



Support Families, Fund Research, Find A Cure.



IFOPA Travel Resource Center (TRC)

- Our mission is to bring resources and ideas for every day living directly to you.
- Our hope is to help each person find a new way to live more independently than they are today, using a tool, making an adjustment to their home or exploring a new idea.
- Our goal is to get people sharing ideas and solutions with one another to improve the quality of life for all people with FOP.
- We brought samples of some of the most helpful tools used by the FOP community for you to try.

We support families

Healthy Approach to Living:

- The opportunity for children to experience independence and some control over their lives will make them happier
- A person will always get more pleasure out of doing tasks for themselves, more than someone doing it for them
- Creating “new ways of doing tasks” empowers your child and your family
- Managing tasks on your own helps build self esteem & a sense of well being

Keep engaged with life and daily living

Look for the tasks that you an/or your children can **adapt**

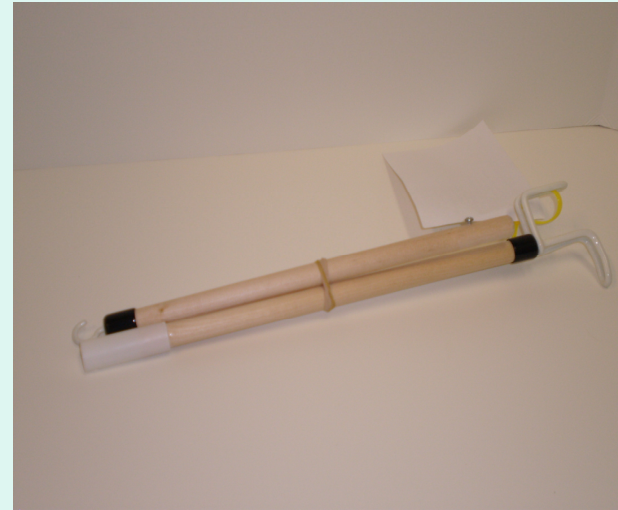
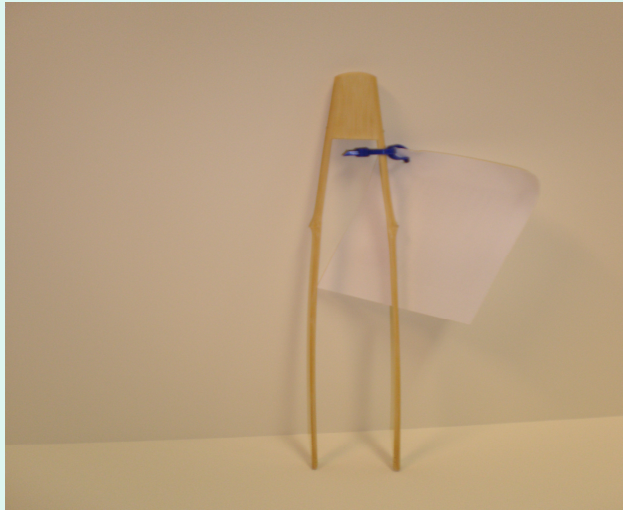
- Household chores
- Dressing, bathing, & cooking
- Computer tasks that help the family
- Recreation, trips, & hobbies

Challenge yourself to live well

Find new ways of making everyday
tasks easier

- At home
- In school
- At work
- At play
- Managing life on your own

AT HOME



AT HOME

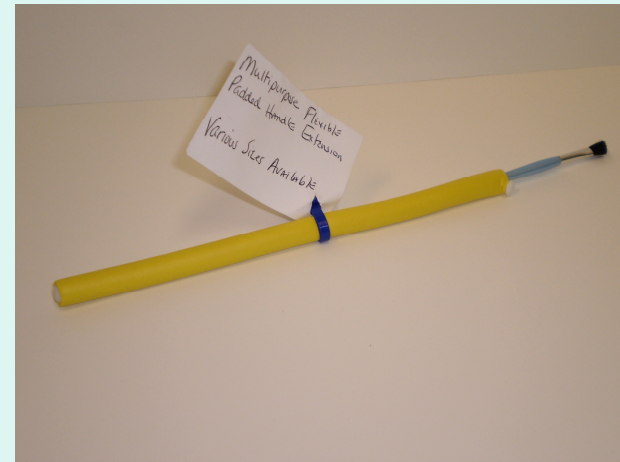


Adapt your home



- Add grab bars to your bathroom
- Use a hand held shower head
- Keep shampoos and soap in a reachable location
- Add a stool for a persons foot to rest if leg needs support

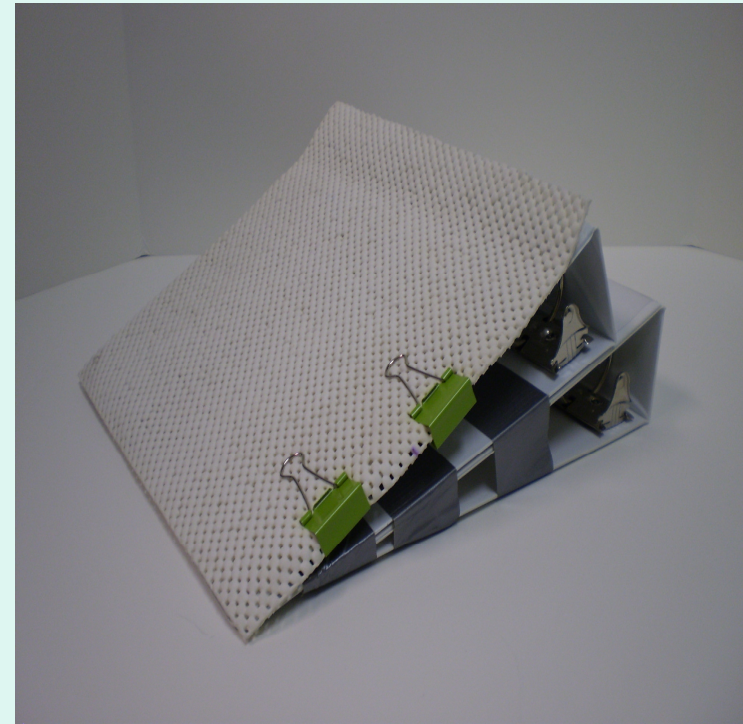
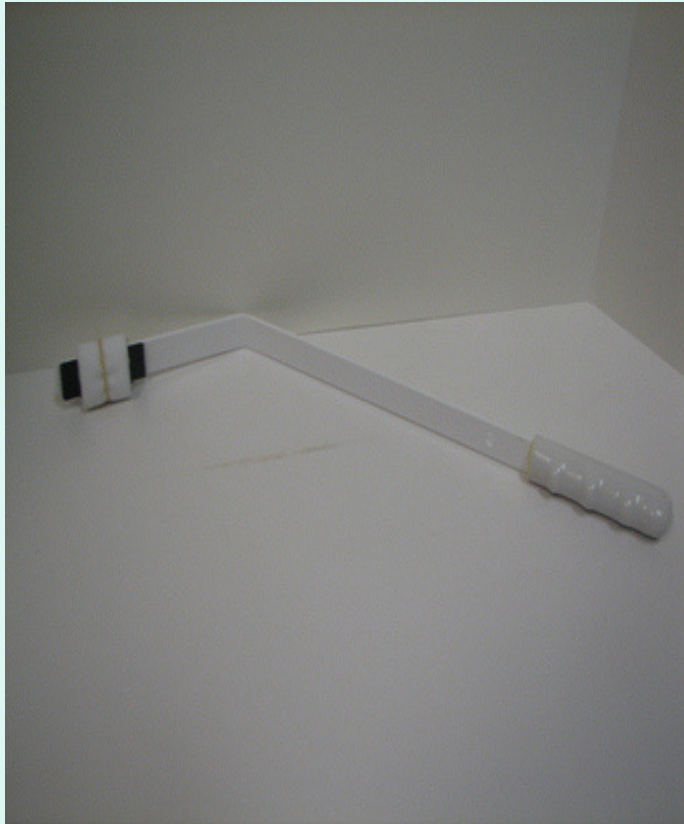
AT HOME



AT HOME



IN SCHOOL or WORK



Everyday living



AT PLAY



AT PLAY



FINDING THE TOOLS & MORE IDEAS



- Find already made tools to purchase
- Build your own tools
- Go to the IFOPA web site and look for the “Overcoming Obstacles” catalogue for many more ideas

Independent tool (homemade)

Build a pointer with a rubber tip to reach things like:

- a car radio
- computer keyboard
- light switch



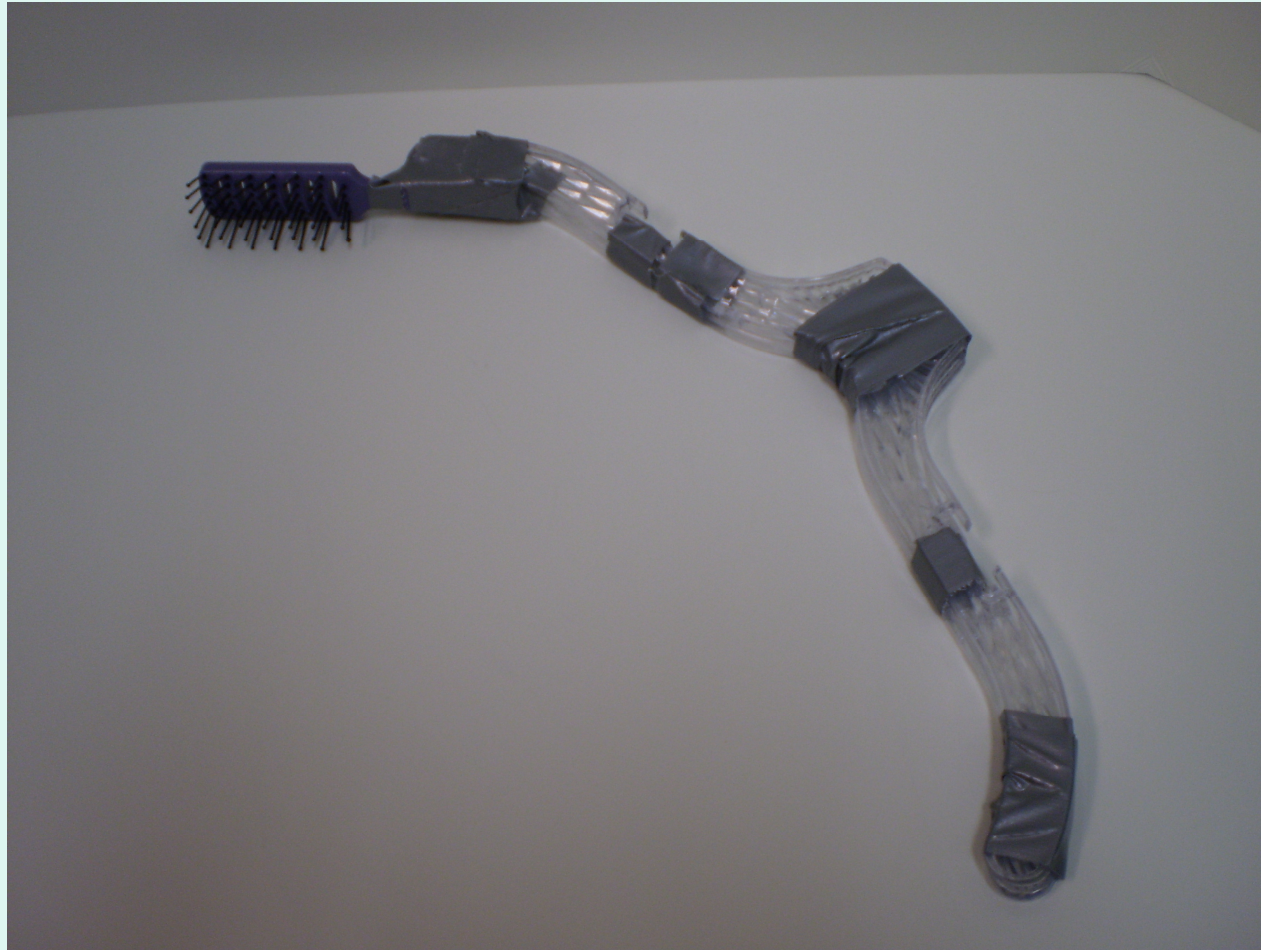
Independent tool (homemade)

**Use a rod with a “L”
hook on the end to:**

- pull a car door shut
- Open a refrigerator
- Pull things closer to you on a shelf so you can reach it



Independent tool (homemade)



Service Dogs

Service dogs can help a person pick up dropped items, pull up bed covers, open doors, turn on light switches, be a companion and so much more.

Jeri, Peter, Daniel Licht with their service dog, Copper

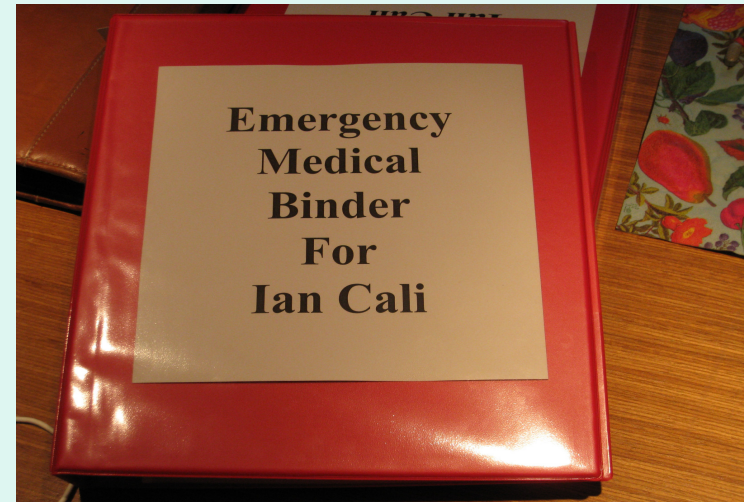


**Tools become PART of a person
They don't DEFINE who a person is!**



Foster Independence by Creating Safety

Be prepared to handle emergencies or medical issues at all times by having personalized medical information accessible





Create YOUR personalized medical kit with:

1. Description of FOP and treatment suggestions and precautions
2. Your personalized medical information
3. List of your medications
4. Contact information for your doctor and family
5. A dose of any special medications you might need in an emergency

Take your Medical Kit with you to:

- School
- Work
- Traveling
- Visiting friends
- Out for an evening

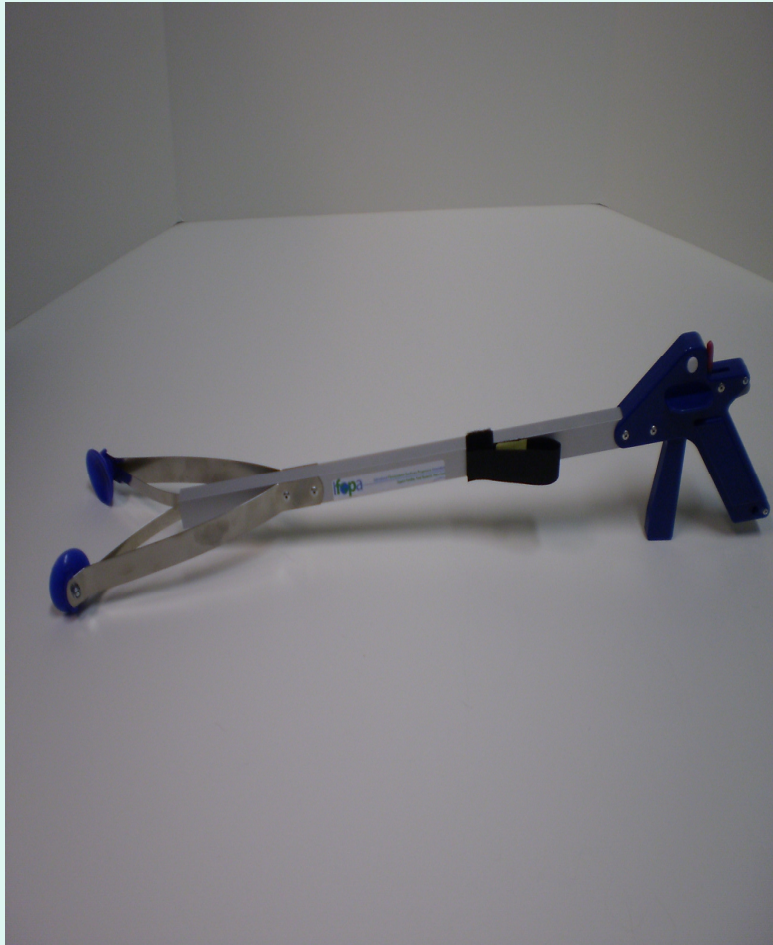
Being prepared gives you some control at a critical time.



The IFOPA has a gift for each of
you!



Your gift from the IFOPA



Our wish for YOU

- We hope this helps you to discover new areas for independence
- Build happiness and comfort within your home and family
- While having fun looking for solutions