



Assistive Technology (AT) for Safety & Independence: AT Resources in Maine

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John Brandt MEd
Maine CITE Program
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Maine CITE Staff News

Kathy is retiring

***New Maine CITE
Director is
Jessi Wright ATP***

Maine CITE Staff

**John Brandt, Training
Coordinator**

Sherie Lizzotte, Admin



AT in Maine



- ***Maine CITE*** is Maine's AT Program
- There are AT Programs in all states – federally funded
- Visit www.mainecite.org for AT resources
 - Webinars, AT providers, funding
- There are many AT providers in Maine
 - <https://mainecite.org/partners/>

Maine CITE webinars

Visit mainecite.org/training/

**** Register for our e notices***

*****Feb 25 AT Training, Strategies to Success***

- Low Vision Technology in the Home***
- Wearable AT***
- AT for Medication Management***
- AT for Independence in ADLs***
- Smart Home Technology***



What is Assistive Technology (AT)?



AT Devices are any item, piece of equipment, system or product -- commercial or customized-- that will ***increase, maintain or improve the functional capabilities of a person with a disability, a senior or caregiver***

What is an AT Service?

AT Services help people learn about their AT ***options*** and help decide if using AT will ***benefit*** them.

***AT can impact safety & security,
productivity, mobility, communication,
independence in daily living tasks, social
connections and supports***

***Use of AT can help a person stay at home
and avoid a costly facility***

AT Services in Maine

Information & Assistance (I&A)

AT Training

AT Assessment

AT Demonstration programs

AT Lending programs

AT Recycling programs

AT Financing/Cash Loans

Maine AT Providers

- **Spurwink ALLTECH** **AT assessment/Trg, Demo, Loan, AT Reuse**
- **Bureau of Rehabilitation** **IL, education, work supports**
- **Alpha One** **IL, Driving Evals, Cash Loans**
 - ***Adaptive Equipment Loan Program** **\$\$\$\$\$***
- **IRIS Network** **AT for Employment**
- **Mainely Access** **AT Assessment/Trg**
- **AgrAbility Maine** **AT for Farming**
- **Disability Rights Maine** **TEP & Deaf/Blind Eq Programs**
- **Pine Tree Society** **AT- Communication Technology**
- **Gallant Therapy Services** **AT demo & loan**

.....More Providers

- **Excel Consulting**
- **Maine AT Solutions**
- **AT Practitioners (ATPs)**
- **Occupational Therapists**
- **Speech Therapists**
- **Physical Therapists**
- **Rehab Engineers**
- **Manufacturers/Vendors**

AT Consults/Trg
AT Consults/Trg
RESNA certified



AT Demo & Loan

AT4Maine

Assistive Technology for
All Maine People



Visit AT4Maine.org

- An online resource >> with 1200+ AT devices
- Borrow the AT to ***“Try before you buy”***
- Four AT Provider organizations have the AT devices that are available for demo & loan

Spurwink ALLTECH

Gallant Therapy Services

Pine Tree Society

University of Maine Farmington

Reusing AT



Maine's AT resale-recycling store:

ALLTECH-Spurwink

892 Riverside St, Portland

call 207-535-2017

lisom@spurwink.org

mbliss@spurwink.org

***** Lightly used devices/equipment for sale \$\$\$\$***

More Recycling.....



- **Alpha One - Classified ads**
- **Uncle Henry's – Senior Solutions**
- **National Pass it on Center**
 - passitoncenter.org
- **Local towns/churches/civic groups**
- **Aging in Place/Age Friendly towns**

Modifying the Home for safety..... it is Common Sense !

- **Eliminate “scatter rugs”--create clear pathways**
- **Use appliances with auto shutoff switches**
- **Raise (or lower) seat heights**
- **Use bed slide in safety rail**
- **Use remote switches >> *THE CLAPPER* !!**
- **Install anti-scald faucets**
- **Use a tub safety rail & shower seat bench**
- **Electric remote door locks, Indoor & outdoor motion sensors ... “smart home” systems**
- **Ramps and stair glides**

- ***What AT do you use in your life??***
- ***What AT do your clients use??***



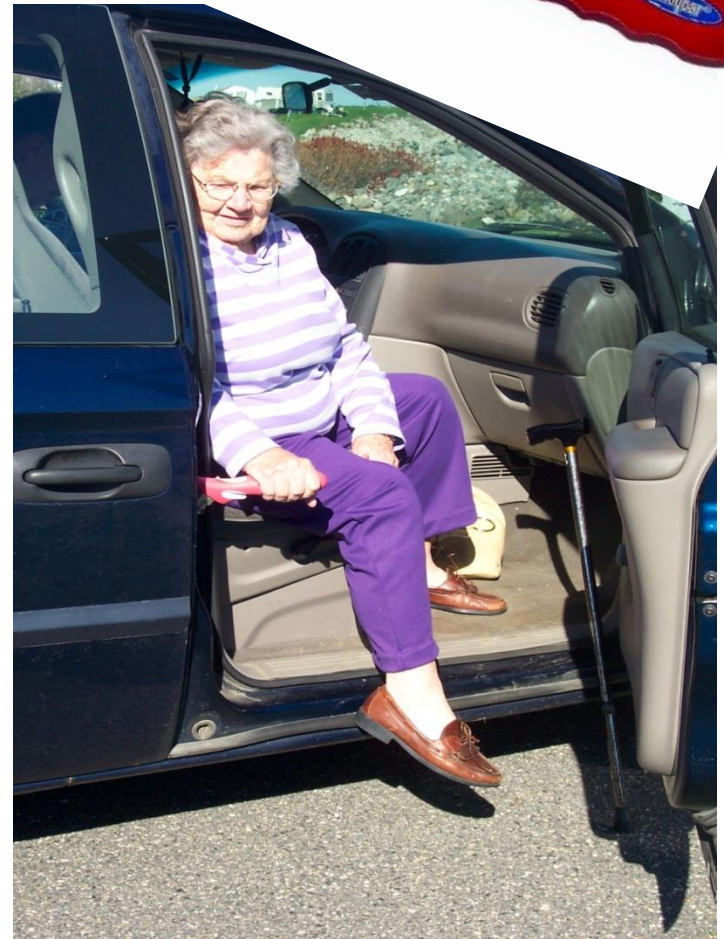
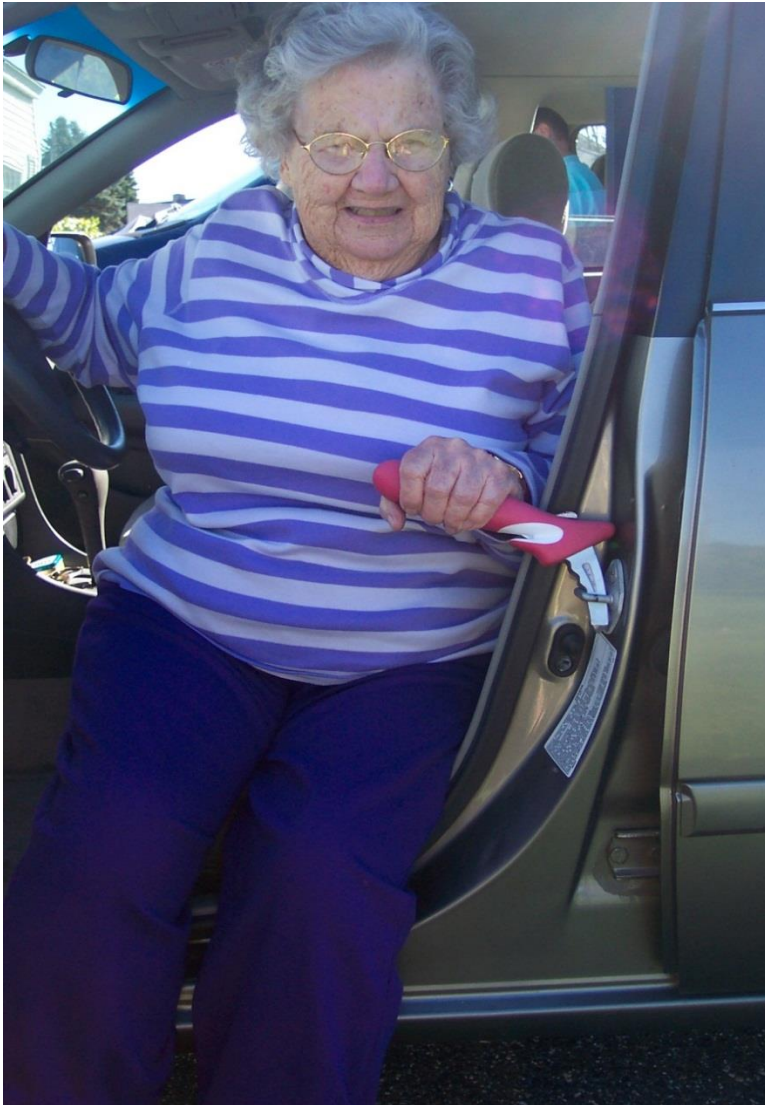
AT for safe mobility

- **Safety bars -- essential for tub & toilet**
 - Inexpensive
 - easy to install
- **Safety bed rail**





Getting Around: Community Mobility



More.... Community Mobility

- Use a strap for getting in/out of the car
- Cushion “lazy susan” for easy movement



Staying connected---phones

- ***TEP Program @ Disability Rights Maine***
- **Smart phones**
- **Picture Dial Phone**
- **Talking phone**
 - **With caller ID**
 - **Hi volume**



AT for Gardening

- Handle grips designed for less stress on the hands and wrists
- Optimize grasp/endurance
- Sit & stand to work



AT for Low Vision/Blindness

- **Magnifiers**
- **Audio books**
- **e books/large font**
- **Large print playing cards**
- **TV magnifiers**
- **Scanning/Reading devices**



AT for Deaf & Hard of Hearing

- **Hearing aids**
- **Captioned phones**
- **Amplified phones**
- **Visual phone ringers**
- **Visual doorbell**

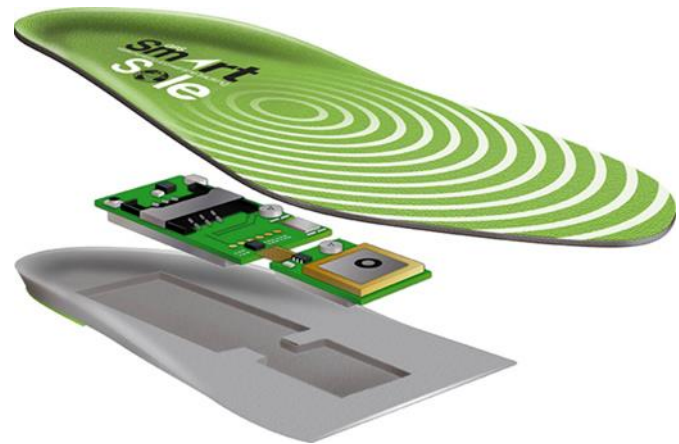


AT for Managing Medications

- Pill organizers
- Timer/alarm pill dispensers
- Paper organizers
- Medication Reminders
- Smart Watches
- Smart phone apps



Smart Tech



More Smart Home Tech



AT to Minimize Isolation



Online games - solitaire
Live Video - skype, zoom
Amazon Drop In
Virtual Book Clubs
Livestream church services
Apps - ALCOVE

AA AT Tool Kit

- **Weighted utensil set**
- **Bottle opener**
- **Rocker knife**
- **Plate food bumper**
- **Jar opener**
- **Motion light control**
- **Remote outlet switch**
- **Video doorbell**
- **Handy bar**
- **Pill dispenser**
- **Remote door lock**
- **Lighted magnifier**
- **Motion light bar**
- **Talking alarm clock**
- **Red rolling tote bag**



Finding AT



- Contact Maine CITE
- Maine AT Demo & Loan Programs
 - try before you buy
- ***Look for AT on this website*** www.AT4Maine.org
- Medical Equipment (DME) vendors
- Online vendors
- www.abledata.com – info on AT products
- Disability Rights Maine
 - ***TEP Lending*** [***www.drmaine.org***](http://www.drmaine.org)

Paying for AT



- **Maine CITE Funding Page**
<https://mainecite.org/paying-for-at/>
- **Maine Care**
<https://www.maine.gov/sos/cec/rules/10/ch101.htm>
- **Alpha One: IL grants, Cash Loan Program.**
<https://www.alphaonenow.org>

Take Aways

- Technology is *universal in our lives*
- AT is affordable and accessible
- Often “off the shelf” tech is *assistive* when used by seniors/adults' w/disabilities
- Using AT/AE and smart home tech can increase safety & security *at home*

Thank You!!!

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