

# AT for Independence at Mealtimes and Medication Management

Danny Housley  
GATE Seminar, 2019

CREATING THE NEXT®

CIDI 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 web accessibility solutions.
- **Braille Services** produces customized projects from both print materials and electronic text including partial books and chapters or graphics
- **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: [www.amacusg.org](http://www.amacusg.org)

# 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 choice.



# Begin with the End in Mind

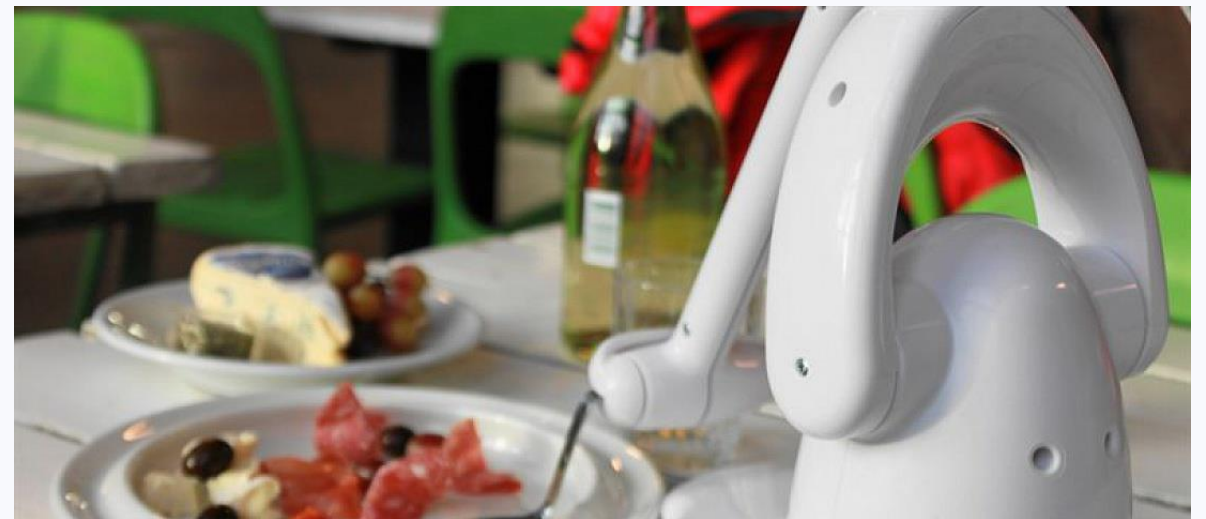


**“Independent living is not doing things by yourself. It is being in control of how things are done.”**

**-Judy Heumann**



# How do you eat?



**This presentation is about assistive technology for eating and medication management, you should consult a professional (ex, SLP) for advice on consumption or foods or liquids, for the safety of yourself or others.**

# Eating considerations

- Location (person, food, room)
- Position (of the person, table, dinnerware, etc.)
- Supports (PCAs, AT)
- The food (this determines the AT needed)



# High, Medium or Low Tech?



# Considerations for Placement

- Is the table high enough?
- Lighting
- Does the plate/bowl need to be elevated?
- Body position to reduce the risk of choking (professional consult)
- Is there room for an aid?



# Low Tech Solutions

Or, Eating inexpensively

# No to Low Tech Options

- Flatware
- Dinnerware
- Preparation Tools
- Glassware/drinking

# Flatware





# Drinking Options





# The Great Straw Debate

# Dinnerware



# Preparation Tools





# Organization and Identification







# Medium Tech Solutions

Eating Facilitated with a Battery

# Useful Kitchen Items







# High Tech Solutions

Futuristic Accessibility

# Automatic Feeders

- Allow a person to eat with minimal setup from an aid
- Devices are very expensive
- Allows for a more conversational meal
- Puts the person with the disability in the driver's seat

# Bestic Feeder

- Weighs 4.4 pounds
- Can be calibrated to an individual
- FDA registered
- Switch controlled



# Obi Feeder



- Multi directional food capture
- Spoon wiping
- Easy to reposition
- 4 hours of eating time/charge



# High Tech Flatware





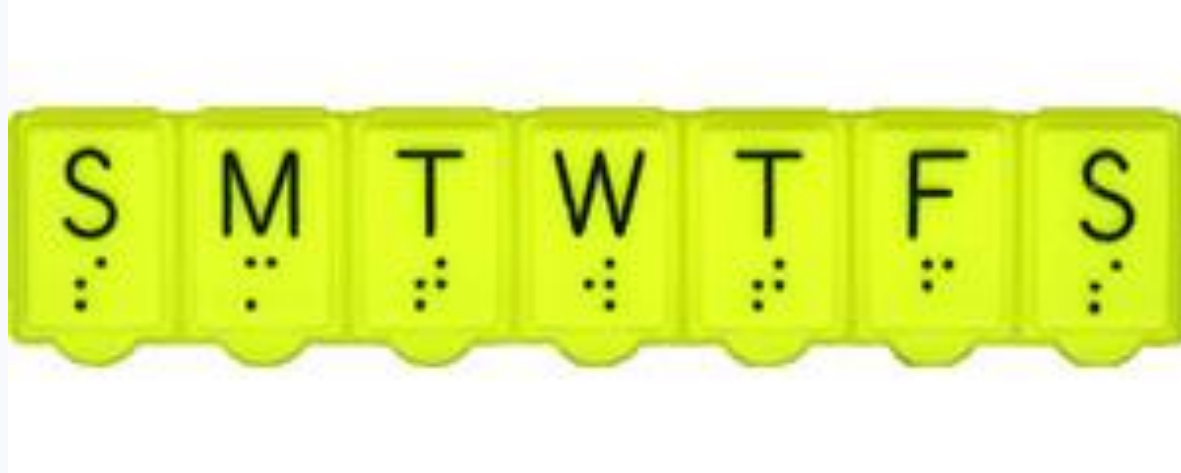
# Medication Management



# The Importance

- Safely live independently
- Prevent institutionalization
- Life saving (literally)
- Coupled in this presentation because of food requirements

# Portable and Inexpensive Options



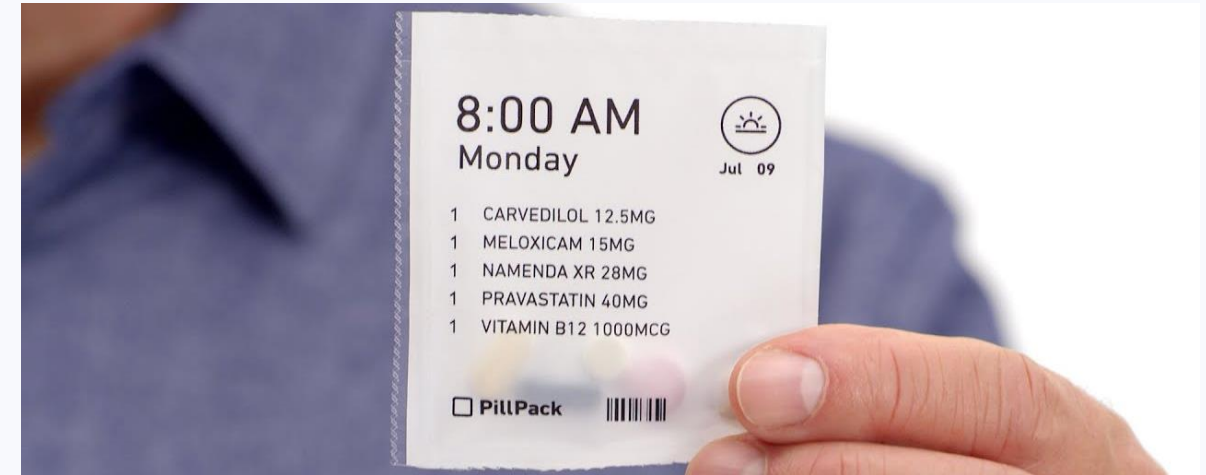
# A Little Reminder Goes a Long Way



# Reminders without Batteries

Medication Schedule

Name of Medicine	Dose	When to take:				With or without food	What is the medication for?	Date started/ Date Stopped/ Date dose changed	Doctor who started the med.	Side Effects
		A.M.	Noon	P.M.	Bedtime					
		A.M.	Noon	P.M.	Bedtime					
		A.M.	Noon	P.M.	Bedtime					
		A.M.	Noon	P.M.	Bedtime					
		A.M.	Noon	P.M.	Bedtime					
		A.M.	Noon	P.M.	Bedtime					



**Pill Card**

Name: Sarah Smith  
12/15/07  
Pharmacy phone number: 123-456-7890

Date Created:

Name	Used For	Instructions	Morning	Afternoon	Evening	Night
Simvastatin 20mg	Cholesterol	Take 1 pill at night				
Furosemide 20mg	Fluid	Take 2 pills in the morning and 2 pills in the evening	○ ○		○ ○	
Insulin 70/30	Diabetes (Sugar)	Inject 24 units before breakfast and 12 units before dinner		24 units		12 units

**Did I Take My Meds?**

Rx	AM	NOON	PM
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

PHARM. \_\_\_\_\_ TEL. \_\_\_\_\_  
DR. \_\_\_\_\_ TEL. \_\_\_\_\_



# A Hero for Your Medication

- Can hold 10 different meds
- Dispense multiple times/day
- Connected app
- Reminders
- Can include a caregiver



**Questions?**  
**Comments?**  
**Quips?**  
**Queries?**  
**Quandaries?**



# The Tools for Life Team



**Carolyn Phillips**

Director, Tools for Life

[carolyn.phillips@gatfl.gatech.edu](mailto:carolyn.phillips@gatfl.gatech.edu)



**Liz Persaud**

Program and Outreach Manager

[liz.persaud@gatfl.gatech.edu](mailto:liz.persaud@gatfl.gatech.edu)



**Danny Housley**

AT Acquisition Manager

[danny.housley@gatfl.gatech.edu](mailto:danny.housley@gatfl.gatech.edu)



**Martha Rust**

AT Access Team Manager

[martha.rust@gatfl.gatech.edu](mailto:martha.rust@gatfl.gatech.edu)



**Gina Gelinas**

Educational Outreach Manager

[ggelinas3@gatech.edu](mailto:ggelinas3@gatech.edu)



**Rachel Wilson**

AT Specialist

[rachel.wilson@gatfl.gatech.edu](mailto:rachel.wilson@gatfl.gatech.edu)



**Tori Holder**

Outreach Scientist

[tori.holder@gatfl.gatech.edu](mailto:tori.holder@gatfl.gatech.edu)



**Annabel Joyner**

Graphic Design Intern

[ajoyner8@gatech.edu](mailto:ajoyner8@gatech.edu)



**Sam Peters**

Program Specialist

[speters37@gatech.edu](mailto:speters37@gatech.edu)



**Ciara Montes**

AT Specialist

[ciara.montes@gatfl.gatech.edu](mailto:ciara.montes@gatfl.gatech.edu)



**DeeDee Bunn**

Speech-Language Pathologist

[dbunn6@gatech.edu](mailto:dbunn6@gatech.edu)



**Sarah Endicott**

Research Scientist

[sarah.endicott@design.gatech.edu](mailto:sarah.endicott@design.gatech.edu)



**Ben Satterfield**

Research Associate

[rsatterfield8@gatech.edu](mailto:rsatterfield8@gatech.edu)

# Contact Us



## Tools for Life, Georgia's Assistive Technology Act Program

Center for Inclusive Design and Innovation (formerly AMAC Accessibility)

Georgia Institute of Technology

1-800-497-8665

[www.gatfl.gatech.edu](http://www.gatfl.gatech.edu)

[info@gatfl.gatech.edu](mailto:info@gatfl.gatech.edu)



facebook.com/gatoolsforlife



@tools4life\_at



@tools4life\_at

Disclaimer: Produced by Tools for Life (TFL), which is a result of the Assistive Technology Act of 1998, as amended in 2004. TFL is a program of the Georgia Institute of Technology, College of Design, Center for Inclusive Design and Innovation (formerly AMAC Accessibility) and was made possible by Grant Number H224C030009 from the Administration for Community Living. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS.