four serrated, stainless-steel claws will grab the weed by the root for clean removal. An offset hand reduces wrist strain, a viewing window in the pedal makes claw placement mistake-free, and an easy-eject mechanism clears the head between uses for quick and easy cleanup.

For more information: <https://www.fiskars.com/en-us/gardening-and-yard-care/products/weeders/stand-up-weed-puller-4-claw-339950-1001>

Strongway Garden Seat and Caddie (Approximate cost = \$125)



The Strongway Deluxe Rolling Garden Seat with padded seat makes gardening and other chores around the yard more comfortable than ever. The swiveling seat lets you tend to your chores without getting up. A 4 1/2in. T-handle turnbar provides steering while you are seated and a 24in. T-handle turnbar offers easy pulling around your work area. You can even lean against the back rail for lumbar support. Features 10in. pneumatic front and rear tires with smooth ball bearings. A wire basket on back, fabric tool pouches on rear rail and handy utility tray underneath provide additional storage. Heavy-duty welded steel tube frame can handle up to 400 lbs.

For more information:

https://www.northerntool.com/shop/tools/product_200640322_200640322

Peta Easy Grip Garden Tools



- Short Handled set of 3 (Approximate cost = \$50; individual pieces = \$17)

The Easi Grip Garden Tools Set of 3 provides the natural way to hold a tool to help prevent wrist strain and pain. The unique patented handle design helps prevent injury by maintaining a natural grip. This set includes three of the ergonomic garden hand tools, the Easi Grip Fork, Easi Grip Trowel, and Easi Grip Cultivator.



- Arm Support Cuff (Approximate Cost = \$12)

The Easi Grip Arm Support Cuff is designed to assist gardeners who suffer from weak hands and wrists. The Arm Support Cuff easily plugs into the back of any Easi Grip Garden Tool. This product is great for those who struggle with weak hands or wrists, but love to work outside. The Arm Support Cuff causes the forearm and upper arm strength to be used to move the tool. This decreases the strain on the wrist and fingers.



- Long Handled Long Handled Garden Tools (Approximate Cost = \$190;
Individual items = \$50)

The Easi Grip Long Reach Garden Tools Set of 4 are extra long but light weight steel tools. The soft grip handles are at right angles to the tool head. The ergonomic handles allow the wrist and hand to be held in a neutral position which allows a much firmer grip with less wrist strain. A long trowel, long fork, long cultivator and long hoe are included in set of long reach tools. These long garden tools are ideal for light digging and cultivating the soil. The added length is recommended for reaching to the back of beds for gardening in a sitting down position or if bending is restricted.

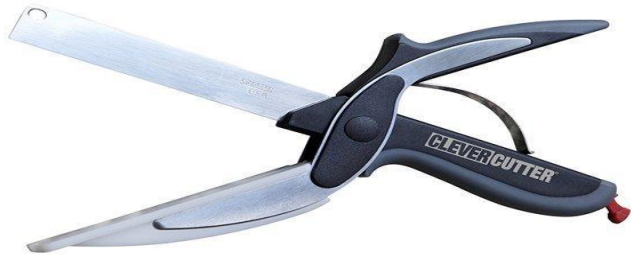
For more information: <https://www.thewrightstuff.com/easi-grip-garden-tools-set.html>

YouTube – Putnam Master Gardeners demo --

<https://www.youtube.com/watch?v=duxgskUMLJQ>

KITCHEN

Clever Cutter Scissors – 2 in1 knife & Cutting board (Approximate cost \$10)



Clever Cutter Knife and Cutting Board chops and slices food in seconds. Its razor sharp stainless steel blades slice through foods quickly and easily. Great for slicing and chopping veggies, fruits, cheese, meat and more. Includes a locking safety hinge for storage, and it's dishwasher safe making clean-up a breeze.

For more information: https://www.youtube.com/watch?v=V_8kpS30VQk

Westmark double Turner & Kitchen Tongs (Approximate cost \$14)



Double turner and kitchen tongs make cooking a breeze; Perfect for turning and serving meat, fish, vegetables, etc.; Ideal for non-stick pots and pans;

For more information: <https://www.walmart.com/ip/westmark-21002260-double-spatula-11-4-x-0-8-x-2-8-inches-black/597414639>

Speaks Volumz – Talking Measuring Cup (approximate cost = \$40)



- Speaks measurements in English
- Measures weight & volume (cups/oz./ml./grams)
- Programmed conversion for water, oil, milk, flour & sugar
- Clear cup is dishwasher & microwave safe
- Uses 2 AAA batteries (not included)

For more information: Information for this item is available online

Tactile Low Vision Long Ring Timer With Stand (Approximately \$20)



Yellow face with raised bold black numbers

- Long ring model with stand
- Large 8" diameter bright yellow face
- 1 1/8" bold black numbers
- Tactile numbers and markings
- Oversized dial is easy to operate

For more information:

<http://www.reizenusa.com/prodView.asp?status=c&recid=518>

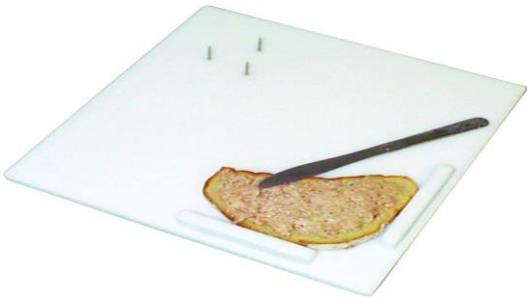
Automatic Jar Opener – Hamilton Beach (Approximate cost = \$40)



- Effortless push-button opening
- Simply place the jar opener on top of the jar and press the engage button
- Compact for easy storage in a drawer or cabinet
- Opens a wide variety of jar sizes-no jar is too tall
- Durable and built to last. Please refer the User Guide and the Instructional video before use.

For more information: <https://hamiltonbeach.com/open-ease-automatic-jar-opener-76800>

Parsons ADL Cutting Board (Approximate cost = \$45)



This easily cleaned white food grade polypropylene cutting board has stainless steel spikes to hold food in place for peeling and slicing. The 1/2" (1.2cm) high corner guards keep bread from sliding when spreading butter or slicing. Mounted on 4 suction cups for anchoring board securely. 12" x 12" (30cm x 30cm)

For more information: <https://www.parsonsadl.com/product.php?id=465>

Kitchen Roll-About Rolling Wooden Trivet (Approximate cost = \$40)



The Kitchen Roll-About is a handy, wheeled, wooden trivet that helps move hot pans and dishes. The wheels move easily and the rubber stopper assists in avoiding accidental movement. The wooden handle is long enough and also stays cool.

- Ideal for people with weakness in hands/fingers or painful wrists/forearms. Also for one handed users who find lifting difficult.

For more information: <https://www.rollingspokes.ca/product/kitchen-roll-about/86>

Battery Operated Electric Can Opener by Chefs Best Choice
(Approximate cost = \$20)



Electric Can Opener, Restaurant Can Opener, Full - Automatic Hands Free Can Opener, Chef's Best Choice (White)



This automatic, Hands Free Can Opener is great for seniors, those with arthritis or weak hands. It can be turned on automatically and safely cuts along the side of the lid without touching food on the inside and no sharp edges on the outside.

For more information: <https://www.youtube.com/watch?v=95QMev6mbc0>

Kitchen Helper Jar and Bottle Openers (Approximate cost = \$10)



Ergonomic & non-slip design with 4 different jar grips and inner rubber will give your hands the power to open any Jar lips just in squeeze.

Easy tearing, pulling, turning and twisting for anything you craves.

The large opener can instantly gauge any lid or capsizes, place the appropriate opener size on the food or drink container, twist and quickly release their factory sealing, without slipping or breakage.

For more information: <https://www.youtube.com/watch?v=pMt7bTOUfKs>

EMERGENCY SUPPLIES

Energizer Compact Rechargeable Flashlight (Approximate cost = \$11)



No batteries to replace, always ready to shine – the Energizer Weatherready Compact Rechargeable Light makes the ideal emergency flashlight.

- Easy to find when needed – light turns on automatically when power goes out
- Retractable prongs for a comfortable grip
- Reliable emergency flashlight

For more information: <https://www.youtube.com/watch?v=XYfAPMxM5PE>

American Red Cross Emergency NOAA Weather Radio with USB Smart Phone Charger, LED Flashlight & Red Beacon (Approximate cost = \$60)



Keep your household prepared with the American Red Cross FRX3. The hand turbine rechargeable FRX3 is a preparedness radio with AM/FM, all seven NOAA (National Oceanic and Atmospheric Administration) weather band stations and the "Alert" system. When the "Alert" function is on, the radio will automatically broadcast emergency weather alerts for your area such as hurricanes, tornadoes and severe storms.

For more information: <https://www.youtube.com/watch?v=70uVpx6AAvM>

Blavor Solar Power Bank, Qi Portable Charger 10,000mAh External Battery Pack Type C Input Port Dual Flashlight, Compass, Solar Panel Charging (Approximate cost = \$25)



This solar power bank from BLAVOR is a great all-in-one tool thanks to its built-in compass and flashlight function. Its 20,000 mAh power capacity means rapid device charging, with an iPhone 11 Pro charging fully in just an hour and 45 minutes. It has

wireless-charging capabilities with compatible devices and has a total of four power outputs. When charging electronically, the bank can be fully powered up in 13 hours. It's IPX5-waterproof, meaning that it can handle being sprayed with low-pressure water, like rainfall, but cannot be fully submerged without risking damage.

For more information: <https://www.youtube.com/watch?v=J-Yd8msawqY>

Safety Whistle (Approximate Cost = \$3)



Protect yourself no matter where you go with a Safety Whistle. Its bright orange color allows for it to be easily seen from afar, while its sound will quickly alert those nearby of your location in times of need or distress.

FEATURES:

- Perfect for staying safe out on the water
- Alerts those nearby of your location
- Lanyard included for convenience and accessibility
- Bright orange color for high visibility

For more information: Information for this item is available online