



Assistive Technology to Support Living Independently

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Visit us online at alphaonenow.org

Alpha One - Who we are

Our Vision
As the result of Alpha One's endeavors, Maine will be a model for the nation in enabling people with disabilities of all ages to live independently.

Our Mission
Alpha One, Maine's Center for Independent Living, directed by and for people with disabilities, is committed to providing the disabled community in Maine with information, services and products that create opportunities for people with disabilities to live independently.

Alpha One - Our Services

Personal Assistance Services
– *Consumer Directed*

Transportation
– *Adaptive Driver Evaluation*

Recreation
– *Open Waters (Adaptive Scuba diving)*
– *Rink Link (Adaptive Ice sports program)*

Adaptive Equipment
– *Renegade Wheelchairs*

Other
– *Maine affiliate for New England ADA Center*

Alpha One - Our Services

Housing

- Access Design (Architectural Accessibility specialists)
- Home Retro
- Critical Access

Financing

- mPower (Maine's adaptive loan fund)
- Personal Finance Skills Training
- Title 7 part b

Independent Living Services

- Information & Referral
- AgrAbility
- Hear in Maine
- Independent Living Assessment and Skills Training
- Homeward Bound

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Learning Objectives

How assistive technology can be essential in assisting

- Children, adults and seniors who strive to maintain life in the community
- adults and seniors who want to transition out of a nursing facility

Learn about examples of assistive technology solutions to address

- independent/personal communication
- home safety
- personal care/medical management
- home access
- community access

Assistive technology resources and funding options

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What is Assistive Technology?

- **Assistive or Adaptive Technology (AT)** commonly refers to "...products, devices or equipment, whether acquired commercially, modified or customized, that are used to maintain, increase or improve the functional capabilities of individuals with disabilities..." according to the definition proposed in the Assistive Technology Act of 1998.
- **AT Products** can enable people with disabilities to accomplish daily living tasks, assist them in communication, education, work or recreation activities, in essence, help them achieve greater independence and enhance their quality of life. AT devices can help improve physical or mental functioning, overcome a disorder or impairment, help prevent the worsening of a condition, strengthen a physical or mental weakness, help improve a person's capacity to learn, or even replace a missing limb.

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What is Assistive Technology?

- **AT Services** support people with disabilities or their caregivers to help them select, acquire, or use adaptive devices.

Such services include functional evaluations, training on devices, product demonstration, and equipment purchasing or leasing.

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Computers/Tablets/Smartphones

Hardware, software and apps have changed how we live and work. These products can help an individual with a disability in an almost endless variety of ways. These can include handy tools built into the smartphone that the consumer carries with them,

Because the hardware products can easily be adapted for a person with limited hand function, visual loss, or hearing impairment they can greatly enhance independence for the person with a disability

Examples of apps

Magnifyer

Money Reader

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Examples of AT for Independent & personal communication



Tablets – big and small, priced from \$100 to \$600. Many applications (see MeCite.org). Voice/finger/knuckle/nose/stylus in a hand cuff, touch and drag. Light weight. Accessories include attachable keyboard. Internet, e-mail, calendar, camera, social media, games, movies, etc. Switch devices are also compatible.




Go Talk – Basic augmentative communication devise

Bluetooth Headset – requires limited arm range of motion/hand function to “pick up/hang up phone”. Hands free while talking. Can program frequently called numbers, scroll on voice command.



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Independent & personal communication



• **Essence Pro** – Augmentative Communication Device and Windows 7 based computer in one.
Access via - Touch-screen, on-screen keyboard, keyboard and mouse, visual and auditory scanning, 1-, 2-, or multi-switch pointer. By Prentke Romich Company. Can program conversation setting screens with pre composed phrases or questions. Example – Personal care related needs, volunteer activity related needs.



Software/hardware to access a standard computer

- Tobii PCEye - Eye Control on your PC with your eyes - activates an on screen keyboard
- Dragon Naturally Speaking – voice activated software
- Screen reader products for blind or visually impaired

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Independent & personal communication



Large Button phones – visual impairment and dexterity Issues



Hands Free Remote Controlled Speakerphone




Voice Over phone – amplification along with voice conversion to text for individuals who are hearing impaired.


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AT and home safety

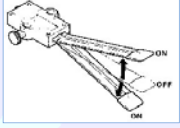
Adaptive switches can activate a number of things
power door openers, Lifeline Unit, power wheelchair and more



Pad switch



Sip & puff



Leaf switch


Placed in best location in wheelchair or in bed.

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AT and home safety



Home Automation (Smart Home, and others) - control lighting, thermostats, security systems, monitor appliance such as a furnace, close circuit TV. This is an "off the shelf product." Control from an iPad or smart phone.


Environmental Control Systems - voice or switch activated. Control appliances, lighting, temperature and comfort.



AT for Visual Impairment


Floor Magnifier






AT for Visual Impairment


Large Button Remote




Digital handheld magnifier




MonoMouse CCTV
(available for use with TVs and computers)






AT for Visual Impairment



Liquid Leveler -
(emits an auditory
signal when filled)






Currency/ bill identifier

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Neon knife guards

AT in the Kitchen

Ring pull can opener **Jar Opener** **Neon knife guards**



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Personal Care/Medical Management



- Medication management - \$2.00 to \$400.00
- Low tech to high tech
- Phillips Lifeline offers auto dispensing product

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Personal Care/Medical Management



Sonic Alert - alarm clock
Hearing impairment



CamelBak
Independent drinking system





Super Pole
Transfer aid



Personal Care/Medical Management


Freestanding and Ceiling Track Lift Systems- consumer can operate independently or by the care giver. Ceiling tracks can curve, make right and left turns, and go from room to room. Sling types vary depending on consumer need or comfort.





Consumer Stories

Maine consumers talk about and show the assistive technology they find useful to lead independent lives in the community.

[Karen](#)



[Robin](#)



Adaptive Driving Equipment and Vehicle Modifications



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AT and apartment modification

Accessible entrance systems

-proxy readers – a card or key chain fob can stay in a wallet or key chain. Simply being in the area of the door will open the door.

Door hardware consultants such as Exactitude, Inc. can assist with set up http://www.exactitudeinc.com/info.php?info_id=31

Intercom/Buzzer systems – ADA compliance – audio and visual

Power Door openers



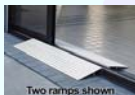
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AT and home modification

Entrances

Radiant entrances/walkways for snow/ice maintenance

404.2.5 Thresholds. Thresholds, if provided at doorways, shall be 1/2 inch (13 mm) high maximum. Raised thresholds and changes in level at doorways shall comply with 302 and 303



Two ramps shown.



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AT and access modification

Making accessible entrances



- Accessible route incorporated into landscaping



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AT and home modification

Retrofit an existing home

Entrance Before



After



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AT and home modification

Accessible bathrooms



- Roll under sink, with easy reach cupboards
- Bathroom with clear floor space

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AT and home modification

Accessible bathrooms



- Roll under bathroom sink & drawers
- This step-in shower does not comply. Curb needs to be .5 in. max.

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AT and home modification

Accessible kitchens



- Wall mounted oven
- External lazy susan

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AT and home modification

Accessible kitchens



Roll under sink and cooktop

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AT and home modification

Accessible kitchens



- Roll under counter tops/sink/cooktop
- Side-by-side refrigerator
- Large pull out drawers instead of cupboards

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AT and home modification

Access ideas - Kitchen



- Anti-scald faucet with a single lever and/or extendable faucet
- Stove or cook top with large visible controls in front
- Mirror to see into pots

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AT and home modification

- Door modifications





- Pocket (sliding) door saves the space needed for a swinging door
- Offset hinge allows door to open up to an additional 1.5 inches

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AT and home modification

Access ideas –Bathroom/Kitchen

Rollout or pull-out storage shelves in cabinets minimize bending



AT and home modification

Getting up/down stairs



Stair Glide Inclined Platform Lift Vertical Platform Lift



AT and home modification

Access Ideas – Common areas



Large enough to accommodate normal furnishings. Allowing for easy maneuvering around them. Flooring that is non glare or low pile carpet, or polished concrete.



AT and home modification

Access Ideas – Common areas



Window sills about 24" to 30" above the floor allow a view outdoors when seated.

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Consumer Stories

Maine consumers talk about and show the assistive technology they find useful to lead independent lives in the community.



Jen

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How do you and your consumer find the right product?

- What is needed or wanted for independence is as unique as the consumer.
- One size does not fit all.
- When making an investment in AT, you want to have a good idea that it will do what you expect and it will be useful to you.
- There are lots of products created either for a specific need or to meet a generic need. There are a lot of variables.
- What about service after the sale? Buy from a local vendor who will service what they sell.

Good places to start:

Try a friends – ask them questions about where they got it, did they like the vendor or manufacturer, service issues, satisfaction.

Shop Around – look at similar products, compare price, service, installation time, your first impressions of the vendor or manufacturer

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Try-Before-Buy & Assessment Services

- University of Maine at Farmington -AT collection
- <http://kcmc.umf.maine.edu/>
- Alpha One – 35 years of experience in AT for Independent Living
 - Driver Evaluation Service – OTR/L, Licensed Driver Educator
 - Access Design Services – staff architect
 - AT Assessments – OTR/L's and ATP's
 - On-farm Assessments – OT practitioners
 - Job Accommodation Assessments
- 800-640-7200 v.tty or www.alphaonenow.org
- All Tech (includes former Technical Exploration Center) www.alltech-tsi.org
- Wheelchair clinics – check with your local hospital

Try-Before-Buy & Assessment Services

- Communication Pathways - Augmentative www.pinetreesociety.org/pathways.asp
- Mark Hammond Associates, Inc - Augmentative www.mrhassociates.com
- The Iris Network - Blind and visually impaired www.theiris.org
- Mainly Access – Blind and visually impaired <http://www.mainlyaccess.com/index.htm>
- Joyce Kennedy, OTR/L– Adaptive Computer Needs joyce@webjericcho.com

Tech Act Program in Maine

- Maine CITE www.maine cite.org

Favorite Product Resources

- www.infogrip.com
 - The best place to find assistive technology, ergonomic & special education products, from alternative keyboards and mice to products for the low vision and blind.
- www.abilitations.com
 - Abilitations products provide you with solutions for balance, mobility, positioning, play, communication, sensory solutions, fine motor, and body works.
- www.abledata.com
 - "AbleData provides objective information about assistive technology products and rehabilitation equipment"


Favorite Product Resources

- www.independentliving.com
Independent Living Aids, LLC
- www.lssproducts.com/
LS&S
- www.goldviolin.blair.com/
Gold Violin Independent Living



Favorite Product Resources

- www.flaghouse.com
 - FlagHouse is a premier global supplier of equipment and resources for physical education, sports, fitness, and recreation and for health, special needs, special education, sensory integration, and multisensory environments.
- <http://webstore.ablenetinc.com/>
 - AbleNet is an international company and industry leader in providing educational and technical solutions to help children and adults with disabilities lead productive and fulfilled lives. This includes a complete line of communication aids for nonverbal individuals; access aids for all ages and situations; and special education classroom curriculum and software that both enhance and help ensure learning progress



Favorite Product Resources

- <http://www.gimpgear.us/>
Broadened Horizons company provides , "Unique assistive technologies providing independence to disabled wheelchair users with limited or no use of their hands and arms."
- www.accesstr.com
Access to Recreation, Inc., provides, "products that give them [customers] the ability to enjoy activities that they once thought impossible. We carry a wide range of products from Fishing Aids to Crochet Aids, Exercise Equipment to Rehabilitation Equipment . . . "




Funding Options

Cross disability eligibility and broad based AT need

- mPower Adapted Loan Program – Maine residents
www.mpowerloans.org
- Independent Living Services Grant - \$5000 cap – Maine residents
Call 800-640-7200 (v/tty)

Work related funding


- Worker's Compensation
- Vocational Rehabilitation
www.maine.gov/rehab
- www.ssa.gov
 - Plan to Achieve Self Support
 - Blind and work-related expenses/impairment and work related expenses



Funding Options

Communication Funding

- Hearing Aids – Contact Hear In Maine program for resources
800-640-7200 v/tty
- Telecommunication Equipment Program - adapted phones, TTY's, etc
Maine Center on Deafness
www.mcdmaine.org



Funding Options

Vehicle Modifications Funding

Vehicle Manufacturer Rebate Programs

- Ford
<https://www.fordmobilitymotoring.com/>
- Chrysler
<http://www.chryslerautomobility.com/>
- Honda
<http://automobiles.honda.com/information/mobility-assistance.aspx>
- Toyota
<http://www.toyotamobility.com/>



Funding Options

Funding for Specific Groups

- Veterans Administration
 - Funding for service connected and partial service connected disabilities
 - Contact Benefit Information and Assistance
 - www.va.gov
- Section 19 MaineCare funded Personal Assistance Services
 - For community based long term care program recipients
 - Funding for assistive technology devices and services and home access
 - Maintain independence, access needed supports & services, or ensure health and welfare
 - Call care manager @ Elder Independence of Maine
-1-866-456-2322 (north), 1-888-234-3920 (South)
 - Call care manager @ Alpha One 800-640-7200



Funding Options

Funding for Specific Groups


- Division for the Blind and Visually Impaired
www.maine.gov/rehab/dbvi
- Multiple Sclerosis Society - Financial Assistance Program
www.msmaine.org
- Spinal Cord Injury
 - Travis Roy Foundation grant
<http://www.travisroyfoundation.org/grants>
 - Kelly Brush Foundation – Adaptive sports and recreational equipment
<http://kellybrushfoundation.org>
- Muscular Dystrophy Association
www.mdausa.org



Funding Options

Home Access Funding


- Subsidized housing – tenants can ask landlord for reasonable modifications and accommodations. Changes are made at no cost to the tenant. Google “How to request a reasonable modification or accommodation.”
- Home Retro Program – Grant \$10,000, 80% median income
800-640-7200 v/tty
- Maine Home Repair Network – Community Action Programs (CAPS)
www.mainecommunityaction.org
- Rural Development – Housing Repair/Rehabilitation Grants and Loans
<http://www.rd.usda.gov/me>
- Critical Ramp Access Program – modular ramps, 80% median income
800-640-7200 v/tty
- Community Development Block Grant Funds – Towns determine community needs – ex. Auburn Accessible Housing Program



Funding Options

Miscellaneous


- **United States Tax Code**
 - Tax deductions available to tax payers that may be used to offset the cost of assistive technology. Such as medical care expenses
- **Service Organizations**
 - Lions Club, Rotary (Pancake Breakfast, spaghetti supper, etc)



Funding Options

Miscellaneous

- **Community Service**
 - Fundraiser for an adapted van
 - Bequest in a will that makes funds available for AT in a particular community
 - A band that plays for benefit concerts
 - Crowd Funding – an on-line service that assists in personal fundraising
<http://crowdfunding.com/>



Used Equipment

- Alpha One Classifieds
www.alphaonenow.org/classified_ads.htm
- GetATStuff
www.getatstuff.org
- Uncle Henry's
<http://www.unclehenrys.com/>
- Disabled Dealer – used adapted vehicles
www.disableddealer.com
- AllTech – Recycle and Reuse Center
<http://www.alltech-tsi.org/services/recycle-and-reuse-center/>
- Community lending closets – disability organization, AAA, town office

Disclaimer: The resources provided are for information purposes only. Alpha One does not endorse any individual service or provider. If you find that any information here is incorrect or out-of-date, please contact us.



Questions - Comments?



Thank you
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