



# **Assistive Technology Solutions for Successful Aging**

*Maria T. Kelley, WATAP | Martha Rust & Carolyn Phillips, Tools  
for Life*

*With contributions from the Tools for Life Team*

*[www.gatfl.org](http://www.gatfl.org)*

*For Handouts: <http://www.gatfl.gatech.edu/tflwiki>*

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



# Accessibility Made Smart

AMAC creates practical solutions that work, with a focus on utility, ease of use, and high quality.

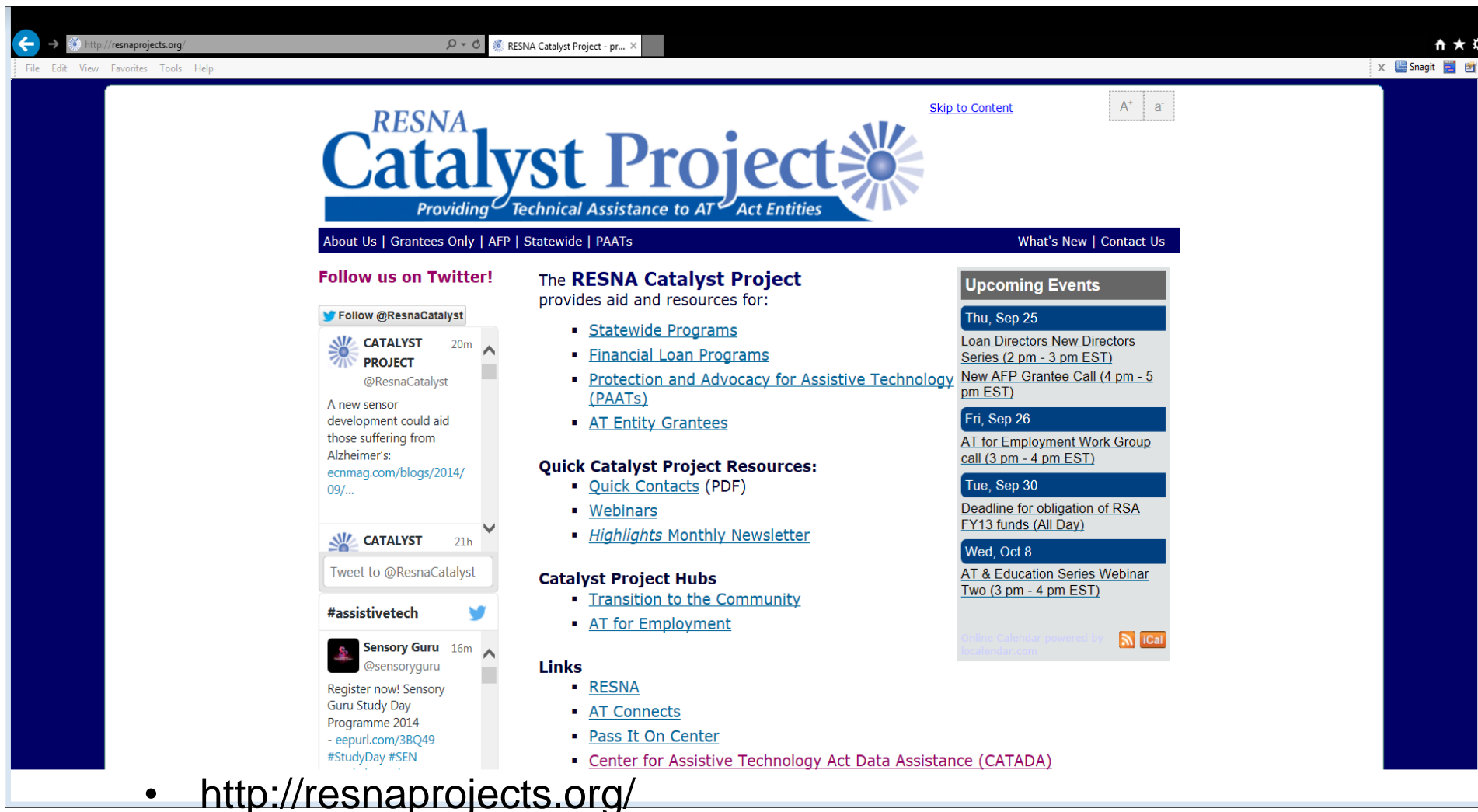
- **Accessibility Consulting** focuses on organizational accessibility needs with evaluation, technical assistance, customer support, and website accessibility solutions.
- **Braille Services** produces customized projects from both print materials and electronic text including partial books and chapters or graphics only using cutting-edge technology.
- **Captioning Services** makes classrooms, meetings, labs and other audio environments fully accessible for deaf or hard-of-hearing.
- **Professional E-Text Producers** provide high-quality e-text in many formats such as PDF, DOC, DAISY, and HTML.
- **Certified Assistive Technology team** provides on-site and remote assessments, demonstrations, training and technical assistance for education, work, and daily living environments.
- For more information, please visit our website at [www.amacusg.org](http://www.amacusg.org)

# Mission

To help Georgians with disabilities gain **access to and acquisition of** assistive technology devices services so they can **live, learn, work, and play independently in the communities of their choice.**



# Get to Know Your AT Act Program



The screenshot shows the RESNA Catalyst Project website. The header features the RESNA Catalyst Project logo with the tagline "Providing Technical Assistance to AT Act Entities". Navigation links include "About Us", "Grantees Only", "AFP", "Statewide", "PAATs", "What's New", and "Contact Us".

**Follow us on Twitter!**

Follow @ResnaCatalyst

**CATALYST PROJECT** @ResnaCatalyst 20m

A new sensor development could aid those suffering from Alzheimer's: [ecnmag.com/blogs/2014/09/...](http://ecnmag.com/blogs/2014/09/...)

**CATALYST** 21h

Tweet to @ResnaCatalyst

**#assistivetech**

**Sensory Guru** @sensoryguru 16m

Register now! Sensory Guru Study Day Programme 2014 - [eepurl.com/3BQ49](http://eepurl.com/3BQ49) #StudyDay #SEN

The **RESNA Catalyst Project** provides aid and resources for:

- Statewide Programs
- Financial Loan Programs
- Protection and Advocacy for Assistive Technology (PAATs)
- AT Entity Grantees

**Quick Catalyst Project Resources:**

- Quick Contacts (PDF)
- Webinars
- Highlights Monthly Newsletter

**Catalyst Project Hubs**

- Transition to the Community
- AT for Employment

**Links**

- RESNA
- AT Connects
- Pass It On Center
- Center for Assistive Technology Act Data Assistance (CATADA)

**Upcoming Events**

**Thu, Sep 25**

Loan Directors New Directors Series (2 pm - 3 pm EST)

New AFP Grantee Call (4 pm - 5 pm EST)

**Fri, Sep 26**

AT for Employment Work Group call (3 pm - 4 pm EST)

**Tue, Sep 30**

Deadline for obligation of RSA FY13 funds (All Day)

**Wed, Oct 8**

AT & Education Series Webinar Two (3 pm - 4 pm EST)

Online Calendar powered by [localendar.com](http://localendar.com)

• <http://resnaprojects.org/>



TRAINING

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TFL WIKI

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MEET THE  
ADVISORY COUNCIL

DIRECTIONS/MAP

JOIN OUR  
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SCHEDULE A TOUR

Welcome AT Services Try AT Get AT AT Guides Research

# Learn More about AT through



## Welcome to Tools for Life

Tools for Life, Georgia's Assistive Technology Act Program, is dedicated to increasing access to and acquisition of assistive technology (AT) devices and services for Georgians of all ages and disabilities so they can live, learn, work and play independently and with greater freedom in communities of their

## ROOM TOWN HALL MEETING

MAR  
19

Goodwill of North Georgia  
154 Hicks Drive, Rome, Georgia  
30161

## WEBINARS

MAR  
19

[Assistive Technology Solutions  
for Writing](#)

MAR  
26

[Diving Beneath the Surface:  
Selecting Tablets, Apps and  
Accessibility Features](#)

APR  
2

[Creating Accessible Documents  
for Individuals with Learning  
Disabilities](#)

- Current Webinar Schedule
- Webinar Archives

## TOOLS FOR LIFE APPFINDER



...for Living, Learning, Working, and Playing.

## AT ONLINE EXCHANGE



# What is Assistive Technology?

## Assistive Technology Device

...any item, piece of equipment or product that is used to increase, maintain or improve functional capabilities of individuals with disabilities.

Public Law 105-394 [29 USC 2201]

### Low/No-tech

- pencil grip
- adapted books
- slant board
- highlighters, tape
- magnifiers
- color coding
- read to out loud
- picture schedule
- strategies for memory
- colored transparencies
- Proof readers
- note taker

### Mid-Tech

- word prediction
- text to speech
- speech to text
- spell checkers
- talking calculators
- digital recorders
- organizers
- e-books
- adapted keyboard
- adapted mouse
- adapted toys
- CCTV
- apps under \$100

### High-Tech

- computer/laptops
- tablets/phablets
- smartphones,
- smartpens
- OCR scanner/software
- magnification software
- speech output devices
- switch, joystick access
- scanning access
- voice recognition
- environmental control devices
- apps over \$100

# Why Assistive Technology?

- For a person without a disability, technology makes ~~things~~ LIFE easier.
- For a person with a disability, technology makes ~~things~~ LIFE possible.



# AT Helps!

- Assistive Technology strategies and solutions can help support individuals with a variety of disabilities in all areas of life. AT helps to bridge the gap and provide solutions to problems with:
  - speaking
  - hearing
  - seeing
  - moving around
  - getting places
  - memory
  - cognition (thought processes and understanding)
  - daily living activities, such as dressing and preparing meals
  - socializing



# Normal Effects of Aging



- Hearing
  - Vision
  - Neuro-sensory system
  - Skeleto-muscular
  - Intellectual functioning
  - Social supports
- 
- Influenced by genetics, lifestyle and environment

# Falls

1/3  
SENIORS

1/3 seniors fall every year.  
Less than half tell their care provider.

2.2  
MILLION

Falls cause 2.2 million annual ER visits  
and are senior's leading cause of  
injury death.

\$30  
BILLION

The annual direct medical cost of falls.  
Institutions average \$13,000 in costs  
per fall.

# Cost of Care- Assistance

- Costs can vary by individual/situation
- Home Care assistance average cost:

National Average= \$20/hr (range \$9-\$39)

4hrs/day x \$20/hr= \$80/day (\$29,200 annually)

12hrs/day x \$20/hr= \$240/day (\$87,600 annually)





# Aging in Place: Questions to Consider

- Safety
  - ADLs
  - Self care
- Physical barriers
  - Emergency exits
  - Entrance
  - Hallways
  - Living room
  - Kitchen
  - Bedroom
  - Bathrooms
  - Utility room

# Healthy Living/ Fall Prevention



- Home modifications or adaptations can reduce the amount of care required
- Increased awareness of safety needs
- Take proactive steps BEFORE incidents occur
- Protection in place for caregiver to avoid injury, burn-out
- Increase independence of individual is empowering and a “win-win”!



# A Closer Look at AT Solutions

# AT for Hearing

## Pocket Talker

- Sound amplifier
- Decreases background noise
- Works for individuals with ADHD



## TV SoundBox Speaker Receiver

- No more straining to hear your TV from far away
- Volume control works independently from your TV speaker
- Wireless and lightweight



# AT for Vision

## Illuminating Magnifier



- 5x LED Lighted
- Compact

## Magnifier sheet

- Hands Free
- 3X Magnification



## 20/20 Vision Panoramic Rear-View Mirror



# Bathroom Faucet



Using Sugru to increase contrast and grip

# AT for Self Feeding

- **Non-Slip Placemat**

- Keep plates/ items from moving
- Use on Roller walkers
- Cut to fit



## Bestic Automatic Feeder

Lifts the food from the plate to your mouth

- **Freedom Dinnerware**

- Low vision, Alzheimer's, Arthritis, stroke
- Suction keeps from moving
- Helps with getting food on utensils





# Kitchen Tools

Tools and small appliances that increase safety and independence



# Pots & Pans



Improve access to equipment to improve safety and independence



# Health and Wellness

## EpicID Emergency ID Band



- Easy for first responders to access
- Salt water safe USB with a durable stainless steel clasp and USB cover
- No subscription or internet connection is required
- Plug this USB into your computer and input or update your personal information medical history and insurance information
- Both PC and Mac compatible

## Health Smart Thermometer



- Compact and easy to hold
- Talking thermometer
- Large, backlit LCD screen with LED fever alarm indicator
- 30-reading memory storage
- Date and time display
- Fahrenheit/Celsius switchable

# Memory



[www.alzstore.com](http://www.alzstore.com)

- **Reminder Rosie**
  - Alarm Clock
  - Personal Voice Reminder
  - Easy to use



## MedCenter System

- Organizer with Reminder System
- Monthly display
- Alarm
- Talking

# Medication Management

## Automatic medication dispenser

- Holds 29 doses
- Up to 4 alarms per day



[www.alzstore.com](http://www.alzstore.com)



Pillpac.com

- Organized pills packaged by pharmacy
- Sealed pouches for each day
- Time stamped
- Lessen medication errors



# Personal Assistance

## FreedomWand



- Toileting
- Hygiene
- Grooming

## Home Bed Assist Handle



- Slides under mattress
- Provides a safe, secure grip for assistance getting in & out of bed

# Mobility aids



# Mobility & Transportation



**Silicone SeatBelt  
Reach Extender  
Helper**



**HandyBar**

- Automotive Standing Aid  
Emergency Escape Tool  
Window Breaker and Seat  
Belt Cutter



**Deluxe Swivel Seat  
Cushion**

- Convert stationary chairs into swiveling chairs to reduce the strain on your back and hips. Soft 1 3/8 inch foam cushion helps bring more comfort to your chair.
- The seat cushion swivels 360 degrees for smooth, easy movement in either direction.
- Great for home, office or travel use; easily get in and out of vehicles
- Portable and lightweight yet supports up to 300 pounds
- Non-skid, flexible swivel base contours to seat and stays in place.

# Recreation



Playing card holder



# Safety





# Emergency

## Serene Innovations Kit

- Detects and alerts you to WEA\* public emergency broadcast warnings of impending emergencies or disasters.
- Includes wearable unit, doorbell, home/cell phone ringer/flasher, and bedshaker



## Personal Pager

- Alert family/caregiver for assistance

- Can alert with chime or vibration
- Wireless transmit up to 100 feet



**Safety Tape for Low Vision- Yellow**  
Clearly Mark Hazardous Areas to Prevent Injuries



\$3.00

# Man Down Apps

- Sends immediate alerts in case of an emergency or injury.
- Emergency contacts are notified via text, phone or e-mail
- Once app is activated, phone movement is monitored
- If phone is motionless for 30 seconds a pre-Alarm warning starts
- If the phone is not moved within another 30 seconds Full Alarm mode is activated; phone will send out a text, email and phone call to emergency contacts. Message will include location of the person in distress.
- \$1.99
- IOS and Android



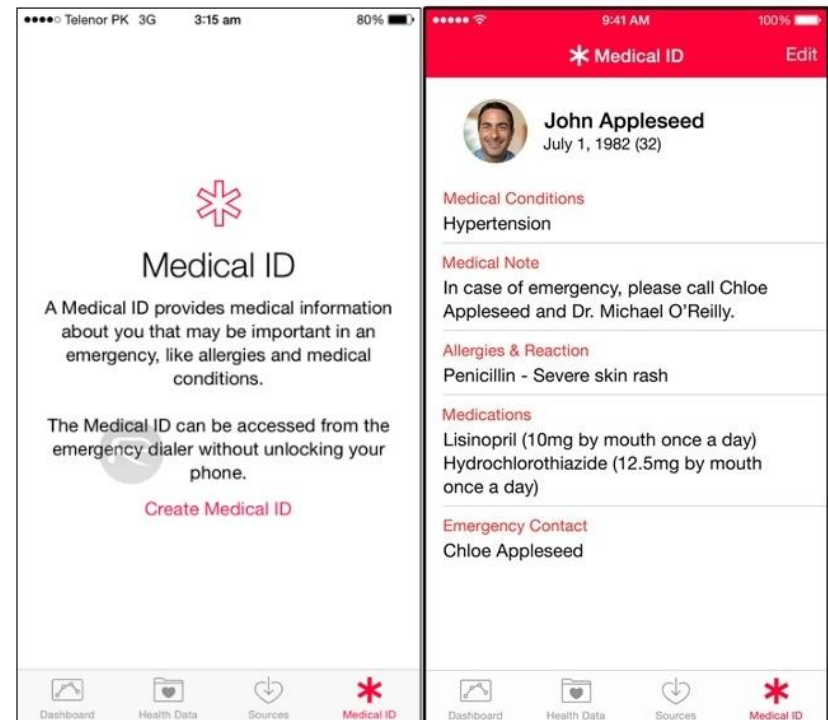
# Apple iPad Pro/Air/Mini

- Multi - touch screen
- Smart Keyboard with iPad Pro
- New iOS 9
- Millions of apps
- Surf web
- iTunes
- HD Video
- Organization
- Accessibility
- Books
- Photos
- Speakers
- 5.0 megapixel camera



# Apple iPhone Medical Id

- New
- Create Medical ID
- Can be used without passcode
- Medical Conditions
- Medications
- Emergency numbers
  - Can call
- Organ Donor
- Blood Type



# RealPad by AARP

- Ready to use out of the box
- Toolbar with large graphics
- Light weight
- 16gb of storage
- Rear and Front facing camera
- \$99 with 1 year warranty
- Free 24/7 Customer Services



# grandPad



- Designed for seniors for 75+
- Icon friendly
- Comes preloaded with apps
- Easy to use
- Tap pictures to call or email
- \$60/ month
- No contract
- Wireless charging station and stylus
- Support and Training
- [www.grandpad.net](http://www.grandpad.net)







# **What's New In AT!**

# Amazon Echo

amazon echo

Always ready, connected, and fast. Just ask.



- Speech-controlled speaker system
- Voice recognition - further distances
- All functions are server side
- Compatible with many EC Brands
- \$179.99

# VGo Telepresence Robot

- Enables a person to replicate themselves in a distant location and have the freedom to move around as if they were physically there
- Reduces travel costs
- School
- Hospital
- Work from home



# Luna Lights

- Unique pressure pad that turns on small portable lights when someone gets out of bed
- Turn lights off when returns to bed
- Monitors- tell how often someone is getting up in the night
- Created to prevent and detect falls
- <http://www.lunalights.org/>



# Mother

## The Universal Monitoring System

- Make any household device smart by adding a Motion Cook to it
- Monitor walking, presence, medication, temperature or sleep patterns!
- Send notification straight to you smartphone through the app
- One device, endless uses
- <https://sen.se/mother/>



# GYENNO Spoon

- Eat without stress
- 360 degree stabilization solution, offsetting 85% of unwanted tremors
- Made from safe medical grade materials
- Easy to use automatic mode
- <http://www.gyenno.com/spoon-en.html>





# GreatCall

- Turn your device into a mobile health and safety tool
- Press single button for 5Star Urgent Response
- Registered nurses and board certified doctors available 24/7 with Urgent Care
- Stay on schedule with medication and refill reminders
- Personal operator offers friendly unlimited assistance with daily tasks
- Play Brain Games to improve memory and sharpen focus
- <https://www.greatcall.com>

# HERO

- Smart appliance that sorts, dispenses and manages pills for you and your family
- HERO is locked and password protected
- Can hold over one month's supply of 10 different pills
- With HERO Connect app you can make sure you and your loved ones are on track and get notifications when running low
- <https://herohealth.com>



# TFL AppFinder



## Search by:

- ✓ App Name
- ✓ Categories

- Book
- Education
- Environmental Adaptations
- Hearing
- Cognition, Learning, Developmental
- Navigation
- Personal Care and Safety
- Productivity
- Communication
- Therapeutic Aids
- Vision

# MyMedSchedule



- Keep track of medication
- Reminders
- Refill Reminders
- Healthcare Provider Profiles
- Insurance Information
- Allergies
- Works across Platforms
- Free
- [www.mymedschedule.com](http://www.mymedschedule.com)



# Pacifica



Monitor and track mood, anxiety, depression

Several methods of relaxation to choose from

Connect with others for support in real-time

# WHEW!!!!



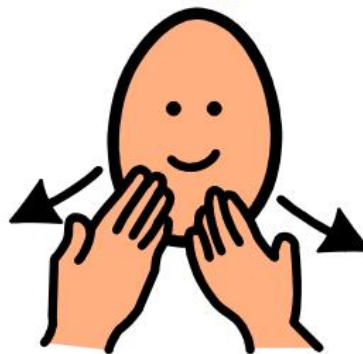




**My Question to You:  
What have You Learned today?**

# Thank You!

thank you



# The TFL Team



**Carolyn Phillips**

Director, Tools for Life

[Carolyn.Phillips@gatfl.gatech.edu](mailto:Carolyn.Phillips@gatfl.gatech.edu)



**Liz Persaud**

Training and Outreach Coordinator

[Liz.Persaud@gatfl.gatech.edu](mailto:Liz.Persaud@gatfl.gatech.edu)



**Danny Housley**

AT Funding & Resource Specialist

[Danny.Housley@gatfl.gatech.edu](mailto:Danny.Housley@gatfl.gatech.edu)



**Martha Rust**

AT Specialist

[Martha.Rust@gatfl.gatech.edu](mailto:Martha.Rust@gatfl.gatech.edu)



**Ben Jacobs**

Accommodations Specialist

[Ben.Jacobs@gatfl.gatech.edu](mailto:Ben.Jacobs@gatfl.gatech.edu)



**Rachel Wilson**

Tech Match Specialist

[Rachel.Wilson@gatfl.gatech.edu](mailto:Rachel.Wilson@gatfl.gatech.edu)

*Disclaimer*

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