

# ***Assistive Technology (AT) to Support Living In the Community***



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# *Kathy's Bio*

- **Licensed Occupational Therapist**
- **Certified AT professional ( [www.resna.org](http://www.resna.org) )**
- **AT Training & Funding Specialist at the  
Maine CITE Coordinating Center**
- **Serves on the Maine OT License Board**

# *What is AT .....*

- ***AT Devices*** are any item, piece of equipment, or product--whether acquired commercially or customized--that will increase, maintain or improve the functional capabilities of a person with a disability
- ***AT Services*** help a person learn about AT *options* and decide if using AT will *benefit* them

*Using AT can impact **communication, learning, mobility, safety, productivity, independence...***



# AT Providers

## **ALLTECH**

[www.alltech-tsi.org](http://www.alltech-tsi.org)

AT assessment for learning, working, living

AT demos, AT Loans and AT Recycling/Resale

## **Maine Center on Deafness**

[www.mcdmaine.net](http://www.mcdmaine.net)

Telephone Adapted Communications: device Loans

## **Alpha One**

[www.alphaonenow.org](http://www.alphaonenow.org)

IL assessments for community living

*mPower* Financing Program for AT

## **Pine Tree Society**

[www.pinetreesociety.org](http://www.pinetreesociety.org)

Communication Tech: device demos & loans

# YouTube

***“Living the Smart Life”***

***Features Rusty using AT at home  
and in his community***

# ***AT Services in Maine***

**Information & Assistance (I&A)**

**AT Assessment**

**AT Training**

**AT Device Demonstration programs**

**AT Device Loan programs**

**AT Recycling programs**

**AT Financing**

# ***NEW***, MeCARE Policy includes AT

## Rule Changes to ***Sections 21 & 29***

- adds AT Assessment & training*
- adds AT devices (up to \$6000 annually)*
- adds AT monthly home remote monitoring support (up to \$50/mo)*

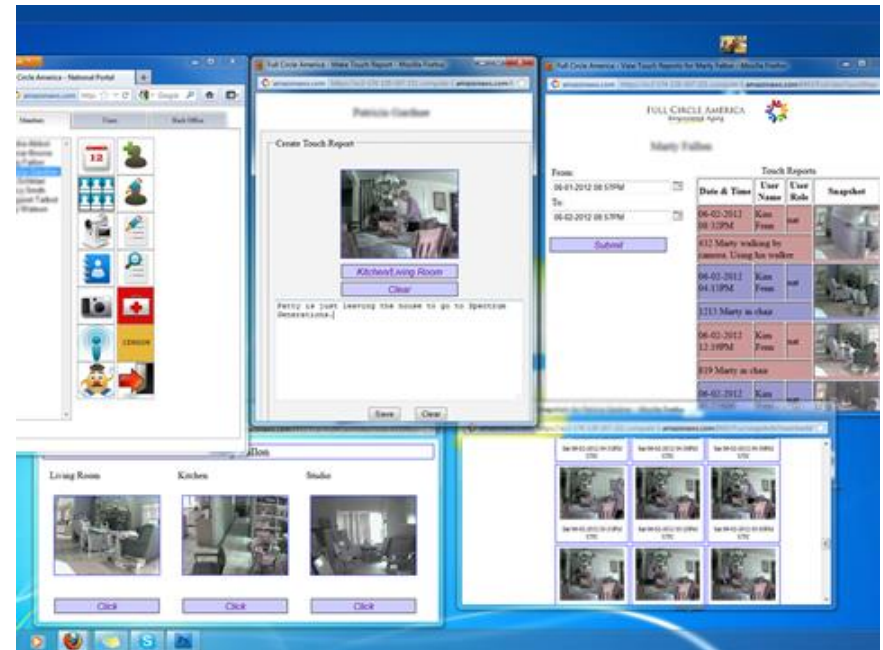
*\*PA is required for AT devices w/ 2 written bids*



# ***AT for Independence***

- Communication technology: AAC, SGDs
  - Tablets, iPods, smartphones, Adapted telephones
- Personal GPS
- Power wheelchairs, scooters ..... seating/positioning
- Alarm/security systems, Light and motion sensors
- Power door openers, door locks
- Environmental Control units (ECUs) >> Apps
- Smart Homes, home monitoring
- Medication management/reminder devices and Apps
- Cabinetry, Space, Flooring
- Roll-in Showers, shower chairs, tub transfer benches, grab bars, hand held shower hose
- Ramps, elevators, lifts, stair glides

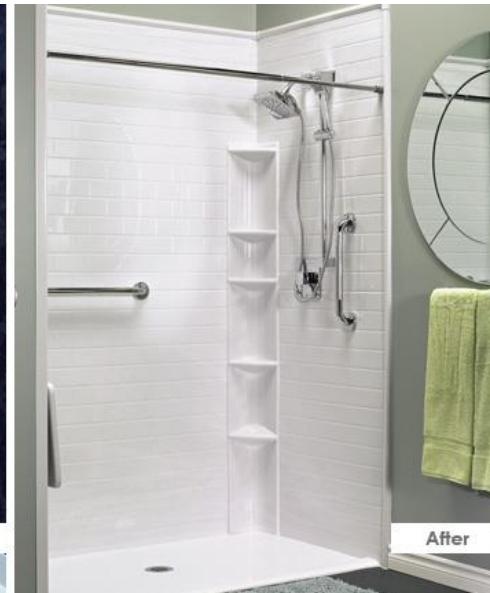
# Home Safety, Remote Monitoring



# More “off the shelf” AT



# Bathroom Safety



# Access at Home



# Smart Home Technology



- Full Circle America (Dr. Teel in Maine)
  - [www.fullcircelamerica.com](http://www.fullcircelamerica.com)
- Rest Assured
  - [www.restassuredsystem.com](http://www.restassuredsystem.com)
- Ablelink Technology Inc
  - (Rusty) “Living the Smart Life” on You Tube
  - [www.ablelinktech.com](http://www.ablelinktech.com)

# *AT Providers & Assessment*

**The assessment...** will the individual benefit from AT?

**What is involved?**

- AT providers are always ***researching & learning... >>> it is an ongoing process***
- Evaluate the individual's ***functional abilities***
- Assess the person at home/community/work



# ***AT Assessment cont....***

- What AT is the consumer currently using?
- Is the consumer willing to use AT?
- What are the consumer's goals for using AT?
- What aspects of function will the AT address?
- Are there multiple AT device options?
- Borrow and use the AT before you decide!!
- \*\*Involve the consumer in the AT decision.
- How much time is needed for ***Training/Practice***
  - For the Consumer, family/caregivers...
- Initial Costs ...ongoing costs & maintenance \$\$\$

# *Apps as AT*

- [www.mainecite.org/appsasat](http://www.mainecite.org/appsasat)
- [www.ATinNH.org](http://www.ATinNH.org)
- [www.oneplaceforspecialneeds.com](http://www.oneplaceforspecialneeds.com)
- [www.vcuautismcenter.org](http://www.vcuautismcenter.org)
  - **Tony Gentry OTR at VCU.edu**
    - **Using iDevices for IL & work supports**

# Explore Apps

- iStretch -exercise, stretch, relax
- Sleep cycle -tracks sleep habits
- White noise -ambient noise for relaxation
- A special phone -no dialing to use the phone
- Qwik list voice -voice control to make lists, send texts, has built in alerts too
- Smart-ICE -in case of emergency, gives EMTs your medical record
- Pillbox alert -pill taking reminder

# Take Aways

- AT can impact safety, independence & productivity
- We need to expand Maine's AT providers capacity
- The AT market is *always changing*
  - AT is available & affordable, “off the shelf”
  - Explore Smart Home technologies
- How will the actual practice and use of AT work its way thru the MeCARE payment system **\$\$\$\$\$**

***Thank you!!***



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