Title: Assistive Technology for Independent Living and Transition

Description:
Assistive Technology (AT) is playing an increasingly important role in the lives of people with disabilities, allowing for more Independent Living (IL) and quality of life. With a focus on Transition Planning for young people on the spectrum, this presentation will include discussion about some of the types of AT that can be used to foster IL, and how to access/acquire AT devices, services, and funding. The presentation will feature several consumer success stories.

Presenters:
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Intended Audience: Parents, families, caregivers, case managers.
Welcome - Intro

Goals
• Learn about Maine’s Assistive Technology (AT) Program
• AT for folks living with ASD
• AT for Independent Living and Transition
• How to acquire services and funding
• Lots of Resources

What are Assistive Technology and Services?
• AT Devices are any item, piece of equipment, or product -- commercial 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.

Low Tech, Medium Tech and High Tech

Maine CITE
• Maine’s State AT Act Program - Created/funded thru Federal AT Act.
• Promotes AT through Information, Education, Technical Assistance, Services.
• Collaborate with many Maine AT providers, organizations, and policy makers.
• Visit our website - mainecite.org - for
  o Webinars/training
  o Apps as AT
  o Funding info
  o AT Providers

Maine CITE Mission
• To improve access & acquisition of AT by people of all ages, all disabilities, in:
  o Education
  o Employment
  o Community Living
  o Information Tech & Telecommunications
• Programs
  o AT Equipment Demonstration/Loan
  o AT Reuse
  o Information about Paying for AT

AT for folks living with ASD...
• Expressive Communications
• Safety
This next section is not covered in detail in the actual presentation, but we leave the information below as a resource.

Expressive Communications

- With AAC devices symbols are heavily used. Children with Autism are found to have strong visual processing skills, and low expressive communication. This makes them good candidates for AAC devices.
  - Augmentative & Alternative Communication (AAC)
  - PECs (Picture Exchange Communication System)

AT For Expressive Communication

- GoTalk - attainmentcompany.com/gotalk-9
- AAC Apps – see Apps as AT - mainecite.org/apps-as-assistive-technology-at/
- Big Mack switch - ablenetinc.com/bigmack
- Tobi Dynavox - tobiidynavox.com/en-us/
- Otterbox Cases - otterbox.com/en-us/ipad
- Trident Kraken

Safety

AT For Safety

- MyBuddy Tag. - mybuddytag.com/
- Smart Sole - gpssmartsole.com/gpssmartsole/
- Find My Friends (iOS app) - itunes.apple.com/us/app/find-my-friends/id466122094?mt=8
- Tile thetileapp.com/en-us/

Project LifeSaver

- National Program used with local Police, Fire, Rescue
  - projectlifesaver.org/
- In Maine:
  - Auburn PD
  - Lewiston PD
  - Brunswick PD
  - Cumberland County Sheriff’s Office
• Scarborough PD
• Ogunquit PD

Safety at Home - Smart Home Tech
• Movable camera/monitor – many makes and models (shown SACAM)
• August Lock with app - august.com/
• SimpliSafe Home Security System - simplisafe.com/
• Amazon Echo
• Google Home
• Facebook Connect
• Intelligent Smoke Alarm - Kidsmart vocal smoke alarm - techlicious.com/shop/kidsmart-vocal-smoke-alarm/

Social Skills

AT for Social Skills Development
• Programs like Aiko & Egor allow children to watch videos with a simple animation that models play skills and social behaviors based on research. Be sure to look for programs based on real research instead of anecdotal evidence.
• seebeneath.org/

Motivation and Behavior

• Rewards
• Modeling appropriate behavior
• Reducing inappropriate behavior
• Self-Control - Calming
  o Fidgety – Stress Ball
  o Weighted Blanket
  o Headphones/Music

AT for Motivation and Behavior
• Teach Town – Social skills services - web.teachtown.com/
• Scene Speak – app that provides a framework to create interactive visual scene displays and social stories. - goodkarmaapplications.com/scene-speak1.html
• Social Stories Creator – Touch Autism - touchautism.com/app/social-stories-creator-library/
• Behavior Tracking Pro – app - behaviortrackerpro.com/

AT for Self-Control and Calming
• Daniel Tiger’s Grr-ific Feelings - pbskids.org/apps/daniel-tigers-grr-ific-feelings.html
• Zones of Regulation - zonesofregulation.com/index.html
- 5 fun fidgets for children with special needs - [eastersealtech.com/2016/02/10/5-fun-fidgets-for-children-with-special-needs/](https://eastersealtech.com/2016/02/10/5-fun-fidgets-for-children-with-special-needs/)

AT for Academics
- Please consult with your school staff
- 100+ Best Apps for Autism {and other Learning Disabled Students} - [adayinourshoes.com/apps-for-autism](https://adayinourshoes.com/apps-for-autism)

Other Stuff
- Sensory Aids - Sensory aids refer to any devices and tools which make use of, or which aim to improve sensitivity to, one or more of the senses.
  - Environment alerts and aids (getting too noisy) and feedback (Talk Light/traffic light)
  - Hearing and listening aids (such as noise cancelling headphones) which are designed to help people gain a better sense of, and more control over, their hearing and auditory processing.
- Tactile aids (such as weighted blankets) which are designed to help people gain a better sense of, and more control over, their own tactile sensitivity.

Back to the Presentation

Independence
- Decision Making
  - Putting rules in a visual form.
  - Learn alternative behaviors.
- Opportunities to improve self-regulation and self-management skills.
- Opportunities for Repetitive practice.
- Self-advocacy skills
  - Use video recordings:
    - Opportunities to try simulations of social situations.
    - Practice social skills.
AT For Independence
- Microsoft HoloLens – Augmented Reality - microsoft.com/en-us/hololens
- Fraunhofer Institute for Integrated Circuits – s/w that detects emotions – Research only
- Social Stories Creator (app)

Scheduling/Reminders
- Task Management
- Time Management

AT for Scheduling/Reminders
- Pictello – Task Management - assistiveware.com/products/pictello
- Any.Do – to do list - any.do/
- See also Apps as AT on Maine CITE mainecite.org/apps-as-assistive-technology-at/

Transition and Career Development
Greater emphasis must be placed on transition planning as a key process for helping youth build skills and access services as they leave school and enter adulthood. This includes a focus on independent living skills, self-advocacy, vocational engagement, postsecondary education, family support, and a continuum of mental health services for those experiencing comorbid (co-occurring) mental health problems (Lake, Perry, & Lunsky, 2014 as reported in Wilkinson, L. A. (2017). A best practice guide to assessment and intervention for autism spectrum disorder in schools. London and Philadelphia: Jessica Kingsley Publishers.). see https://bestpracticeautism.blogspot.com/

AT for Transition and Career Development
- Assistive Technology for Transition Success – Pacer Center - pacer.org/transition/learning-center/assistive-technology/
- The Path to Independence - Mobile Apps to Support Transition Aged Youth - PDF

Community Living
- Activities of Daily Living (ADL)
- Safety
- Travel

AT for Community Living
- Smart Home Technology → Home Monitoring Services
- Augmentative Communication
- Wearable Technology - apple.com/watch/
- Task Planning apps
- Travel apps/GPS Tracking - amazon.com/goTele-Required-Portable-Off-grid-Tracking/dp/B07DJTN1LS
Independent Living and Transition Success Stories

Roscoe - teen
Lily – Young Adult
Willow – 29 year old woman

Hannah’s list of AT used by these clients and others
- Visual Checklists for Routines,
- iPad for Self-Regulation & Time Management,
- 3-Sided Toothbrush [dentrust.com](https://dentrust.com/)
- Smart Toothbrush [ideaing.com/ideas/smartest-toothbrushes-on-the-market/](https://ideaing.com/ideas/smartest-toothbrushes-on-the-market/)
- Visual Timers (OK to Wake!) for sleep hygiene [https://www.amazon.com/Mirari-Wake-Alarm-Clock-Night-Light/dp/B00EAHSBV4](https://www.amazon.com/Mirari-Wake-Alarm-Clock-Night-Light/dp/B00EAHSBV4)
- Nest Cameras - [https://nest.com/](https://nest.com/)
- Location Tracking (i.e. Life 360),
- Cell Phone,
- Portal by Facebook [https://portal.facebook.com/](https://portal.facebook.com/)
- Velcro / Elastic Fasteners,
- Smart Watch,
- Alarmy [https://alar.my/](https://alar.my/)
- GoZen App [https://gozen.com/](https://gozen.com/)
- ForBrain [https://www.forbrain.com/](https://www.forbrain.com/)
- Habit Aware Keen [https://habitaware.com/](https://habitaware.com/)

What do we do first?
- Get an AT assessment
  - At first diagnosis
  - At 3rd year re-evaluation
  - Before Transition Planning
  - See more information below on what should be including in a good AT evaluation.
- Review annually or more frequently.
- List of providers - [mainecite.org/at-consultants-in-maine/](https://mainecite.org/at-consultants-in-maine/)
Acquiring Assistive Technology
Maine CITE - Demo & Loan Providers

- AT Demo & Loan service providers:
  - Pine Tree Society
  - Spurwink-ALLTECH
  - CARES Inc
  - UM Farmington – Spenciner Center/Library
- Each has an AT Device Inventory – all link to AT4Maine.org

AT Reuse
AT Reuse at Spurwink-ALLTECH – SpurwinkALLTECH.org
892 Riverside St, Portland. Phone 207-535-2017

AT Service Providers

- Spurwink / ALLTECH: Assessment, Demo/Loan, Reuse. SpurwinkALLTECH.org
- Bureau of Rehabilitation: Independent Living (IL), Education & Employment. maine.gov/rehab/
- Alpha One: AT/IL Assessment, Driving Evals, IL Grant. alphaonenow.org
- Iris Network: AT for visual impairments. theiris.org
- Mainely Access: AT Assessment for visual impairments. mainelyaccess.com
- Maine AgrAbility: AT for Farming, logging and aquaculture. umaine.edu/agrability
- Disability Rights Maine: Telecommunications Equipment & AT for Deaf/Blind. drme.org
- Pine Tree Society: AT for Communication. pinetreesociety.org
- C.A.R.E.S. Inc.: AT Demo & Loan. caresinc.org
- mPower Loan Program: Flexible loans to buy AT. mpowerloans.org
- Maine Center for Integrated Rehab: AT Assessment & OT Services.
- Gallant Therapy Services: OT Services. gallanttherapyservices.com
- AT Practitioners: ATP Certified by RESNA. See info resna.org/certification
- Occupational Therapists
- Physical Therapists
- Speech Therapists
- Local Durable Medical Equipment (DME) vendors and manufacturers

Where to Find AT

- Amazon.com
- AbleData - https://abledata.acl.gov/
- Smarthome.com
- DME Stores and others
- Disability Rights Maine: Telecommunications Equipment Program (TEP)
• Apps as AT webpage https://mainecite.org/apps-as-assistive-technology-at/
• Just Google It!

Paying for AT
• Maine CITE Funding Page mainecite.org/paying-for-at
• Maine’s Flexible Loans/Financing: mpowerloans.org
• AlphaOne - Independent Living alphaonenow.org

Resources
AT Assessment – What should be including in a good AT evaluation
• Individualized
  o May require multiple sessions
  o May require multiple locations
• Assesses
  o Abilities
  o Challenges
  o Needs
  o preferred learning style
  o the task(s) to be accomplished
  o environment in which the AT will be used.
• Use low tech or medium tech to see if something might work.
• Uses certified professional.
• Provides for trying new AT and training in use.
• Setting up AT may also be included.

Assistive Technology Considerations and Planning
• Be careful not to let AT replace the human touch and companionship.
• Be considerate of the cost of AT. Some of the best solutions are the most simple and inexpensive.
• Assure ethical practices when considering AT.
• Diligent support with blue tooth and Wi-Fi connectivity and assuring technology is working properly is vital to safety and success.
• Schedule practice and testing regularly.

Assistive Technology is Individualized
• Stay person-centered through the AT process.
• We are all unique. Our experiences as we go through life will be our own.
• The individual's history and preferences should always be considered.
• Assistive technology is often trial and error.
• What works for one may not work at all for another.
• Communicate with your AT Services provider when things don’t go as planned or additional training is needed.

Additional Resources
Please visit mainecite.org/autism

Thank you!
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