



Essential Tremor (ET)

# Spoon Donation Program

## Guidelines and Application

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The IETF is proud to partner with Lift Labs to bring the Liftware spoon to people diagnosed with essential tremor (ET). This is how the program works: donations are received by Lift Labs for the donation of spoons. Lift Labs gives the IETF spoons to distribute to individuals diagnosed with ET who are in need. The IETF does not accept applications from individuals diagnosed with Parkinson's disease or other movement disorders. The IETF does not pay for spoons nor does it solicit donations to pay for spoons. We simply assist Lift Labs in distributing spoons that have been donated.

To be considered for a Liftware spoon donation, you must complete and submit the application below, along with a letter from your doctor and the first page of your tax return, showing gross and net income. Please black out any social security numbers that appear on the form. The letter from the physician must state that you have been diagnosed with essential tremor and be written or typed on the physicians' letterhead.

There is a limit of one Liftware spoon per household. Spoons are distributed on a first-come, first-serve basis once the application and necessary attachments are received. You will be notified by email, or when there is no email, by postal mail, when a spoon becomes available. Once you are notified that a spoon is available, a fee of \$15 is requested by check or money order to assist with the postage and handling costs to ship the spoon. Please send the funds to: IETF, Spoon Program, PO Box 14005, Lenexa, KS 66285.

If, after receiving Liftware, you find that it doesn't work for you, you can return it. The spoon and all its parts must be properly installed in the original box to be returned. Please contact Lift Labs at [info@liftlabsdesigns.com](mailto:info@liftlabsdesigns.com) or by phone at 415.894.5438 and they will provide you with additional return information. If all materials are returned in good condition in the original box, the IETF will reimburse the original \$15 postage and handling fee.

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### All questions must be completed to be considered.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Birthday (MM/DD/YYYY) \_\_\_\_\_ Gender M \_\_\_ F \_\_\_

\_\_\_\_ Enclosed is my physician's written verification of my ET diagnosis.

\_\_\_\_ Enclosed is a copy of the first page of my tax return with social security numbers blacked out.

\_\_\_\_ I am receiving Medicaid (not Medicare) or other governmental assistance.

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Please add anything here that you want the IETF to know about when being considered for a spoon donation:

**I certify that all information given in this application and supporting documents, is correct to the best of my knowledge.** I understand that any false information, omissions or misrepresentations of facts called for in this application may disqualify my application.

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Applicant Signature

Date

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Guardian Name, if applicable

Date



*Your Voice for Essential Tremor*

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**Mail completed form to:**

International Essential Tremor Foundation | PO Box 14005 | Lenexa, Kansas 66285-4005 | USA  
888.387.3667 (toll free) | 913.341.3880 (local) | [EssentialTremor.org](http://EssentialTremor.org) (website) | [TremorTalk.org](http://TremorTalk.org) (blog)  
[Facebook.com/InternationalEssentialTremorFoundation](https://Facebook.com/InternationalEssentialTremorFoundation) | [Twitter.com/essentialtremor](https://Twitter.com/essentialtremor)

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Liftware works best for tremors less than 1.75 inches (4.5 cm). If you have trouble with eating because of your tremor, here's one way to check if Liftware is right for you.

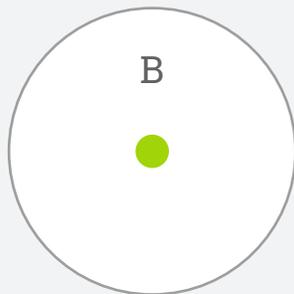
1. Print out this page (available at [www.liftware.com/test](http://www.liftware.com/test)) and take a seat.
2. Hold a pen in the hand you use to eat.
3. Start with circle **A** and hover the tip of the pen about 1/4" over the dot.  
Now count to 5 and see if you can keep your pen in the circle the whole time.
4. Repeat with circles **B** and **C**. Which is the smallest circle you can keep your pen in for 5 seconds?



**Which is the smallest circle you can hover your pen within for 5 seconds?**

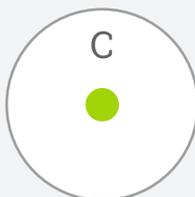
**Circle A: Cautiously optimistic.**

If you can keep your pen in circle A, but not B or C, then Liftware will help on some days depending on the severity of your tremor.



**Circle B: Liftware recommended.**

If you can keep your pen in circles A and B, but not C, then Liftware should provide relief most of the time you use it.



**Circle C: Liftware highly recommended.**

If you can keep your pen in all the circles, but you have trouble eating due to tremor, then we expect Liftware to work well for you.

**Don't have a printer?** Adjust the zoom settings on your screen so that Circle C is about the size of a U.S. quarter and hold your pen up to the screen. Or contact us at [support@liftware.com](mailto:support@liftware.com) and ask us to mail you the printed test.