

Empower Minds.  
Strengthen Bodies.  
Inspire Creativity.

A lot of times, family members don't know what gifts to get you at birthdays/ Christmas, etc. Listed below are ideas of items that you may find helpful. These items can help increase your safety/independence.

- Voice mail added to phone line to prevent having to "run" to catch the phone
- Bath bench/shower chair
- Rolling garbage can
- Big button telephone
- Cell phone
- Coiled light weight garden hose (to prevent tripping)
- Plug in night lights for halls/bathrooms
- Raised toilet seat or replacement of toilet with an "ADA" height toilet
- Electric timers to turn lights on in rooms to prevent having to enter a dark room
- Portable phone
- Light weight vacuum cleaner
- Hand held shower
- Grab bars for showers/tubs
- No slip strips installed in shower/bathtub
- Long handle dust pan
- Long handle reacher
- Installation of handrails on each side of entrance to home
- Installation of a second handrail on stairs (so there is one on both sides)
- Installation of motion lights on porches and walkways and/or low voltage lighting
- Pair of nice walking shoes
- Installation of compact florescent light bulbs
- Rubber leg extenders to raise the height of furniture to make it easier to get down and up.

