

Bed Time

Doorbell/Washcloth

An easy and cheap call system made with a \$20 wireless doorbell, two screws and a washcloth.

We mounted the pushbutton on the washcloth with two small screws and put the roll of cloth next to my head during night. The receiving end is in the front bedroom with my caregiver at any time during the night that I made need assistance I can ring the bell for their attention.



It eliminates someone sleeping in my bedroom and replaces a baby monitor type apparatus. Your caregiver will get a well-deserved night's rest.

I found a web site where you can buy something similar but it seems a little expensive. <http://www.gimpgear.us/wireless-nurse-call-chime-11r>

Projection Ceiling Clock

It's difficult if not impossible for me to turn my head far enough to read the clock on my nightstand. Now with a projection clock I can look to the ceiling above my bed during the night to check the time. You can find them online for \$20-\$25.



Face Scratcher

I found a handy way to scratch my face through the night. I have someone attach my top sheet to my pillowcase with a chip clip just above the top left of my head. Then I am able to grab the sheet with my teeth during the night if I need a scratch.

Check out www.MakeaSplashInc.com for other ideas.



Make a Splash! Inc will work with the newly injured and their families on the transition to life in a wheelchair. In addition we will introduce life with a disability to able-bodied audiences and express the importance of making good choices in their daily lives.