

Independent Living Skills Parent Pilot Partnership Program Resources for the Home

This list is meant to be a guide in purchasing items that may work for your child towards developing independent living skills. It is not meant as a guide for you to purchase all the items. As educators we are working to provide a list of items that you and your child may find useful. It should be noted these are recommendations and is not an endorsement of any products listed.

There are many resources available for use in the home to assist your child towards independence. Many items can be purchased inexpensively from your local Dollar store. All stores do not carry the same items. There are also catalogs which are devoted to providing specially designed products for individuals with special needs.

Items previously purchased at *Dollar Stores*:

Cafeteria Trays- trays allow your child to work within a parameter in order to know where all items are located. It also provides practice in carrying food items like they would in a school cafeteria or fast food restaurant.

Small Pitchers- small pitchers (8-12 oz. size) are easier to pour from than large pitchers (32-48 oz. size). This allows practice in pouring liquids into a variety of containers, cups, mugs, glasses, etc.

Plastic Dishes- they are good to use when developing eating skills because they do not break if they are accidentally dropped.

Microwave Omelet Cooker- this is a handy device to prepare an omelet without ever having to turn on the stove.

Measuring Spoons- you can inexpensively purchase metal spoons and bend the ends of the handles so that they are easier to carry and less likely to spill.

Lettuce Knife- this plastic knife cuts remarkably well and is safe for your child to use.

Catalog Information:

APH Products Catalog, American Printing House for the Blind, Inc.: www.aph.org 1-800-223-1839

Pages 153-162 are dedicated to the Expanded Core Curriculum are of Daily Living and Social Interaction. Some affordable and useful items are: Talking Thermometer \$12.95, Talking Calculator \$17.95 (adding up purchases in the store), EZ Fill Pouring Aid \$12.95, EZ Track Book and Calendar, Money Handling and Budgeting: Print edition \$30.00-Braille edition \$45.00, 20/20 Pens (Pack of 5 \$6.50), APH Signature Guide \$5.00

LS&S (Learning, Sight & Sound): www.LSSproducts.com
1-800-468-4789 Toll Free

Items located on pages 32-35 are ideas for cooking aids, measuring and cutting, timers, opening containers and sewing. Prices vary in the catalog and need to be considered as to how useful the items will be for your child. Some inexpensive but useful items we have found are: the Microwave Omelet Cooker \$5.95, Boil Alert \$2.95, Long Oven Mitts \$3.50, Sunbeam Hot Shot Beverage Maker \$27.95 (you can also find it at Target & Sears), Inner Lip Plate 5.95, Jar Pop \$3.95, Four in One Opener \$4.95, Easy Threading Needles \$1.89, Needle Threader \$2.75, Hem Tape \$2.50

MaxiAids: www.MaxiAids.com 1-800-522-6294 Toll Free

Items located on pages 99-115

Microwave 2 –Egg Poacher \$2.95, Flame Tamer/Simmer Ring \$2.95, Boil Control Disc \$2.29, Splatter Guard \$3.95, Pot Strainer \$2.75, Scorch Resistant Oven Mitt \$2.25 or any of the oven mitts on page 101 &102, 3 Section Plate \$7.50 (for younger children), Double Spatula \$8.95, Safety Food Turner \$3.95, Large Tongs \$ 3.75, Tomato/Onion Slicing Holder \$7.95, Egg Slicer \$1.35, Big Number Measuring Cups \$4.49, Big Number Measuring Spoons \$1.99, Measuring Spoon Set \$1.39 (Bendable aluminum for easier carrying), Adjust-A Measure 3 pc. Set \$9.95, Big Number Funnel Set \$3.95, Bold Print 2 Cup Measuring Cup \$3.95, Cooking Bottle Pouring Spouts \$2.95, Lettuce Knife \$5.95 (Safe for cutting food), Low Vision Cutting Board \$6.95, Make & Shake Ice Tray \$3.95, Non-Slip Grip Mat \$4.95, Dycem Non-Slip Multi-Purpose Pads \$ prices vary depending upon the size, Hexe Needle Threader \$2.49, Fiberglass Measuring Tape \$6.50

Independent Living Aids: <http://www.independentliving.com/>
1-800-537-2118 Toll Free

This is not an inclusive list of all items which might be helpful to your son or daughter in developing independent living skills. Work with them and decide which areas they need assistance and then explore items together that proves beneficial.

Collette Bauman, Special Education Consultant, Michigan
Department of Education, MDE-LIO