

10:59:58 >> MICHAEL BRAY: Tedra, just let me know when you're ready, and we'll open the gate.

11:00:07 >> TEDRA JACKSON: Well, it's 10:59, I say let's do it.

11:00:08 >> MICHAEL BRAY: All right. I am now recording. And I will open the gate.

11:00:41 >> Good morning, everyone!

11:00:46 >> Morning.

11:00:56 >> Good morn, sheryl, how are you?

11:00:59 >> Good. Good morning, Tedra.

11:01:02 >> TEDRA JACKSON: Hi, sheryl!

11:01:12 Well, it's 110000 so we're going to go ahead and get started.

11:01:18 Today our speakers are going to talk with us about using assistive technology to help you during the COVID crisis.

11:01:29 And beyond. Um... we're welcoming with us today Jen Mullins and Laura hall.

11:01:36 They both work for Michigan Disability Rights Coalition. And they're going to share with us some really invaluable information...

11:01:52 That can help you stay connected and really just week...

11:02:04 As we do every week weshgs do have captioning available. If you are using the Zoom, you can click the arrow at the right for the CC...

11:02:12 Click that button, turn on subtitles, show subtitles, and it will caption the webinar for you.

11:02:19 The other thing is that if you are joining us via Facebook Live, please share your questions and comments.

11:02:28 And they will be read live during the meeting. So that everyone can participate.

11:02:47 And also, we will share any resources that are shared in the Zoom chat also on Face book.

11:02:56 If you are in the Zoom, please feel free to put questions in the chat. Also feel free to ask when we break for questions.

11:03:00 Without further ado, I'd like to introduce Jen Mullins.

11:03:31 >> JEN MULLINS: Hi there. Good morning! Let me get set up so I can share our PowerPoint with you... .

11:03:41 I have worked in the Michigan Assistive Technology Program for a couple of... Laura has as well.

11:03:45 Michigan Disability Rights Coalition and we work in the Michigan Assistive Technology Program.

11:03:47 Laura, would you like to introduce yourself?

11:03:58 >> LAURA HALL: Sure. I'm Laura Hall. I've worked with the Michigan Assistive Technology Program for the past eight years.

11:04:11 And that is half of my position. And on the other half I work on a DD Council leadership grant.

11:04:15 >> JEN MULLINS: Great. So, in our presentation today, I wanted to make sure that I noted...

11:04:20 >> JEN MULLINS: Great. So, in our presentation today, I wanted to make sure that I noted...

11:04:22 ... we're going to briefly cover some assistive technology devices. But this presentation is in no way inclusive of all...

11:04:30 ... of the assistive technology that's out there. AT, or assistive technology, is not all one size fits all.

11:04:39 Something that may work for me may not work for Laura, for example. So, it's really a person by person basis.

11:04:44 Okay. So, we're going to start with what is assistive technology.

11:04:52 It seems like people may think assistive technology means technology that, you know, has to have a motor and a screen...

11:05:00 And maybe a touchpad. But assistive technology is really any item, piece of equipment, software, or product system...

11:05:07 ... that is used to help people with disabilities, including older adults, do what they want to do.

11:05:17 We have a tag line that we say, anybody can use technology, but assistive technology can make things...

11:05:24 Possible for people with disabilities. Most assistive technology is low-tech. You'll see on the screen in front mu...

11:05:34 There is a pen that has been put through a grippy ball. That may assist someone in writing.

11:05:37 No motor involved in that, pretty low-tech.

11:05:43 Next to that is a walker with a basket. And right next to that is a shower chair.

11:05:47 All those things are assistive technology.

11:05:50 >> MICHAEL BRAY: Hey, Jen? Can I interrupt you for one second, please?

11:05:51 >> JEN MULLINS: Sure.

11:05:58 >> MICHAEL BRAY: We can see your PowerPoint, but I'm seeing a couple blue boxes that are obscuring it.

11:06:06 One at the top one at the bottom. I don't know if you have anything else on your computer.

11:06:08 >> JEN MULLINS: I do have my captions on.

11:06:12 >> MICHAEL BRAY: Ah, that's what it is. If you can turn those off, yeah.

11:06:23 >> JEN MULLINS: I myself have a hearing disability, so captions help. But I'm talking so I think I'll be fine.

11:06:30 >> MICHAEL BRAY: Yes, and the captions are on the Zoom so everyone else will see them as you're talking as well.

11:06:34 >> JEN MULLINS: Oh, good. Is that better? Is there still a box there?

11:06:42 >> MICHAEL BRAY: It's better at the bottom. There's still a box across the top. Jment.

11:06:44 .

11:06:46 >> JEN MULLINS: It is the Zoom control box.

11:06:52 >> MICHAEL BRAY: Odd. You might be able to minimize that. We should be okay.

11:07:04 >> JEN MULLINS: Sorry. We tried doing a video for krip camp a couple weeks ago and I couldn't figure out how to get rid of this box.

11:07:06 CripCamp.

11:07:11 I know we're moving to Zoom in a lot of ways and some people have been using Zoom forever...

11:07:16 And they're used to these weird things kind of happening. Thanks, everybody, to your patience.

11:07:24 >> TEDRA JACKSON: And what might help is if you and Laura read the title of the slide, we can see the rest.

11:07:27 >> JEN MULLINS: That's a great suggestion, thank you, Tedra.

11:07:34 So, this slide is AT devices that we use. So, Laura, would you like to talk about assistive technology devices that you use?

11:07:43 >> LAURA HALL: Sure. Um... I think I may know some of you that are on the town hall today.

11:07:52 And you may know that I use a powerchair. So, that is kind of my main way that I get around.

11:08:07 In addition to the powerchair I use a medication reminder system. This is one that I personally use because I take...

11:08:15 Quite a bit of medication at different times of the day and it just helps me kind of keep things organized.

11:08:19 And I know when to take my medication.

11:08:28 I use a shower chair at home, a shower bench. Reachers. Adaptive tools in the kitchen. All sorts of things.

11:08:28 .

11:08:37 >> JEN MULLINS: Thanks, Laura. To go back to the slide, I have -- on here there's a picture of a powerchair.

11:08:43 There's also a picture of a MedCenter device that Laura mentioned, that we will talk more about in this presentation.

11:08:53 And also on there is a Smartphone. It's an iPhone open with Apple maps. If anybody knows me, they know that I am...

11:08:59 ... terrible with knowing where I'm going when I'm driving or walking. I get lost really easily.

11:09:07 And so, to me, I have some directional disability. And I know that other people out there are thinking, hey, I have that, too.

11:09:12 Because I think it's more common than we know. They just don't have a name for it.

11:09:20 But anyway, using navigation absolutely helps me get two places. I know that we're being asked to stay at home...

11:09:25 During the pandemic. But when I'm out, it's how I can do my job, it's how I can travel.

11:09:34 And then the last picture on the Slide is a screen shot of a video with captions on it. I mentioned earlier in the training that...

11:09:42 I have a hearing disability. So, when I can read the captions on the screen when I'm watching a video, it really helps me.

11:09:52 And then we wanted to ask if anybody -- we'll open it up for a few minutes, if anybody wants to share what kind of AT they use?

11:10:00 If you want to, type that in the chat box...

11:10:08 >> TEDRA JACKSON: And now is the time, if you're watching via Facebook Live and you'd like to share what kind of AT you use...

11:10:13 >> TEDRA JACKSON: And now is the time, if you're watching via Facebook Live and you'd like to share what kind of AT you use...

11:10:15 Please do so. You can comment on the Facebook Live and someone will read it to us.

11:10:40 >> Google Google Map, powerchair. GPS, headset...

11:10:43 (Phone ringing).

11:10:47 >> TEDRA JACKSON: Excuse me, that was my phone, my apologies...

11:10:58 (Phone ringing).

11:10:58 >> TEDRA JACKSON: Excuse me, that was my phone, my apologies...

11:10:59 Someone is using Alexa. JAWS screen reader. And really many apps on their iPhone.

11:11:03 Someone else is using Google Maps and GPS in the car.

11:11:06 Traci, do we have any Facebook responses?

11:11:07 >> TRACY VINCENT: We do not.

11:11:09 >> TEDRA JACKSON: Thanks.

11:11:17 >> JEN MULLINS: Thank you Tedra and thank you Tracy.

11:11:23 It's really great to hear the different scope of AT that people use. I did hear some higher-tech things.

11:11:29 Like JAWS is a screen reader program that reads the text to you from your computer.

11:11:39 And other things that are a little more low-tech like a shower chair. It's a whole range of devices.

11:11:47 Thanks, everybody, for sharing. Laura is going to talk with us about benefits of AT, the next slide.

11:12:00 >> LAURA HALL: Okay. So... assistive technology has been studied quite a bit, with relation to how it helps people.

11:12:12 And in terms of the benefits of AT, what we've found is that it's the most effective strategy for helping us do what we want to do.

11:12:25 One of the nice things about assistive technology is, there's so much available. We can really customize and figure out what works for us.

11:12:37 We found that when people use assistive technology, decline is slowed. There are fewer nursing home and hospital stays.

11:12:44 A lot of AT that people use sometimes will be in the bathroom. Especially with older adults. Because they're a fall risk.

11:13:00 And we've had people who have been able to transition out of nursing homes because they were able to get assistive technology...

11:13:09 That they needed to help, for example, manage their medication, deal with falls in the home. Where that was a concern before...

11:13:16 ... that was keeping them in the nursing home. So, AT can really make a difference in yourself-direction and your autonomy.

11:13:25 So, also, greater functional independence. And the nice thing about assistive technology is it's there when we need it.

11:13:34 We may not always have access to staff or other types of help.

11:13:43 But I think, for me, knowing that reacher that I use is always within my grasp is really kind of empowering.

11:13:47 Because I know that I can work to do that myself.

11:14:00 And this isn't taking away from the need for staff. I'm just trying to make the point that it allows more accessibility in our options.

11:14:05 >> JEN MULLINS: That's a great point, Laura. Would you mind explaining what a reacher is for everybody?

11:14:11 >> LAURA HALL: Sure. A reacher, um... is something that you hold in your hand.

11:14:14 It has kind of a trigger that you pull.

11:14:17 And it's got a claw.

11:14:19 I'm trying to explain this the best that I can.

11:14:25 So, it has a claw on the end, that allows you to pick things up off the floor.

11:14:36 And they come in different types and sizes. Some fold. Some have magnets on them.

11:14:46 And they're different lengths as well. And just kind of giving you that extra reach if you're not able to bend or are in a chair.

11:14:48 Or otherwise unable to reach something.

11:14:51 >> JEN MULLINS: Mm-hmm. Thank you for explaining that.

11:14:54 >> LAURA HALL: Yeah.

11:14:59 >> JEN MULLINS: We're going to move on to the next slide. We're going to hear about Michigan's AT program from Laura.

11:15:08 >> LAURA HALL: Okay. So, Michigan's AT Program provides several services.

11:15:19 The first service that we provide is device demonstration. And we do this by working with our Center for Independent Living.

11:15:28 We're able to offer one on one device demonstrations. Typically. Right now things are a little different because of the virus.

11:15:32 Being able to do things face-to-face.

11:15:41 But typically we could offer a face-to-face interaction with somebody who's trained in using assistive technology.

11:15:48 To help you look at different items to address needs that you might have and help you compare and contrast different items.

11:15:57 So you would get hands-on experience with assistive technology, so you could make a decision about whether you think it might help you.

11:16:07 Before you decide to buy. And another feature of a program that's nice is that we also offer device loans.

11:16:16 For a short-term loan. Which means if there's a device you really would like to spend more time with.

11:16:21 Or if it's something that would be easier if you could see how it would work in your home.

11:16:25 You can borrow that device and keep it for an extended period of time.

11:16:27 For example --

11:16:32 >> JEN MULLINS: I'm sorry, I just wanted to say that all of this is free, too.

11:16:36 >> LAURA HALL: Oh, yeah, thanks, Jen. Yeah.

11:16:48 We also have a website called ATXchange.org. I like to call this kind of a Craig's List for disability-related equipment.

11:16:54 That's the closest thing that I can think of to what it is.

11:16:59 People post items that they have to donate.

11:17:04 I'm getting some feedback here... ope, okay.

11:17:19 Um... so, ATXchange is like a Craig's List related to disability equipment and we try to encourage people to post pictures.

11:17:33 So you can see what you're looking at. And it's the way that it connects the seller with somebody who is interested in the item.

11:17:39 So, they can connect with each other and discuss exchanging the item.

11:17:41 Did I explain that well, Jen?

11:17:47 >> JEN MULLINS: Yeah, definitely. I will say that I looked recently at some of the posts that people have --

11:17:59 Things that they've listed for sale, and we have a couple, I think, assistive technology accessible vans that are listed.

11:18:07 Usually the vans are not new, but they are used, and they already have the vehicle lifts on them that help people get into the vans.

11:18:17 And to install this on a van I understand is really expensive. So, it's nice to be able to find the option to buy those already put together.

11:18:21 People will post walkers. Recently I've seen a stair lift.

11:18:27 So, it's one of those tracks that you can put on the side of the wall, like along the stairs.

11:18:34 So, if you're going from downstairs to upstairs you could ride up on a chair versus having to climb the stairs.

11:18:40 And then also people have posted iPads on there in the past.

11:18:46 So, if you're thinking you might want some used assistive technology or are curious about what's out there...

11:18:56 I would say go check out the ATXchange. While we're home more I guess we have more time to online shop.

11:19:08 By perusing and looking at the different listings. You have to create an account, but it's free. And then contact the seller.

11:19:13 >> LAURA HALL: Thanks, Jen.

11:19:23 Another service we provide is our AT Directory, which is a searchable directory, where people who sell assistive technology...

11:19:30 Or vendors, or people that provide services related to assistive technology...

11:19:37 Can post their services on the directory. And then it's searchable. So if you're looking for, for example...

11:19:45 I don't know, accessible vehicles, and you can put in your geographical area into a search...

11:19:55 It will show you what vendors have signed up on our AT Directory to provide those services.

11:20:08 So, just another way to kind of connect the public with, um... with the people that sell the assistive technology.

11:20:12 Or provide services.

11:20:23 >> TEDRA JACKSON: Laura, we have two questions. Can you give an example of a price that people would borrow?

11:20:26 >> LAURA HALL: That people would borrow on a short-term loan?

11:20:28 >> TEDRA JACKSON: Yes.

11:20:32 >> LAURA HALL: Sure. Yeah, we have a -- I'm thinking here.

11:20:40 So, we have a device called the Live Write Pen.

11:20:52 It's a pen that, when you write, it tracks -- you use special paper. And so when you write, it records the audio with what you're writing.

11:20:58 And you're able to -- it's great for notetaking. So you're able to go back and use that special paper.

11:21:11 You click the pen on the spot where you are doing the writing, and it will tell you -- it will play the recording...

11:21:17 From that period of time you wrote the message. I know that is one item that has been out on short-term loan quite a bit.

11:21:24 Because people really need to have a little bit of time with it to see if it will work for them.

11:21:32 We also have things like TV listening devices, and sometimes those kind of things you need to know whether it's going to work on in your home.

11:21:43 So, those are a few examples. Does that help? (TV assistive devices).

11:21:51 >> JEN MULLINS: The Live Scribe Pen records when you're writing.

Students might find it useful in classes.

11:22:00 I teach at eastern and one of my students last semester bought a Live Scribe Pen to take notes.

11:22:07 While I was teaching. And when she had a question about something in her notes, she could go back to that section...

11:22:25 Hit play, and it would only play that part specifically. So she didn't have to go through the whole recording. .

11:22:31 I don't know about you, but when I go to the doctor I get a little nervous and overwhelmed.

11:22:39 I might not hear everything the doctor says. And if I use that, if I miss anything, I have a record of it.

11:22:47 You're right, Laura. It's sort of complicated. It's useful, but it's one of those you have to kind of practice with.

11:22:52 To see if it works for you. And it's pretty, so you want to try it before you buy it.

11:23:01 >> LAURA HALL: Right. And another thing that I've seen used is that, for folks that aren't able to...

11:23:11 Maybe take notes quickly. Or even if they're unable to write, people can make different symbols.

11:23:18 Or pictures that mean things to them. We've had people do that in the past.

11:23:26 Any kind of writing that you can associate with that recording at that point in time with what's being said.

11:23:31 So, it's really customizable with how you would want to use it.

11:23:37 >> TEDRA JACKSON: Another question about the pen: How much can they hold before it gets full?

11:23:48 >> LAURA HALL: Oh, they come in different sizes. I'm trying to think here. I think there's a 2-gigabyte...

11:23:52 Live Scribe Pen? Jen, let me know if you know.

11:23:56 >> JEN MULLINS: There are a couple different versions also. There's one that's web-based.

11:23:57 >> LAURA HALL: Yeah.

11:24:04 >> JEN MULLINS: And so you would use your phone to record to the cloud. That would be unlimited storage...

11:24:12 As much as you want to pay for. And then there's the live scribe pen 2 and live scribe pen 3.

11:24:19 We don't have this on our resource page, but what we can do is follow up with links to Tedra and the Council.

11:24:22 And then can you help getting information out to folks?

11:24:30 >> TEDRA JACKSON: I will. And Kelly Blackwell from the Disability Network in Lansing has put...

11:24:37 The link to the live scribe pen in the chat for us. So, it will be recorded as part of the record.

11:24:44 >> LAURA HALL: Great. And on their website, you can take a look at all the different versions and the different...

11:24:51 Storage spaces that they come in. It sort of depends on the model that you choose.

11:24:57 >> TEDRA JACKSON: Great. And then another question from Eleanor at Ann Arbor CIL.

11:25:03 She wants to know if you can talk about equipment or apps with speech to text capabilities.

11:25:13 >> LAURA HALL: Is that one for me? Or for both of us?

11:25:25 >> TEDRA JACKSON: It just came during this slide. So I'm going to say it's for you, or whoever can assist.

11:25:32 >> LAURA HALL: I know that I personally use Dragan Naturally Speaking.

11:25:41 I have cerebral palsy and I can't type very quickly. So, that's one that I use.

11:25:53 There are app versions of that as well. And I know that I also use Siri a lot on my phone.

11:26:03 With the voice assistance for Apple. It can also send text messages via speech to text.

11:26:12 There are many different systems. There's a free one that's built into windows. And I'm not coming up with the name at the moment...

11:26:14 Jen, if you know, let me know.

11:26:20 >> JEN MULLINS: Yeah, Cortana, the virtual assistant for Windows.

11:26:28 >> LAURA HALL: Mm-hmm. So, there are a variety of speech-to-text programs.

11:26:39 And I think it's one just sort of looking to see which ones would work for you.

11:26:40 Anything else I should mention?

11:26:51 >> TEDRA JACKSON: We have a comment from the group that says, Google has Hey Google, that's comparable to Siri and Cortana.

11:26:52 >> LAURA HALL: Yep.

11:27:00 >> JEN MULLINS: That's true. I want to say -- this is Jen. In Apple, Android, and Windows...

11:27:05 They have these built-in virtual assistants now. In years past it was kind of clunky...

11:27:13 But a lot of them are really comparable now. I have a blog post about virtual assistance that I can give a link to.

11:27:21 And we also have information about how to set your settings on your phone. So not only would Siri, for example...

11:27:28 Read text to speech, like read the text out loud, you can also use your voice to send a text message.

11:27:34 And so, we can send more information about that. Because it is really useful.

11:27:41 Especially if you don't read, or you don't read so well, to be able to use the device you have in your pocket.

11:27:46 To communicate with people.

11:27:49 >> LAURA HALL: Do we have any other questions, Tedra?

11:27:51 >> TEDRA JACKSON: Not at this time, keep going.

11:28:00 >> LAURA HALL: Do we have any other questions, Tedra?

11:28:00 >> TEDRA JACKSON: Not at this time, keep going.

11:28:02 >> LAURA HALL: Okay. Michigan's AT Program also provides training sessions on a variety of different topics.

11:28:13 And, again, we do that through our sub-contractors. We have a Michigan assistive technology loan.

11:28:30 And this loan is, you know, specifically for the purpose of assistive technology...

11:28:38 That we can provide through the Michigan AT Loan. And they take into consideration your income and your ability to pay.

11:28:46 And I have used this in the past. For example, a walker that wasn't covered by my insurance.

11:28:55 And they were able to work out with me a way -- a payment plan that worked within my budget.

11:29:06 It is based on credit and things like that as well. But it allows for the purchase of assistive technology.

11:29:19 We provide information and assistance. That means that if somebody calls us and they have a question, we direct them...

11:29:24 ... to the best resources that we have. And then the final service we provide is public awareness.

11:29:34 These are just things that you might see that let us know about our services and what we can provide.

11:29:49 So, sometimes we'll do conference tables, or even Facebook posts, if you've seen any of the videos.

11:29:55 That Jen and I and some of the other AT members have been posting on Facebook.

11:29:57 All this is kind of an example of public awareness.

11:30:02 >> JEN MULLINS: Yes, like Laura said, public awareness includes social media.

11:30:12 And MDRC and the AT Program are on Facebook, Twitter, Instagram, YouTube, and we have a blog.

11:30:19 Links are in the resource page that the Council has. They're going to distribute them, I think, and they're also...

11:30:24 In a list at the end of our presentation.

11:30:30 Going on to the next slide, the title is Choosing the AT that Works for You.

11:30:37 I might want some assistive technology in my life or maybe I have some things that don't work how I want them to.

11:30:43 We were just wanting to open up the conversation about, you know, what do you want to do with your life?

11:30:52 What could you use help with? Is it using the computer more? And maybe you need a screen reader to read text to you?

11:31:00 Is it gardening? Laura mentioned we've been doing some videos. Our AT program has started a video initiative.

11:31:07 And our program co-worker, Aimee Sterk, recently did a video on accessible gardening.

11:31:14 So, maybe you want to garden more. That might be helpful for you. So, what could you use at home?

11:31:19 At work? Volunteering in the community? Just think about how it might help.

11:31:25 You don't have to know what devices are out there. Just start thinking about, well, this is what I want to do.

11:31:31 And if you're wondering how you might get some support, I really suggest that you contact us...

11:31:40 We can brainstorm with you or refer you to somebody who might help plan that with you.

11:31:45 Next slide, Considerations for Choosing AT.

11:31:49 >> TEDRA JACKSON: Jen, one second, before we move to the next slide, we did have a question.

11:31:51 >> JEN MULLINS: Oh, great!

11:32:01 >> TEDRA JACKSON: With COVID, what measures are being taken to ensure that loaned materials sergeant's sanitary?

11:32:06 >> JEN MULLINS: That's a really good question. Right now in Michigan we are not doing any loans.

11:32:15 Because we don't feel -- we don't have the right process yet of how to loan things out and get them back safely.

11:32:21 We are figuring that out with our program. We are talking to our national organization. And we're talking to other states.

11:32:26 To see what they are doing. But currently we're not doing loans.

11:32:32 When we start to do loans again, because I know this pandemic feels like it's going to last forever...

11:32:37 And it's going to last a while. But we're still going to be able to do things within it.

11:32:46 So, have faith in us and have a little bit of patience. We will communicate that information when we have it.

11:32:47 >> TEDRA JACKSON: Thank you, Jen.

11:32:51 >> JEN MULLINS: Of course. I'm glad some folks are interested in loans. That's wonderful.

11:32:59 So, Considerations for Choosing AT is our next slide. You start with a goal, research your device options.

11:33:08 And then you think about your environment. So, will this huge piece of AT fit in my house comfortably?

11:33:14 If no, is there a solution or a different option? Maybe. And then you review your resources.

11:33:22 So, maybe you can't afford it, but you can get an AT Loan. Or maybe friends and family would want to do it...

11:33:31 For a birthday present for you. Or if you're using it for work, Michigan Rehabilitation Services might be able to purchase it.

11:33:37 Anyways, this is just kind of a planning tool. If you want to think through any of these things with us...

11:33:49 ... please feel free to contact us. And we'll move on to the next slide. Was there a question? (Pause). Okay.

11:33:55 So, for today's presentation about technology, like we mentioned before, there's a lot of information...

11:34:00 ... about assistive technology out there, and there are a lot of devices that might help.

11:34:09 But we're kind of narrowing the scope a bit to three sections today, managing medications...

11:34:18 Memory and reminders. And then Laura is going to talk about the awesome stuff she knows how to use.

11:34:22 With Amazon Alexa. There's just so much out there.

11:34:28 If you'd like additional information about assistive technology in different areas.

11:34:34 Like Laura said, there's AT for the bathroom, not just shower chairs.

11:34:40 There's a wand that can help you wipe yourself if you're having a hard time reaching for example.

11:34:45 AT for home, AT for kitchen safety, and other topics.

11:34:51 Let the Council know if you're interested in that. Maybe we can come back and meet a second time.

11:34:54 Or maybe we can just send information.

11:35:01 Going to the next slide, we are talking about AT for Managing Medications first.

11:35:07 You can see on your screen there's the words simple organizers.

11:35:15 There are a couple different medication boxes here. There is a seven-day pill box.

11:35:22 So, every one of those days has a box where the pills go, and it's all connected, so that you can keep your medicine.

11:35:26 You can set it up or somebody can set it up for you at the beginning of the week.

11:35:32 And then you just need to be able to take your medicine every day, but it's already set up for you.

11:35:40 Then there's ones that are good for seven days that include morning, noon, evening, and bedtime.

11:35:46 If you have medications that you need to take at different times throughout the day, that can also be set up.

11:35:58 There's another picture of something called a timer cap and it has an LED count down in the lid of the pill bottle.

11:36:05 What would happen with this is you'd take your meds and then it would reset to when you need to take them again.

11:36:12 And it would remind you. That's just built into the pill bottle lid.

11:36:19 You want to ask yourself, when you're thinking about what AT might be helpful to taking medications, how much support...

11:36:26 With remembering medications do I need? Think about your vision, hearing, memory, and hand strength.

11:36:32 I'm going to head to the next slide, which is Pharmacy Services.

11:36:40 So, many pharmacies will offer to package your medication by doses if you ask. On the previous slide...

11:36:48 There were pictures of medication boxes that you fill yourself. You fill them all up with your medication for the week.

11:36:54 Or staff or a family member fills them. But pharmacy services will fill them for you.

11:37:02 These are usually offered at no additional fee. You just have to ask for it. Amazon also offers a PillPack.

11:37:13 On the right-hand side of the screen there's a hand holding a package that says 8:00 AM Monday March 26th.

11:37:20 And it lists four different medications. You'd get a little packet like that, that you tear off.

11:37:24 Whenever you need to take your medication, so it would all be laid out for you.

11:37:32 This includes medications with. If you're taking them at work, it's easy to keep in your pocket.

11:37:37 And then throw the wrapper away, versus having to take a container with you and take it home.

11:37:43 And then also pharmacies will offer labelling in large print, Braille, and different languages.

11:37:49 But a lot of people don't know that, and pharmacies don't necessarily advertise for it.

11:37:55 So, we're trying to share this, and hopefully you can get the things that you need. You just have to ask for it.

11:38:03 And some pharmacies, now with the pandemic, will even mail you your medications.

11:38:14 So, you don't have to try to arrange medication to go in. But you do have to ask for that.

11:38:18 >> TEDRA JACKSON: Jen, on the previous slide there was a question about...

11:38:27 I'm guessing that means like with the timer cap, is there a mechanism that will tell you audibly?

11:38:33 Audibly.

11:38:39 >> JEN MULLINS: Thank you for bearing with me. I guess I didn't explain that well. Yes, you'll get...

11:38:46 >> JEN MULLINS: Thank you for bearing with me. I guess I didn't explain that well. Yes, you'll get...

11:38:47 Like an alarm, an audible noise. And there are other things to help with medication management...

11:38:53 That will also produce an alarm. And we'll go over that in the next couple of slides.

11:38:59 Please ask any questions I miss again and we'll be happy to try and answer them.

11:39:02 >> TEDRA JACKSON: Thank you.

11:39:06 >> JEN MULLINS: Sure, thank you.

11:39:10 Next slide, reminder systems.

11:39:14 This is a MedCenter device. It has different containers for every day of the week.

11:39:22 With a big alarm timer on the front of it. And on the right-hand side is the MediSafe app.

11:39:29 This is an app that helps with medication by using your Smartphone. Laura is going to tell us more about the MedCenter.

11:39:35 >> LAURA HALL: I wanted to talk about the MedCenter because this is the one that I use personally.

11:39:42 And the way that I use this is, I use this in combination with pharmacy packaging.

11:39:52 So, what I like is that my pharmacy will package all my pills together, but I like being able to take the...

11:40:00 ... individual boxes with me every day. I have the kind of packaging where you pull the paper across the top.

11:40:08 And it opens the bubble package. Those are great for organizing but for me, they're hard to manipulate.

11:40:14 So, I find that having the pharmacy set my pills up, and then I just take those and have...

11:40:26 A personal assistant fill up my meds for the month. So this has 30 days. You can see some of the boxes...

11:40:35 Some are red and some are yellow. They're like that on both sides. I like this because after you've taken that day's pills...

11:40:40 You just flip it over and it will tell you that you've taken those pills for that day.

11:40:46 I don't know how many times I've looked at my pills and I'm like, what day is it? I don't even know!

11:40:55 So, the other nice thing that comes with MedCenter is the alarm. That is shown in the left-hand corner of the system.

11:41:02 You can take that off of the MedCenter itself and put that wherever you might need it, to be reminded.

11:41:11 So, you can set reminders for, um... every time you need to take a pill. And these boxes have morning, noon...

11:41:19 Evening, and bedtime. And I can speak from personal experience and say, the alarm can be very loud.

11:41:21 (Chuckle).

11:41:30 And you can choose to accept it -- so, when you hear the alarm, um...

11:41:42 You push the green button. You accept it. You can snooze it. And then the yellow button is to light up the MedCenter.

11:41:50 The actual timer. And if you choose to snooze it, it will go off again.

11:41:55 So, it is persistent!

11:42:05 I ended up not using the alarm after a while, just because it was so persistent, ha. But for other people, that could be great.

11:42:14 >> JEN MULLINS: Thanks, Laura. A so, AT may work for one person and may not work for another.

11:42:17 >> JEN MULLINS: Thanks, Laura. A so, AT may work for one person and may not work for another.

11:42:18 >> LAURA HALL: Yeah.

11:42:27 >> JEN MULLINS: Yeah, that's great. On the right-hand side of the screen is the MediSafe app.

11:42:32 This is kind of like a virtual pill box. It's in your phone. It doesn't hold head kags.

11:42:36 Medication.

11:42:41 But you can organize it so that it reminds you to take your medication.

11:42:45 You can get a visual message, audible, or both.

11:42:52 You can give your app to caregivers and they'll be notified if you miss a medication dose.

11:42:58 And they'll be able to follow up with you. This is an option. You don't know how to do this.

11:43:04 But I recommend it for somebody who maybe knows that they're forgetful.

11:43:13 If your family member or caregiver isn't able to be there in person with you, this is a way they can provide virtual support.

11:43:19 I'm going to move on to the next slide, which is safety options. And again we're going to hear from Laura.

11:43:31 >> LAURA HALL: Okay. So, generally when we're talking about these medications systems that have safety options.

11:43:39 These tend to be a little bit more on the higher-tech end of the spec.

11:43:44 spectrum.

11:43:53 There are pill devices that are automatic. There are also devices to automatically order refills.

11:44:03 Sometimes for folks, medications, overdose or not taking medications is an issue.

11:44:10 If that's a concern, there are a variety of options available for that. There are some devices that lock...

11:44:18 And only dispense at the appropriate time. And there are also systems that have kind of a monitoring.

11:44:28 And typically these have a fee to it. So, if a medication is not taken or is taken improperly...

11:44:40 These are connected to -- so, 1 person would be on that account, and they would be alerted by the medication system.

11:44:50 If things are not taken properly. So, this always becomes sort of a...

11:44:55 Less is better kind of approach.

11:45:01 Of course nobody likes to be monitored and have big brother looking over them.

11:45:10 But in some cases it may be necessary. I ideally, though, the simplest AT would be considered first.

11:45:14 So, just keep that in mind.

11:45:26 >> TEDRA JACKSON: Laura, would you say that right now, while people might not have as much staff as they are used to...

11:45:32 That this could be an option for them to help make sure their medications are distributed properly?

11:45:36 And on time?

11:45:45 >> LAURA HALL: I would say that could be an option. Are you talking about those devices that will lock?

11:45:51 And only dispense at certain times? Yeah, I think that could be a better option.

11:46:00 In cases where staff may have control of the medications, if you're not able to have staff at that time.

11:46:11 I think that would have to be kind of a, um... planned out with an entire team of support people how that would work.

11:46:20 >> JEN MULLINS: I agree with you, Laura. I think -- it's hard. Because we want to recommend AT right now.

11:46:28 When there is a staffing shortage. When safety concerns are happening. But we do want to say AT is never...

11:46:37 A replacement for a person. Maybe it will get you through in the pandemic right now, but it doesn't replace a person helping.

11:46:43 We would hate it if somebody got assistive technology and their staffing hours were cut, for example.

11:46:48 That should not ever be the case.

11:46:50 >> LAURA HALL: Right.

11:46:56 >> Okay. We are going to move on to the next slide, AT for memory.

11:47:04 There is a little graphic of a brain that says: Keys? Dates. Remember to pick up. Hello, your name is...

11:47:10 Phone? And I parked where? That's a good one for me. I always forget where I parked.

11:47:18 Laura is going to help us with this, so I'm going to go to the first example, simple memory aids.

11:47:25 >> LAURA HALL: Okay. So, there are a lot of really low-tech things that you can do for memory.

11:47:41 The picture on the left-hand side of the screen is of a red door hanger. It says, do not forget, and it has pockets.

11:47:47 If you can see the picture, there are some pens, a phone, and a spot for a key to rest.

11:47:53 I just think this is really nice, because it's a visual, you've got to touch your doorknob.

11:47:59 And so, it's right there when you open your door. And it has the things in it that you need.

11:48:12 And I know, in talking with some of the people that demonstrate this, at our Center for Independent Living sites.

11:48:18 A lot of people really find that simple low-tech reminder to be useful.

11:48:28 Post-It notes. Again, that's another really simple thing that you can just write a Post-It note.

11:48:35 You don't necessarily have to use writing. You can draw a picture. Or anything that is meaningful to you.

11:48:48 And, you know, I think the -- on things like bills and mail, if it would be helpful for example...

11:48:53 To say, this bill must be paid by June 6.

11:49:00 In terms of other low tech, just simple notes on regular paper. I'm a list maker.

11:49:04 I have to do lists all over the house for things that I need to remember.

11:49:09 And that's helpful as well. So, that's some of the low-tech stuff.

11:49:16 >> JEN MULLINS: Thanks, Laura. I do want to say, Laura mentioned some folks find it really useful.

11:49:27 I have to say that I think Kellie Blackwell from Disability Network capitol area has shared this has been really popular.

11:49:34 And she has a lot of enthusiasm for using it. And it really helped me to see how valuable this device can see.

11:49:39 So, thanks Kellie!

11:49:44 I also want to move on to the next slide, which is going to be motion activated reminders.

11:49:46 And we'll hear from Laura again.

11:49:54 >> LAURA HALL: Okay. So, motion activated reminders are a little bit more high-tech.

11:49:59 But they don't necessarily have to be that complicated.

11:50:04 One of the devices that we have is called the motion pad. And that records up to a 6-second message.

11:50:12 It hangs on the wall. Or it can be set on a table. And it requires only slight movement for activation.

11:50:18 So, when you walk by the motion pad, it will give a reminder that you've recorded.

11:50:30 So, it could be something like, hey, when you're going out -- you can put it near the door -- don't forget to get milk today.

11:50:40 There are also location-based reminders for smart phones. And I think this is really neat because...

11:50:46 You can set it and say things like, oh, I'm trying to think of an example here...

11:50:50 Like, when I get home, remind me to take out the trash.

11:51:01 So, you'll set it on your phone. Your phone has access to your location. Once you hit that location, your phone...

11:51:06 Will automatically come up with a reminder to take out the trash, or whatever you set it to do.

11:51:16 I think it's really neat that you could ask your phone, choosing one of the voice messages for example...

11:51:24 Hey, Siri, when I get to Kroger, remind me to pick up milk.

11:51:25 Super cool!

11:51:34 And you can also do this with Amazon Alexa. That's through a function called Routines.

11:51:43 They have set it up so that you can set, um... you can tell it when you're in a certain location.

11:51:46 And it -- I'm sorry, I'm going to restart.

11:51:51 So, am done Alexa is connected to your Smartphone as well through an app.

11:52:02 And you can set your location in the app and when you get to a certain location you can have Alexa...

11:52:09 Do something, say, a function. So it could be, when I get in the house, have Alexa remind me...

11:52:13 That the crock pot is on. For example.

11:52:21 So, lots of cool things that you can do with location-based reminders.

11:52:22 .

11:52:28 >> TEDRA JACKSON: Thanks, Laura. And Jen, is there a place -- do you guys offer a training?

11:52:34 If people have a Smartphone or they have some of these other, you know, like I have a Smartphone, I have an iPad...

11:52:45 But I'm not tech savvy enough, let's say, to set up my location, is there training opportunities for that to happen?

11:52:53 Is there like a class that you can go to? Or is it something through the AT? Is that one of the training sessions?

11:52:56 That you all provide for people?

11:53:08 >> LAURA HALL: That currently isn't. I know some of our subcontractor, like Kellie for example at Capital Area CIL.

11:53:16 She's very well versed in Apple products. You could get potentially some support there.

11:53:21 I know that the Apple store is also really helpful in answering some of those questions.

11:53:27 And helping you figure some of those things out. And they offer classes in-store and online, I believe.

11:53:30 Jen, is that correct, do you know?

11:53:38 >> JEN MULLINS: Yes. I also wanted to say that training about how to use your assistive technology is...

11:53:47 Specifically, we share information that might help people, but we are not, like, occupational therapists...

11:53:55 That know exactly how AT is going to help you based on an assessment. So we recommend reaching out to professionals.

11:54:02 Sometimes getting an evaluation from a professional might help you go to your next step in training.

11:54:09 Something else you can do is check out our AT Directory. It's linked on the resource sheet.

11:54:16 So, you can search by ZIP code and click training or information about assistive technology.

11:54:23 Or search by key word. And we may be able to find trainers in your area who can help you use your device.

11:54:30 >> TEDRA JACKSON: Thank you. We have a question. Does Alexa work with persons who have a speech impediment?

11:54:34 >> JEN MULLINS: That's such a good question.

11:54:46 >> LAURA HALL: I think that is kind of the same that it is with speech-to-text. It can be variable.

11:54:54 Depending on what it's able to pick up. I know for example Dragan Naturally Speaking...

11:54:59 It's able to work and understand your voice better as you work with it more and more.

11:55:05 However, I think Alexa is more just recognizing your voice and what it says.

11:55:16 So, I know that sometimes Alexa can be difficult for people that have speech difficulties.

11:55:18 >> Hello? Can I say something?

11:55:26 This is Sue from the... foundation, how are you?

11:55:33 Yes. I know when you say that, we have a very difficult time with even getting -- Siri doesn't recognize an accent.

11:55:39 So, you're trying to say someone's name and it's so very hard. Yeah, it does not work.

11:55:44 Unless your English is very -- very well. So, I mean, it really doesn't understand the name.

11:55:44 In fact, we've had some of our clients that are Middle Eastern have to kind of put in the name phonetically...

11:55:58 The way their accent says it.

11:56:06 >> LAURA HALL: Yeah, unfortunately, I think some of that technology hasn't progressed to the level we'd like.

11:56:16 And I think sometimes when we are talking about technology that's related to communication...

11:56:23 That's another one of those areas where it's also an idea to get an assessment from a professional.

11:56:33 Speech and language pathologists are really well trained in knowing about the options available...

11:56:37 For folks that need to communicate in different ways.

11:56:37 .

11:56:47 >> JEN MULLINS: This is Jen. Some companies are doing initiatives on this.

11:56:56 I know Google has a project right now where they're asking people who have Down Syndrome to call in and donate...

11:57:02 Samples of their speech. So that they can adjust their algorithm. They're unfortunately not paying people for this.

11:57:09 I'm not a fan that it's just people who have Down Syndrome. I think Google needs to think about this in a different way.

11:57:16 And think about it in a more inclusive way. But I think that's happening because there has been demand...

11:57:22 And advocacy from Down Syndrome organizations that serve people who have Down Syndrome.

11:57:31 So, it seems like -- I mean, the Council promotes being advocates. And I think that the more we tell tech companies...

11:57:36 That we need better from them, the more they're going to feel pressured, and hopefully change in the future.

11:57:40 >> LAURA HALL: Great point, Jen, thank you.

11:57:44 >> JEN MULLINS: Sure. We are going on to the next slide.

11:57:48 The title is Remembering Phone Numbers.

11:57:54 On the left-hand side of the screen, quick note, there is a phone with pictures of people at the top.

11:57:59 And then very large buttons that are high contrast. So the digits are white and the button is black.

11:58:06 So, it might be easier for someone who has low vision to see that.

11:58:15 This phone may be great for somebody, but maybe somebody doesn't want to have to buy it and...

11:58:22 Once we start doing short-term loans again. A lot of the sites we work with have different phones in their inventory.

11:58:27 Tons of corded phones. All different types of buttons. Some of the buttons only have pictures.

11:58:34 So, if it's harder for you to remember phone numbers, you can click someone's picture and it calls them.

11:58:41 But you never know if it's going to work for you or not. So, this would be a great device to loan.

11:58:50 On the screen is an Apple Watch on someone's wrist. And on the right-hand side there's a Smartphone with contacts.

11:58:53 And the contacts have people's pictures.

11:59:00 So, there is a variety of devices that can help you, if you have a hard time remembering phone numbers.

11:59:05 Sometimes just clicking on someone's picture on a Smartphone can be great.

11:59:10 You don't have to remember their phone number. It feels like with smart phones a lot of us...

11:59:17 Are forgetting phone numbers. Maybe that's just a sign of the times. But it seems like we have a visual support.

11:59:21 To be able to click on the contact name if you can see it, that's going to help you.

11:59:29 And like Laura has said, a virtual assistance like Siri or Google, when they're able to understand voice...

11:59:37 Would be helpful also. So you can say, call my mom, versus having to type in your mom's phone number.

11:59:42 Or you can touch the screen and try to touch your mom's picture.

11:59:47 And then I'm going to move on to the next slide, which is voice recording devices.

11:59:54 There are a number of digital recorders that are available. Most smart phones have a digital recorder built in.

12:00:00 You can record messages of things that you need to do or information that you need to have on hand.

12:00:05 You can ask your virtual assistants to report something for you. And there are other devices.

12:00:11 Like one called the GoTalk 1. You push a button and it can record one message.

12:00:19 This could be great for people who maybe are Deaf and somebody's trying to talk to them...

12:00:29 And the person who's trying to talk to them doesn't read sign language. So maybe they could pull out the go talk from their pocket...

12:00:34 Hit the button, and it says, hi, I'm Deaf, can you write down what you want to say to me?

12:00:40 This is really helpful for people right now during the pandemic. A lot of us are wearing masks. Right?

12:00:47 And for people who lipread, who are Deaf and they lipread, they read your mouth and talk to them...

12:00:53 It's really hard for them to be able to lipread right now because our mouths are covered up.

12:00:58 If somebody is confused in a store and they don't know what's going on, people are wearing masks...

12:01:05 They're not getting information. I can see someone holding out a GoTalk or a voice-recorded message.

12:01:12 And say, I'm Deaf, I can't see your mouth, I can't understand what you're saying, let's figure out a different way to communicate.

12:01:19 That could really help. I think people are a little concerned about wearing masks for now.

12:01:25 It can be scary for people. So, this assistive technology could be especially helpful right now.

12:01:31 And I'm going to move on to the next slide, which is devices for find your things.

12:01:37 The device on the left is a remote. And it has six little tiles next to it.

12:01:45 So, with this remote, what you would do, you would program it -- it's programmed so on the left-hand side for example...

12:01:51 There's a black little... with pink lines on it and then on the remote there's a pink button.

12:01:58 Let's say you stick the pink button on your TV remote and you can't find your TV remote...

12:02:06 Maybe you can find the remote to the finder and hit the pink button and an alarm will go off to help you find your device.

12:02:14 It's just so that you'll be able to find things that get lost easily. Some people might put this on their cell phone.

12:02:23 And then maybe leave this mega controller on their countertop so they always know where it is.

12:02:34 You can also do this with the Tile Mate. I have a coworker who put a tile on her dog even.

12:02:44 You use it with an app. You open the app and click where the tile is to find out and it will chime or make an alert noise.

12:02:53 So that you know where it is. You can also use this with wallets, purses, it just depends on things that might be missing.

12:02:56 Or things that you misplace very easily.

12:03:03 I'm going to move on to our next slide, which is use virtual assistants to remind you. And we're going to hear from Laura again.

12:03:11 >> LAURA HALL: Okay. Well, we've talked about virtual assistants a little bit throughout this presentation.

12:03:22 This section is going to focus a little bit more on what virtual assistants can do.

12:03:39 They can do anything from reminding you to take your medication to watering your plants.

12:03:46 The nice thing is, you're telling them what you need to be reminded of. So it has significance to you.

12:03:52 We mentioned some of these already, but just to clarify, there are several different types of virtual assistants.

12:04:02 Based on the company that they're associated with. So for Amazon, it's Alexa. Apple uses Siri.

12:04:15 Android uses Google. Samsung uses... and I don't have any experience with that. And Windows uses Cortana.

12:04:22 Depending on what type of mobile device you use, or other tablet, you may work with a different assistant.

12:04:31 I'm going to do some things with the Amazon Alexa today. Because this is the one that I happen to have.

12:04:45 And I've done some research on specific things that it can do, to help with things during this time.

12:04:53 Where we are sheltering in place so, ways that Amazon Alexa can help you with hand washing.

12:04:59 Checking your symptoms. If you're suspecting you might be coming down with COVID.

12:05:12 Making a phone call. Stress and anxiety release. Cooking reminders. And shopping lists.

12:05:25 So, what I'm going to attempt to do is, I'm hoping that we can film me on the webcam and I can actually show you...

12:05:31 While I'm talking to the Alexa device. Ope, you can go back, Jen.

12:05:35 >> JEN MULLINS: So, I have to stop sharing. There we go.

12:05:38 And then I think we can spotlight Laura's screen.

12:05:45 >> LAURA HALL: Okay. And then I need to also switch my audio over to the iPad.

12:06:01 So, one second.

12:06:02 >> LAURA HALL: Can you hear me?

12:06:07 >> TEDRA JACKSON: If you could get a little bit closer to the iPad, that would be very helpful.

12:06:09 >> LAURA HALL: Can you hear me now?

12:06:13 >> JEN MULLINS: That's better, thank you Laura.

12:06:21 >> LAURA HALL: Okay. So... is everyone able to see right now?

12:06:28 >> JEN MULLINS: Yes. Maybe you should say what you're holding up.

12:06:33 >> LAURA HALL: Yes, I am holding the Amazon Echo Dot.

12:06:51 This is one of the older versions. Amazon comes out with new versions of these all the time.

12:06:58 This is the Echo Dot. If you have one of these devices, you might notice that I have mine on mute right now.

12:07:02 There's a mute button on the top. And there's a red ring around it.

12:07:16 I do that because any time I say the word Alexa, um, she will respond. And even if she hears me say the word Alexa...

12:07:22 Maybe via you listening to this webinar, strange things might start happening in your house.

12:07:28 So, you may want to put your devices on mute, if you have them.

12:07:41 All right. So, I'm going to go through a couple things that you can have Alexa do that are specifically related to...

12:07:51 COVID, this time where we're staying home to stay safe. I did do a video blog on the same topic.

12:07:59 Some of these things that I'm going to show you are also in the video blog. But I try to also have some new things.

12:08:04 So that I can show you a bigger variety of things.

12:08:13 So, I discovered that when you ask Alexa to sing a song for 20 seconds, something really interesting happens.

12:08:22 So, I'm going to show you that. Alexa. Sing a song for 20 seconds.

12:08:29 >> ALEXA: Okay, here we go. (Robotic beat).

12:08:35 >> ALEXA: Okay, here we go. (Robotic beat).

12:08:36 Wash your hands, everybody. Everybody, wash your hands. Here's a song, sing along.

12:08:45 Kill germs nope grab the soap make some bubbles on the double give a... to all the germs say goodbye don't be shy.

12:08:52 Rub a dub give a good scrub now you're at 20.

12:09:01 >> LAURA HALL: So. It's just cute, you know? When we're being told to wash our hands for 20 seconds, you know...

12:09:07 I'm always thinking, has it really been 20 seconds? So, I just think it's kind of cute.

12:09:15 When I was researching this I saw that there are all sorts of different apps for hand washing.

12:09:21 Some of them just play songs you might hear off the radio for 20 seconds.

12:09:27 But this one was actually built into Alexa, so I thought that was really kind of cute.

12:09:34 This next one takes a little bit of listening, though. I'm going to ask...

12:09:38 Alexa, do I have the Coronavirus?

12:09:46 >> ALEXA: If you're concerned about COVID-19, I can ask you a few questions based on CDC guidelines.

12:09:52 To help you understand the risk and make a decision about receiving medical care.

12:09:54 >> Do you have means for this?

12:09:55 >> Yes.

12:10:02 >> Before we get started, if you have a medical emergency, call 911 now. This is not intended to be a substitute.

12:10:09 For professional medical attention. It shouldn't be used for children under 2 years old. Do you want to continue?

12:10:09 >> Yes.

12:10:11 >> First of all, do you feel sick?

12:10:14 >> Yes.

12:10:20 >> The most common symptoms of COVID-19 are fever, cough, and shortness of breath.

12:10:23 Do you have one or more of these symptoms?

12:10:24 >> Yes.

12:10:35 >> If you're 65 years of age or older or have any serious health conditions such as lung or heart disease...

12:10:42 Diabetes, severe obesity, or a weakened immune system. Do any of these describe you?

12:10:42 >> Yes.

12:10:48 >> Got it. That puts you at a higher risk for having severe illness if you get COVID-19.

12:10:58 CDC guidelines recommend that you call your doctor within the next 24 hours. Some people are advised to be tested.

12:11:05 So check with your doctor if you need it. And stay at home until all your symptoms have improved.

12:11:12 Including fever being gone for 3 days. And 10 days pass since symptoms started.

12:11:16 Stay 6 feet away from others. Cover your cough. Clean your hands often.

12:11:24 Lastly, here's what to do if you develop serious some timz like confusion, slurred speech...

12:11:32 Difficulty to awaken or severe trouble breathing such as gasping for breath, call 911 now.

12:11:40 Constant or severe chest pain, feeling too weak to walk...

12:11:47 And finally, call your doctor or a nurse advice line immediately if you have shortness of breath.

12:11:56 Either above 103 degrees Fahrenheit -- fever. Chest pain, coughing up blood, feeling sick or looking very pale.

12:12:00 If you can't talk to them right away, go to the closest emergency department.

12:12:06 For more information, go to Coronavirus.gov.

12:12:11 >> LAURA HALL: And there you go. By the way, I am not sick. I do not have any of those symptoms.

12:12:20 I just wanted to show you what would happen and it would take you through the different options of what you should do.

12:12:23 I just like that because I think it gives --

12:12:31 Some of us are really auditory learners. And even though we can go to the Coronavirus website...

12:12:41 You know, I think just hearing it and having that decision tree kind of and letting you know your different options...

12:12:49 For if this is happening, call 9-1-1. If this is happening, make an appointment with your doctor...

12:12:52 ... is really helpful. So, I thought that was kind of cool.

12:13:02 Kind of along the same lines is, you can ask Alexa to call certain people that are in your contacts.

12:13:07 Um... I have to mute her because she was reacting to me.

12:13:12 So, I'm going to have it call Jen. And Jen, you let me know if your phone rings, okay?

12:13:14 >> JEN MULLINS: Sounds good.

12:13:24 >> LAURA HALL: Good. Alexa, call Jen Bassett -- sorry, I never changed your name.

12:13:27 >> JEN MULLINS: That's fine.

12:13:27 (Chiming).

12:13:35 >> JEN MULLINS: Oh, I hear my phone ringing! And it's Laura Hall snfrment.

12:13:37 >> LAURA HALL: Alexa. Off.

12:13:42 So, that's important, I think, for a couple reasons. First of all, if you are sick...

12:13:47 You may not have the energy to be picking up your phone and dialing it.

12:13:55 And that's just kind of a nice way to be able to -- have an ancillary option.

12:14:02 The other time I use this device is if I'm in bed and I need help getting in and out of bed.

12:14:09 So, if my husband or another support person is in the other room and I don't have access to my phone.

12:14:19 If it might have fallen under the bed or something. I know I have Alexa still in the bedroom...

12:14:23 I can tell her to call whomever and they will get that notice. So, I like that one, too.

12:14:25 .

12:14:30 Alexa can help with -- oops, I activated her again, sorry.

12:14:37 >> ALEXA: Here is something I found on the web. According to blog spot dot com, can't help it.

12:14:43 >> LAURA HALL: Okay. I don't know what that was, I'm sorry. Ha ha.

12:14:48 Alexa can help with stress and anxiety as well. There are so many apps --

12:15:00 Or, I'm sorry, not apps. With Alexa, these voice commands that we're using, these are called "skills" so there are many...

12:15:09 Many skills that can help with stress and anxiety. I'm going to show you just one. I hope the audio picks up enough.

12:15:13 Alexa, play 5-minute meditation.

12:15:19 >> ALEXA: Welcome to 5-minute meditation.

12:15:35 >> NARRATOR: This 5-minute meditation can reduce nervousness such as things like interviews, beginning a new job...

12:15:43 Or just whenever you want to feel calm.

12:15:51 To begin, sit on a chair with your feet on the floor.

12:15:53 Inhale through your nose to the count of 4.

12:15:57 Then exhale through your mouth to the count of 2.

12:16:03 Do this several times.

12:16:06 >> JEN MULLINS: (Laughing).

12:16:08 >> LAURA HALL: Alexa, off.

12:16:17 I didn't want to go through the entire five-minute meditation, but just to give you an idea, there are lots of...

12:16:24 ... different things you can do with Alexa in terms of helping to reduce stress and anxiety.

12:16:30 She can play sleep sounds, if you like sleeping to the sound of the ocean. You can say, um...

12:16:35 Alexa, play ocean sounds. All sorts of different things.

12:16:46 And in the resource guide that we're sending out with this presentation, I have a link to the place where you can kind of browse.

12:16:54 All of Alexa's skills. So you can type in something like, um... relaxation or stress relief and kind of see all the different skills.

12:17:01 That are available. Some of these are just -- these are just a few examples.

12:17:12 A lot of people, now that we are at home more often, are cooking. And one of the nice things is that Alexa...

12:17:25 ... has abilities to help us with our recipes. And I have read that the company Allrecipes...

12:17:33 That helps people find recipes on their website, has gone up 67%. New users are using --

12:17:45 I'm sorry, 67percent of Allrecipes users are using it now because they're home due to the Coronavirus.

12:17:49 >> JEN MULLINS: Hey, Laura, this is Jen. We are just running a little short on time.

12:17:50 >> LAURA HALL: Oh, I'm sorry!

12:17:54 >> JEN MULLINS: No, that's fine. Thus is fantastic.

12:17:59 Your video is linked in our presentation. Maybe we could also Post-It in the chats.

12:18:04 And in your video, you show how to do that.

12:18:08 I just wanted to go back to our PowerPoint. Very sorry to interrupt.

12:18:13 >> LAURA HALL: No, that's okay, I lost track of time.

12:18:15 >> JEN MULLINS: You were in your flow. You were enjoying it.

12:18:16 >> LAURA HALL: I was having fun!

12:18:23 >> JEN MULLINS: Good. The next slide is Laura's video blog. And then the slide after that is questions and evaluations.

12:18:33 If you have any questions, you can type them in the chat. Though we are running low on time, we will get back to you.

12:18:39 If you have a question we don't answer, we will get back to you with answers. But if you could...

12:18:45 Please respond to the link in the chat to answer our evaluation questions. Your responses help us continue our work.

12:18:51 You let us know if we're on the right track and help us show our funders we're doing the kind of o work they want us to.

12:18:57 If you could fill that out, that would be so helpful to us, thank you.

12:19:08 >> TEDRA JACKSON: Jen? If you are Laura could put the link to the video in the chat? That way people can access it.

12:19:09 That would be great.

12:19:15 >> JEN MULLINS: Yes, I will do that. I think I can turn it back over to you.

12:19:19 And Laura and I both just want to say thank you so much for having us.

12:19:24 >> TEDRA JACKSON: No, go back to that page right there that you had, so people can see that?

12:19:35 >> JEN MULLINS: Oh. Sure.

12:19:41 >> TEDRA JACKSON: So, as everyone can see, Laura and Jen provided their contact information.

12:19:48 As well as lots of ways that you can find out about the AT Fund.

12:19:57 I have been putting the link to the survey. I posted it twice, Jen, before you posted it.

12:20:09 And so hopefully, um... people will have completed that survey. We want to just leave time for questions.

12:20:17 Are there any questions from people? There is one in the chat talking about CLS --

12:20:27 I think you mean CIL. Is the CIL in Oakland County part of the T Program? Are they one of your sub-grantees?

12:20:34 >> JEN MULLINS: This is Jen. I can answer that. We don't currently work with the Disability Network of Oakland and Macomb.

12:20:44 But we do have different places that we work with in. The area.

12:20:51 If you contact us looking for something specific, we will do our best to get you connect I had with what you're looking for.

12:20:55 >> TEDRA JACKSON: Thank you, Jen.

12:20:58 >> JEN MULLINS: Sure.

12:21:03 >> TEDRA JACKSON: Just a couple of things as we wrap up today. We wanted to let everyone know...

12:21:08 The topic for next week is on person-centered planning questions. And we have some tools.

12:21:14 We have a presentation on some tools that you can use now to kind of help answer some of those questions.

12:21:20 And help you plan for life right now, as we go through these uncertain times.

12:21:24 So, our presenters next week are...

12:21:29 Angela Martin from the Michigan Developmental Disabilities Institute.

12:21:44 And Jenny Turner from the University of Missouri, Kansas City. She's a national voice on the tools...

12:21:49 That we're going to introduce to everyone next week. And the power point is going to be...

12:21:59 It will be available. And I wanted to let everyone know that every week we say that we are building a website...

12:22:04 Where everything will be housed...

12:22:08 And, um... the website is complete!

12:22:16 And I am going to post the website in the chat.

12:22:20 >> JEN MULLINS: Hooray! That's wonderful!

12:22:29 >> JEN MULLINS: Hooray! That's wonderful!

12:22:29 >> TEDRA JACKSON: So, our friends and partners at the Michigan Deaf up mental Disabilities Institute were so gracious.

12:22:37 They built a website that has the record ings from each week as well as the resources that were part of that presentation.

12:22:49 It starts from the most recent one. And if you scroll down, it goes all the way back to the very first one, our listening session.

12:22:54 So, the resources and -- Jen, this reminds me, do you want to put the resource page up for today?

12:23:01 >> JEN MULLINS: It is a Word document. Could it be listed on the website?

12:23:09 >> TEDRA JACKSON: Yes. I just wanted to know if you wanted to show it now of the because it takes about a day or so...

12:23:13 To get up on the website. Oh, Mike! Thank you so much for sharing that.

12:23:16 >> MICHAEL BRAY: Sure.

12:23:21 >> TEDRA JACKSON: Okay. So, there you can find the record ings from each week.

12:23:33 As well as the presentation and accompanying resources as well as the chat transcript from all of the previous sessions.

12:23:42 So, we thank you again for joining us. And one more time, I'm going to post the...

12:23:47 Survey evaluation.

12:23:57 And open it up for any last questions before we go.

12:24:03 Someone is saying, Jen, that the do not forget door hanger is great.

12:24:07 We have a few clients that definitely need that. Where can folks get that?

12:24:14 >> JEN MULLINS: So, you could find that on Amazon. We encourage people to be smart shoppers.

12:24:22 So, Google search it. But on our resource page we have a direct link where you can find that online.

12:24:37 >> Sheryl: I have a question. I use -- oh, I'll wait 'til later.

12:24:42 >> TEDRA JACKSON: Sheryl, you can ask your question now.

12:24:52 >> SHERYL: I put it in the survey. Anyway, I quilt.

12:25:08 And I have a wool cutter, but I have a hard time cutting fabric.

12:25:12 Do you have any other ideas?

12:25:19 >> JEN MULLINS: Off the top of my head, I know there are some devices that will help.

12:25:25 But I think I would like to do a little bit more research and get back to you.

12:25:26 Is that okay, Sheryl?

12:25:31 >> Yeah, I put my name and number on the saur va on Question 5.

12:25:33 >> JEN MULLINS: Thank you SO much!

12:25:38 >> Thank YOU!

12:25:45 >> TEDRA JACKSON: Another question, Jen and Laura, does private insurance, such as Blue Cross Blue Shield, cover assistive technology?

12:25:49 >> JEN MULLINS: Oh, that's such a good question.

12:25:55 Um... unfortunately, it doesn't seem like a lot of insurances cover assistive technology.

12:26:01 Even, I think -- we talked with Michigan Protection and Advocacy Services...

12:26:09 And they have said that they can remember a couple of cases where people have gotten a ramp paid for.

12:26:15 And like one case where somebody who did not speak verbally was able to get a communication device.

12:26:21 And it was a... fight to get it. But I have to say, again...

12:26:28 Kind of like we're talking about advocating with the -- you know, like the virtual assistants like Google and Amazon...

12:26:34 If we advocate Kate with our CMH and make a case why this AT is needed.

12:26:44 Maybe you want the do not forget door hanger and it's \$20 and you can't afford that, I think CMH can purchase that for you.

12:26:51 I think they should be able to use their Medicare funds. But you have to make a case for it.

12:26:56 Sometimes that means you'll first need an assessment from a professional.

12:27:02 And then that backing will say, this person needs this in their life, it's documented by a professional.

12:27:08 You know what you need. But it will give you professional backing to say, this person really, really needs this.

12:27:18 >> TEDRA JACKSON: One of the things that we've learned during the May 14th presentation on the MyAble account...

12:27:32 If you open a -- which is it, disability savings account? -- that we have, you can purchase assistive technology with those funds.

12:27:34 >> JEN MULLINS: With your own funds, yeah.

12:27:39 >> TEDRA JACKSON: Yes. The person asking the question is saying her child does not have Medicaid.

12:27:48 And so she has not been able to access CMH services. So, private insurance is the way that they're going about it.

12:27:58 They're asking about private insurance, and you could use the My Able accounts.

12:28:04 >> JEN MULLINS: We also have some funding resources. I don't think it should be the case that people have to do this...

12:28:11 But people do GoFundMe projects to get their medical bills paid for.

12:28:18 I think we should all just have good insurance so we don't have to do that, but there are things like that available.

12:28:29 Crowd funding. Lions Club. Local Rotary Club. They'll try and do fundraisers for people to buy what they need.

12:28:35 We have a funding strategy decision tree as well and I'll make sure I send that to the group.

12:28:41 Laura, you wanted to say something, too? Lch yeah, just to add to that point, Jen.

12:28:47 I also wanted to say, within that funding strategy, we have a sample letter of medical necessity.

12:28:54 So, it kind of will give you the language. And doctors are used to writing these, too, I think.

12:29:03 But it kind of gives you the language that is useful to have your doctor articulate why you need a certain piece of assistive technology.

12:29:13 So... thanks for these questions, though! It's helping us think about resources that we can send.

12:29:23 >> JEN MULLINS: Yeah. Again, the only way things are going to change is if we advocate.

12:29:35 It can feel like hitting your head against a brick wall sometimes. But if we want them to change, we need to demand that change.

12:29:40 It looks like there might be some more questions in the chat?

12:29:48 >> TEDRA JACKSON: It looks like there's a comment for Sheryl. Brett says his mother...

12:29:54 Uses a plastic pattern for her quilting and outlines it with a roller cutter.

12:30:03 So you can probably touch was Sheryl, I would say, with Brett directly on that. And the same commenter that asked about...

12:30:10 The private insurance.

12:30:14 And I do know that if you --

12:30:26 Oh, what is it called? The Freedom to Work? So people, if you're working, and you require some of the...

12:30:31 Services that typical private insurance does not cover. Then there are mechanisms for you to...

12:30:39 Maintain Medicaid eligibility. So that you have access to some of those services that are available through Medicaid.

12:30:43 But not through private insurance.

12:30:47 >> JEN MULLINS: That's a great point, Tedra. And I think we touched on this before...

12:30:56 But if you are working with Michigan Rehabilitation Services, or MRS, and you have employment supported by them...

12:31:01 You can work with your staff person that you know, to try to get the assistive technology that you need.

12:31:06 It may not always be exactly what you want. It is an option to try, though.

12:31:15 >> TEDRA JACKSON: Sure. Well, it is 12:30.

12:31:18 We have reached the end of our webinar today.

12:31:23 Thank you, Jen, thank you, Laura, for joining us today and sharing such valuable information.

12:31:31 We really appreciate it. Again, our topic for next week is on person-centered planning.

12:31:36 If you have questions to ask that can help you during this time.

12:31:44 And please visit the website, which is listed above in the chat, which is...

12:32:01 <Https://ddi.Wayne.edu/mddc>.

12:32:10 And there you can find the recordings and resources from all of our previous webinars.

12:32:13 Thanks again for joining us today. Bye!