



## PRODUCTS FOR EASY LIVING Leader's Guide

### OBJECTIVES

Participants will...

- become aware of the many low-cost, low technology devices that are available for special needs and uses.
- learn how to evaluate products and consider options when making decisions in purchasing products for easier living.
- become aware of various sources for obtaining labor-saving and ease-of-use devices.

### MATERIALS AND EQUIPMENT

Leader's Guide

Audio-Visual Aids: (Choose one)

Slide carousel of "Making Life a Little Easier: Self-Help Tools for the Home

Projection Screen

Extension Cord

Video Tape of Making Life a Little Easier: Self-Help Tools for the Home

Flip Cards

Audio catalogs, magazine pictures and demonstration devices as desired.

Handouts (1 per person) – "Products for Easy Living"

### PREPARING FOR THE LESSON

1. Read Leader's Guide thoroughly several times. Practice reading script aloud. Review handouts.
2. Gather all materials and equipment. Look for examples of easy living products in catalogs and magazines to use as illustration during lesson and sharing time.
3. View the slide set or video.
4. Review the posters and become familiar with the materials. (Illustrations are placed on the front for viewing by the audience. Descriptions and further information is placed on the back for your convenience in teaching.)

### PRESENTING THE LESSON

#### Introduction:

(The following information can be used as a guide for the introduction to the lesson and visuals.)

How many times have you said or have heard someone say such things as:

*"I wish someone would invent something that would help make this job easier." or*

*"They can send a man to the moon and come up with all of these high technology ideas....why can't they make jar lids that I can remove?"*

Actually there are a wide variety of simple gadgets that are already on the market to help us with everything from removing that stubborn jar lid to threading a needle and helping us to cope more easily with other ordinary everyday frustrations. The current emphasis on universal design has also led to many everyday adaptations that help people of all ages.

Some simple tools and adaptations can easily be made to the products that you already have, too. Or perhaps there is an easier way to do cleaning, hobby work, gardening and other everyday things that you may not have considered. Be creative and think of all of the different ways that you might solve your problem.

Be alert to ideas and different kinds of products as you are shopping in stores and looking through catalogs. Talk over ideas with friends. You may be surprised at some of the handy gadgets that they have purchased or used and find indispensable in their everyday life. Contact organizations and agencies that specialize in products for those with limitation in vision, hearing or strength. Occupational therapy and medical supply stores also have a great number of items that can be handy for anyone to use.

The purpose of this lesson is to make you more aware of the helpful products that will make your life easier, irregardless of whether you need devices to meet certain limitations or not.

Any trade names that may be used in this program is for the sole purpose of providing specific information and typical examples. The use of brand name products does not constitute an endorsement, a recommendation, guarantee or warranty of the products shown and does not signify approval or disapproval to the exclusion of other brands. These are used solely for demonstration purposes.

Let's talk with this slide set (or video tape) on "Making Life a Little Easier: Self-Help Tools for the Home" to help give you ideas on how everyday objects can be adapted to serve you better and how these products can make your everyday living much easier.

## **ACTIVITIES**

1. Show slide set or video tape.
2. Discussion questions. (Listed here are some sample questions to stimulate discussion)
  - Has anyone used or thought of other tools or ways of solving problems that help you do a task around home?
  - Does anyone remember the first time they used the television, VCR, lawn mower, microwave oven, washing machine, dishwasher or telephone? What was it like to use this new product?

- What kinds of self-help tools or aids do we currently use that we often take for granted? (Eyeglasses, hearing aids, walking sticks, canes, can openers, electric razors, remote control for television, etc.) What was it like when you first started using the tool or aid? Did you have any adjustment problem? If so, how did you overcome it?
- Do you have friends or relatives who have limitations that they prefer to deny? Why do they act that way?
- Do you have friends or relatives whom you admire because they use creative devices in doing tasks and enjoying hobbies?

3. Show visuals and demonstration materials.

**Posters**--Show the 29 posters to the participants. Give them opportunity for discussion and questions. Encourage them to share ideas that they have tried or heard about. Some products could be used to adapt items that they already have (foam for larger handles permit better grip for arthritic hands, non-slip surfaces can be added to counter and desk tops, etc.)

**Sharing**--Share example from catalogs, magazine advertisements and other sources. Demonstrate any examples that you or another member may have brought to the meeting.

4. Discuss good consumer habits when evaluating products for easy living.

Follow the information provided in members handout for practicing good consumer habits when shopping for these items (Page 1-2). Discuss the importance of checking for guarantees, warranties, policy for repairs and servicing, delivery, mailing costs, and refund policy.

Encourage discussion on how to evaluate the various products: Ease of use, weight, safety, durability, limitation, assembly needed, need for repairs, etc.

5. Conclusion

Many self-help tools are available from hardware stores, grocery stores, department stores and specialty shops. Catalogs also provide many sources for low-cost, low technology items that can help to make everyday living easier. These items are handy for family members, including yourself, to use as well as providing nice gifts for friends and relatives. Be alert to these gadgets and adaptations! You may discover new ways of doing old tasks and save yourself a lot of aggravation along the way!

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