

Gadgets For Better Living



- Safety is a priority for people wanting to age in their home.
- Fall prevention is a top concern for all seniors.
 - Falls are the number one cause of accidents requiring hospitalization.

Gadgets For The Bathroom

- Balance Assist Bars (Stationary & Portable)
 - Having them professionally installed can help increase safety.
 - Portable grab bars can be great to help prevent falls when travelling.
- Shower/Bath Mats & Other Non-Slip Surfaces
- Hanging Soap Dispensers / Soap Sponges
- Shower Chair

Gadgets For The Kitchen

- Ergonomic Utensils (Jar Opener, Vegetable Peeler, Spoon, Pizza Cutter, Etc.)
- Silicone Pot Holder/Simmer Mat
- Timer
- Backing For Stove Knobs
 - Having a bright color backing (yellow is a great choice) with large dark letters to label the knobs on a stove can help those who have trouble seeing.

Indoor Gadgets For Safety

- Night Lights / Glow Strips
- Lanterns / Flashlights
 - Having lights that don't require batteries or electricity are great for power outages.
- Door Alarms
- Door Stop/Guard
- Cellphone
 - Be sure to know how to make emergency calls on your cellphone.

Outdoor Gadgets For Safety

- Yard Lights
- Large, Reflective House Numbers
- Personal Lights For Walking
- Shoe & Cane Ice Grippers

Gadgets For The Car

- Auto Assist Grab Bar (Car Cane)
- Doze Alert
- Sun Glare Blockers
- Rotating Seat Device

Gadgets For Medication Management

- Medication Planners / Pill Organizers
- Magnifier
- Pill Crusher / Cutter

Miscellaneous Gadgets

- Shoe Treads / Non-Slip Slippers
- Chair Lever Extender
- Rug Grippers
- Door Knob Grip Assist

Resources

Local Resources

Call ahead for specific item availability

Pharmacy/Drugstores

- Clark's Pharmacy
- CVS
- Hy-Vee
- Walgreens

Department Stores

- Bed, Bath & Beyond
- Target
- Walmart

Hardware

- ACE
- Home Depot
- Lowe's
- Menards
- True Value

Eye Care

- Vision in Motion: (319) 364-2311

Online / Catalogs

- Easy Comforts: www.easycomforts.com
- Dr. Leonard's: www.drleonards.com
- Harriet Carter: www.harrietcarter.com
- Miles Kimball: www.mileskimball.com
- Amazon: www.amazon.com
- Arthritis Products: www.arthritissupplies.com
- Gardening: www.gardeningforseniors.com

**Online Search Tip: You can search for "Assistive Gadgets for Senior Citizens" or type in the name of the specific product you are looking for*

Additional Resources

Cedar Rapids Police Department

505 1st St SW
Cedar Rapids, IA 52404
(319) 286-5375 ext. 5485
www.cedar-rapids.org/police

Crime Stoppers

1-(800) -272-7463

Cedar Rapids Fire Department

713 1st Avenue SE
Cedar Rapids, IA 52401
(319) 286-5200 – Main Number
(319) 286-5277 – Public Educator
www.cedar-rapids.org/government/departments/fire

Marion Police Department

6315 US-151
Marion, IA 52302
(319) 377-1511
www.cityofmarion.org/departments/police-department

Marion Fire Department

3933 Katz Drive
Marion, IA 52302
(319) 377-8237
www.cityofmarion.org/departments/fire-department

Hiawatha Police Department

101 Emmons St.
Hiawatha, IA 52233
(319) 393-1212

Linn County Sherriff's Office

P.O. Box 669, 310 2nd Avenue SW
Cedar Rapids, IA 52406
(319) 892-6100
www.linncounty.org

Mount Vernon Police Department

213 1st St NW
Mount Vernon, IA 52314
(319) 895-6141
www.cityofmtvernon.com

Linn County Emergency Management

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 892-6500
<http://www.linncounty-ema.org>

Aging Services

317 7th Ave SE Suite 302B
Cedar Rapids, IA 52401
(319) 398-3644
www.agingservicesia.org

Heritage Area Agency on Aging

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 398-5559
www.HeritageAAA.org

Horizons: A Family Service Alliance

819 5th Street SE
Cedar Rapids, IA 52403
(319) 398-3943
www.horizonsfamily.org

LifeLong Links

(Families & Caregivers can get info on services for older adults & persons with disabilities age 18+)
(866) 468-7887
www.lifelonglinks.org

AARP

(866) 554-5378
www.aarp.org/ia

United Way of East Central Iowa

317 7th Avenue SE Suite 401
Cedar Rapids, IA 52401
(319) 398-5372
<http://www.uweci.org/>

