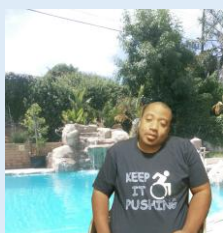


# KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



## Did you know?

September is **National Sickle Cell Awareness Month**, a time dedicated to supporting the millions of people living with sickle cell disease.

## September Spotlight:

### Top 10 Mobility & Disability Support Aids

In honor of Labor Day, I wanted to do something a little different — a practical roundup of helpful mobility and disability support tools that can make everyday life tasks a bit easier. Whether you're supporting a loved one or looking for tools for yourself, these items are affordable, accessible, and widely available online.

Let's get into this month's Top 10 Mobility & Disability Aids:

#### 1. Universal Full-Body Lifter Sling

A durable, full-body patient sling with a weight capacity of around 500 lbs. These are commonly used with lift systems and can be found for about \$79 on Amazon.

#### 2. Adult Communication Board

A simple, low-tech communication tool for adults who need support expressing basic needs. These typically cost around \$13.

#### 3. Portable Chair Lift

A lift-assist device with an approximate 300-lb weight limit, helpful for individuals who need support rising from seated positions. Many models run around \$200.

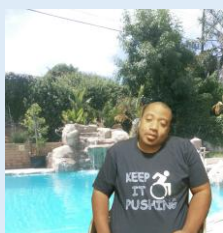
#### 4. 14-Compartment Pill Organizer

A two-week medication organizer that helps keep dosing on track. Usually priced around \$20.

#### 5. Pack of 100 Plastic Braille Labels

Great for labeling household items, medication bottles, or personal belongings. A pack of 100 is typically around \$25.

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## Did you know?

September is **National Healthy Aging Month**, a campaign that encourages people to take charge of their physical, mental, and social well-being as they grow older.

## September Spotlight:

### Top 10 Mobility & Disability Support Aids Pt.2

#### 6. Table-Mounted Scissors

Designed for people with limited grip strength or hand mobility. These adaptive scissors generally cost around \$21.

#### 7. Silicone Eye-Drop Guide

A steadying aid for individuals who struggle with applying eye drops due to hand tremors or discomfort. These are usually around \$17.

#### 8. Bed Assist Bar

A bedside mobility bar that helps with transfers, standing, and repositioning. Most models cost around \$38.

#### 9. Pocket Talker Personal Amplifier

A portable amplifier for individuals who speak softly or have limited lung capacity. These devices often cost around \$210.

#### 10. Button Hook & Zipper Pull Combo

A simple but powerful dexterity aid for dressing. These tools typically cost about \$7.

#### Final Thoughts

Any of these items can make a meaningful difference in someone's daily life — whether it's increased independence, safer mobility, or simply making everyday tasks less stressful. If you or someone you care for could benefit from a little extra support, this Labor Day list is a great place to start.

Keep pushing forward, and I'll see you in next month's newsletter.