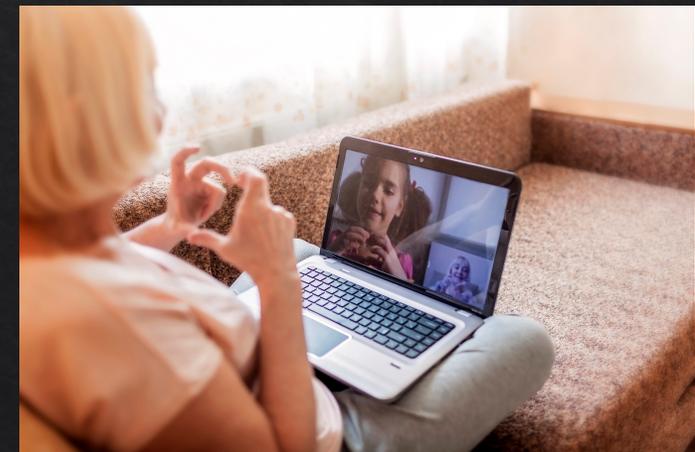




Technology for Healthy Aging



Training Objectives:



1. Review of Assistive Technology needs
2. Resources



Why AT for the Older Minnesotan So Important

- Crucial need to help more seniors age safely in their own homes
- Technology has great potential to help, but often misses the mark for older adults
- Person-centered work in assessment and training provided plays critical role





Lack of Proper Training

May discourage many older adults permanently from technology use

Progress Reports and Success Stories



Critical Lessons Learned for Tech for Healthy Aging:

- Low-tech and high-tech (must have knowledge of the range)
- Find ways to adapt/change activities of daily living
- Take a person-centered approach
- Popular AT items:
 - Alexa/Echo,
 - Medication management,
 - Dressing tools,
 - Ring,
 - phone settings,
 - and adaptations.



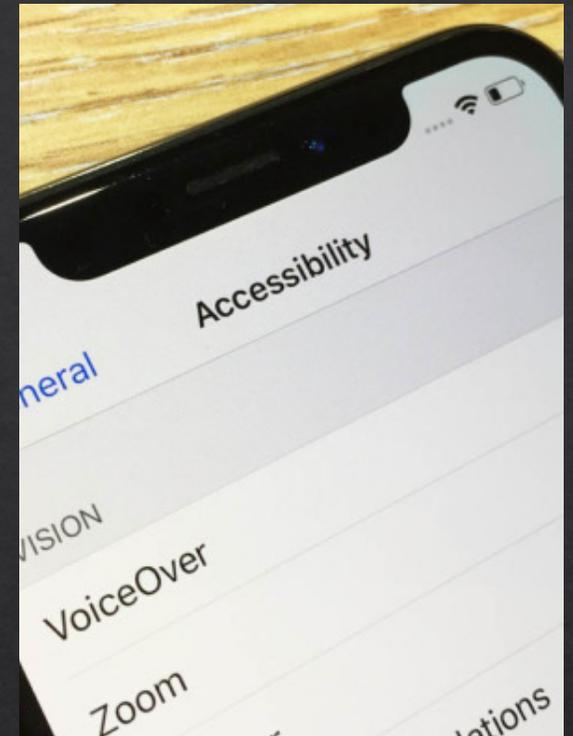
Ring doorbell
and monitoring



Smart Home
devices



Dose Health,
medication
management



Phone settings

Technology Made Easy

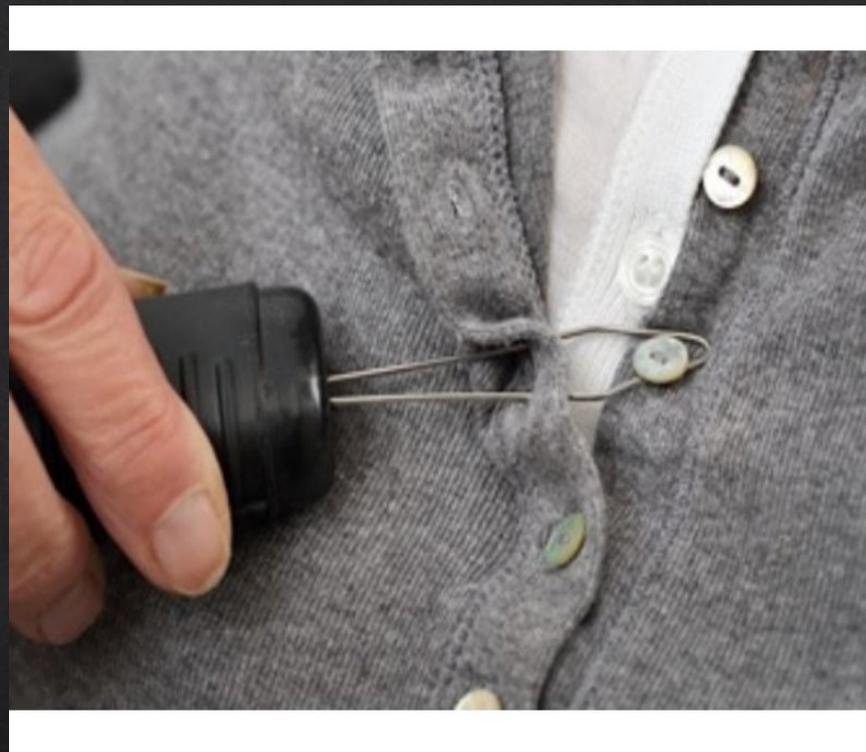


Assistive Technology Around The Home

Tools To Help with Dressing



Dressing stick

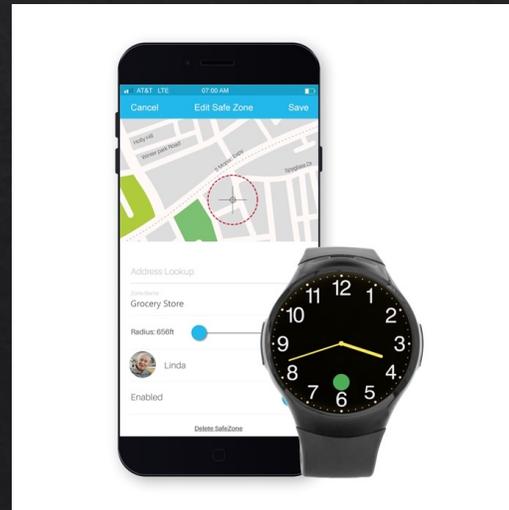


Button hook and zipper pull



Long-handled shoe horn, reacher, sponge, elastic laces, soft sock aid

GPS Watches & Alerting Devices





Telephone Training

Mainstream or specialized phones

Home Adaptations

- Home Assessments
- Simple Home Modifications





Help Coming Home after a Health Crisis

Specialized equipment, grab bars, ramp, shower chair



Lighting and Low Vision



Story: Martha

Assessment and Services

- AT solutions for lighting at night
- Home mod and adding onto Smart Home needs
- Martha has rheumatoid arthritis, and chronic pain.

Challenges/Lessons

Feedback



Story: Bill



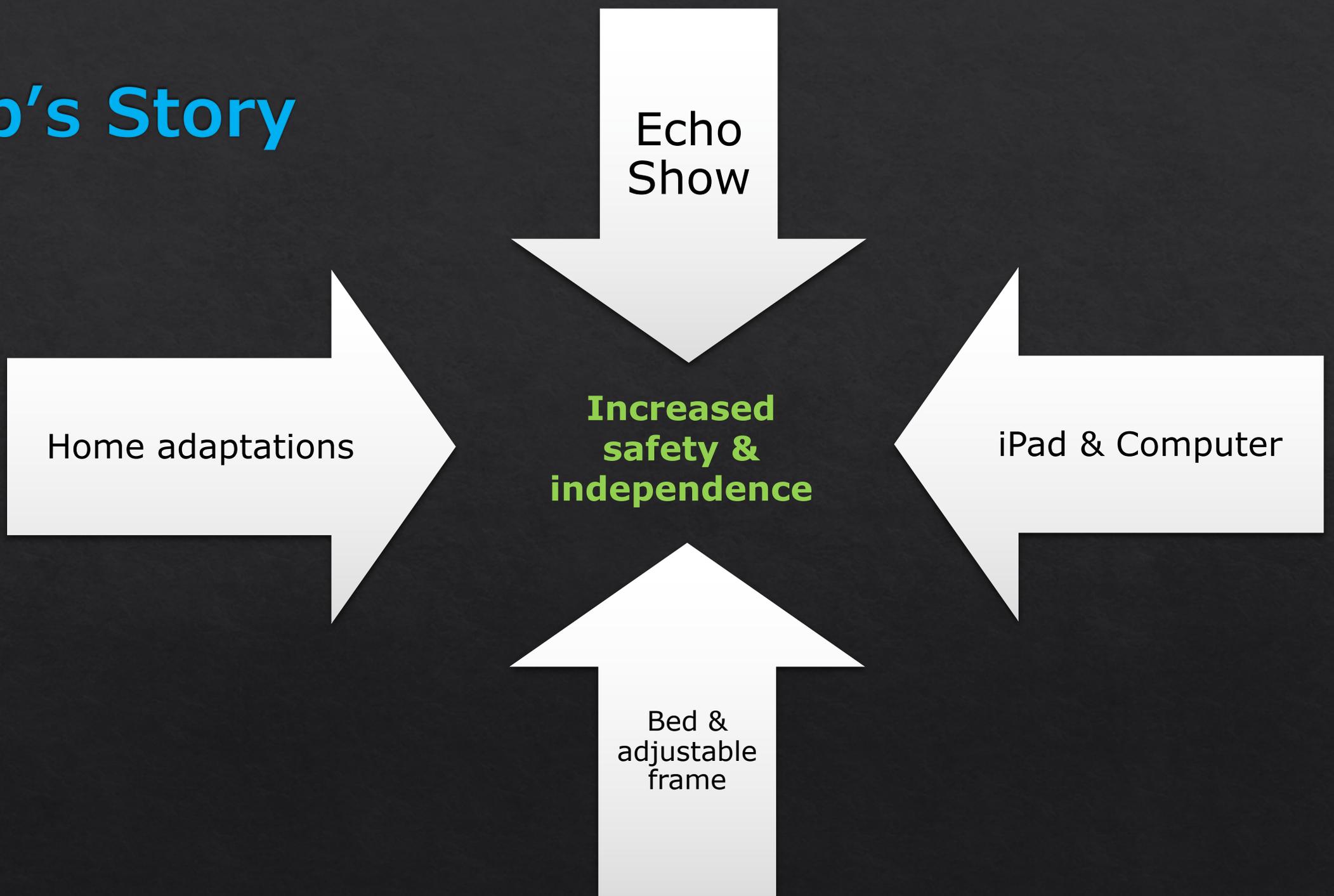
Assessment and Services

- Smart Phone (obtain, learn voice access and help with set up)
- Echo to assist to answer home phone
- Workspace set up of desk area

Challenges/Lessons

Feedback

Barb's Story



Fran and Joe's Story

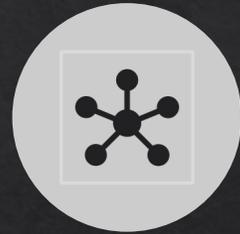
- ✓ Cooking
- ✓ Calling family
- ✓ Identify food items
- ✓ Listen to music and audiobooks
- ✓ Use a talking prescription dispenser
- ✓ Connect to transportation
- ✓ Use magnifier for reading
- ✓ Operate TV by voice with Firecube



Ongoing Statewide System:



LASTING
IMPACT



STATEWIDE
NETWORK



RESOURCES
DEVELOPED



HOW ELSE CAN
WE USE THIS
EFFORT TO
LAUNCH
SOMETHING
ONGOING



WHAT IS OUR
VISION FOR
WHAT'S
NEEDED AND
HOW BEST TO
WORK
TOGETHER?

Funding:

Medical insurance (including Medicare, Medicaid)

Waivers

Title III funds

MN STAR program (for device loans and demos)

MN State Services for the Blind

Other grants or contracts

Closing

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