



# Assistive Technology

Jim Ellam,  
Margaret White & Tanya McGinlay

Assistive technology (AT) has the potential to narrow the gap between an individual's capacity and their environment, and therefore to make it easier for people to remain in their existing accommodation.



The extent to which AT can narrow the gap depends on people's willingness to use it, which in turn can depend on a number of factors:

- the needs that people perceive and the outcomes they wish to achieve
- the perceived usefulness and value for money of the AT
- whether the individual feels that use of the device either supports or undermines their sense of personal identity



Through case examples and discussion we will consider whether it's the outcomes rather than the technology itself that should be our focus - do we all need a box of tricks containing the right items of AT to help us live our lives?

We will discuss ways in which building awareness of the AT spectrum and understanding how to access AT will assist in identifying different ways to achieve our outcomes inside and outside the home.

This needs to be accessed at right time for each of us and may include self assessment, peer recommendation and/or professional assessment.

We will discuss the need for the technology to be well designed, easy to use and give us confidence that it will work reliably and offer value for money.



Sometimes the symptoms of MS make it difficult—or even impossible—for people to carry out their daily activities. Faced with these kinds of challenges, people have a big choice to make—whether to give up one or another of the activities that make life full and interesting, or figure out ways to do things differently.

This is about finding ways to keep doing the things that are important to you—by working with your health care team to manage your symptoms, using tools and technology to make life easier, and manipulating your environment to maximize your mobility, safety, and independence.



I wish that I knew what I know now  
When I was younger.  
I wish that I knew what I know now  
When I was stronger.





**“If 5 years ago I had known what I know now then life would have been so much better for us all.**

**We would now have worried as much or struggled for so long and we could have lived our lives differently.**

**By the time I knew what could have helped it was too late for us.**

**I want other people to get the right help and advice at the right time.”**



## ***Enabling Independence***

### ***– Delivering choice and control***

- it should be used to enable and support people to live more independently
- it should be considered following a person centred, holistic assessment of the needs and wishes of the individual concerned
- it should be considered alongside ethical issues such as informed consent and the principles of doing one's best for the person, avoiding harm and respecting rights and preferences
- it should be considered alongside the use of other services, not as a replacement for human contact and care
- it may not be the answer for everyone.



# Lets make this personal!!



One size  
doesn't fit all.



**Supporting independence delivering choice**

*the knot unites*

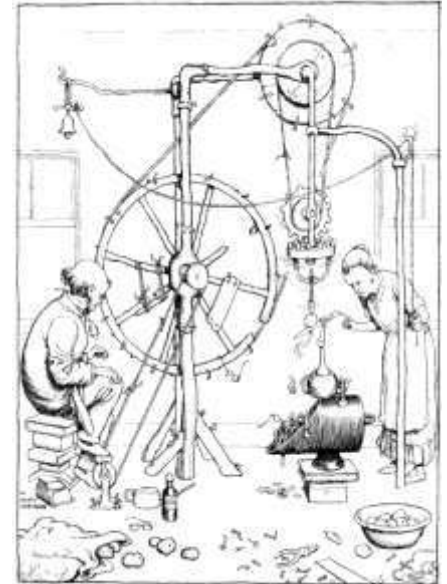




**It doesn't need to be expensive,**

**It doesn't need to be complicated**

**But it has to be trusted and effective**



*The Professor's invention for peeling potatoes*



*the knot unites*



# Its about the outcomes not the technology





**2 Floods** in a Cannock sheltered housing scheme within a year cost £1000 to repair and had a big impact on everyday life, affecting the confidence and wellbeing of those involved. The tenants meeting discussed what could be done to avoid it happening again.

Magi-plug identified– reducing risk of floods and scalds

### **Outcomes**

- Tenants more confident and reassured, no floods, ££savings.
- The story generated a lot of positive publicity and has proved an effective way of introducing Assistive technology



John struggled to open tin and jars  
He struggled to prepare meals until he  
discovered automatic openers



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# Mary missed her cups of tea

- Her arthritis made it hard to lift her kettle
- She struggled to prepare hot drinks
- She cancelled her weekly tea party
- She missed her friends visiting.....
- Until her new kettle arrived





# Jane felt isolated

- Jane struggled to remember numbers.
- She only rang her family and friends when her support workers helped her dial the number.
- She had to plan making a call....
- Until she changed her phone...



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# Bill kept missing phone calls

Until he wore his phone around the house and in the garden



**Minifone Watch telephone**  
Secure – know that in an emergency you can call your family or an emergency call centre at any time from the house or garden.

Simple to use – just press the two buttons to make or receive a call.

**minifone**  
Always on hand

**MAIN TECHNICAL FEATURES**

-  Pick up all Incoming Calls in the house or garden
-  Loudspeaker and microphone
-  Automatically calls relatives
-  Pendant
-  Range  
Inside: > 50m  
Outside: > 300m
-  Clock

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# Simple mobile phones



# Safer walking



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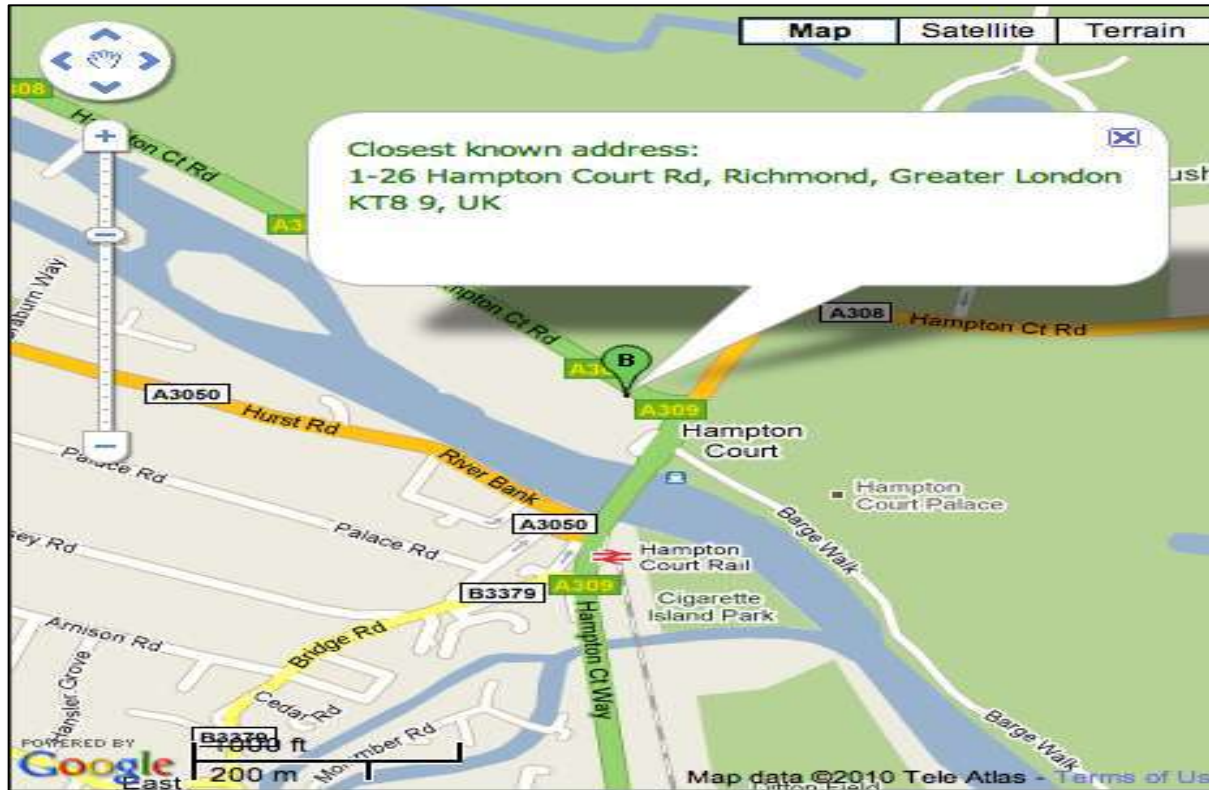


# Using GPS technology





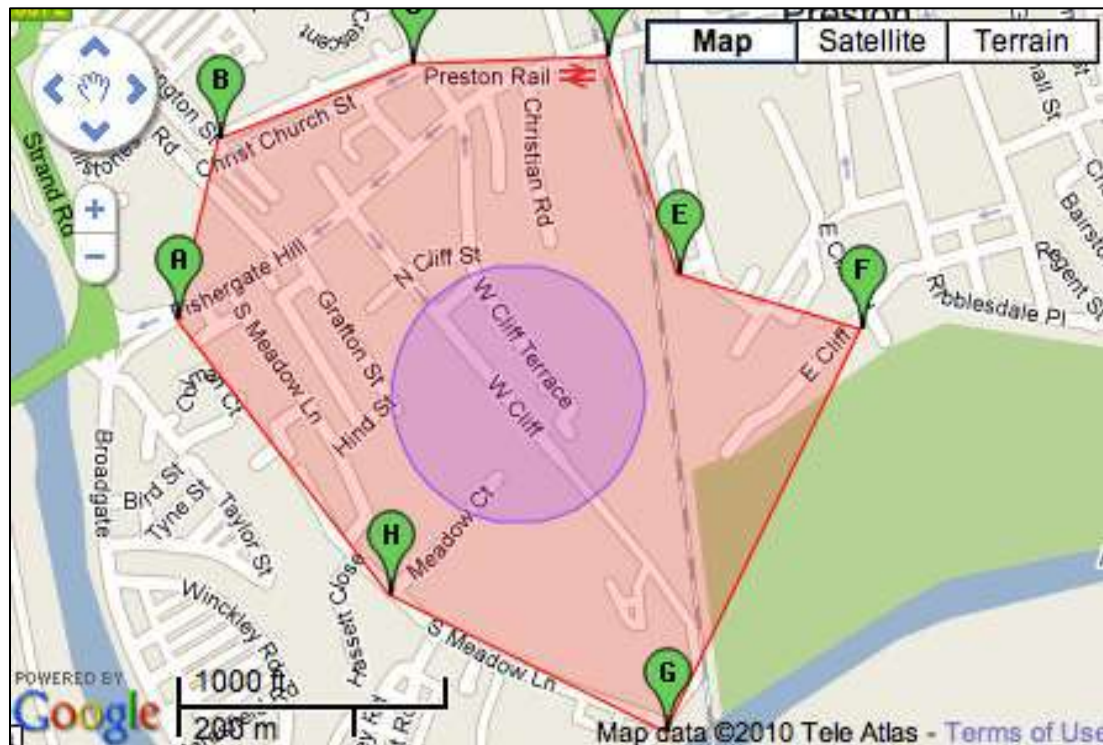
# FIND



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# SETTING A BOUNDARY



# Locating



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# ***Medication reminders***



**telecare**   
TECHNOLOGY



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## John – “Getting my life back...”



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**Telehealth** is where electronic sensors or equipment that monitors vital health signs remotely, are placed in service user's home, or they are given equipment that can be used while they are on the move. These readings are automatically transmitted to an appropriately trained person who can monitor the health vital signs and make decisions about potential interventions in real time, without the patient needing to attend a clinic.

**Blood Pressure Monitor** measure's a user's blood pressure and heart rate without the need for a nurse or a visit to a GP. Blood pressure monitoring may also be helpful in the detection and treatment of hypertension.

**Pulse Oximeter** provides immediate and reliable readings of oxygen saturation levels. It is an accurate tool offering information to determine the interventions needed for patients with asthma and Chronic Obstructive Pulmonary Disease (COPD).

**Glucose Meter** allows a clinician to identify trends and track historical readings to ensure the patient's blood glucose is within their ideal range.

**Body Weight Scales** are for taking daily weight measurements which are automatically updated and monitored by a clinician. Any fluctuations in weight can indicate an increased level of risk.



# Community alarms and telecare











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# Improving design.....

Lifeline Vi is the 6<sup>th</sup> generation of Tunstall product

1	2	3	4	5	6
<p>Lifeline 1, 2, 2+</p> 	<p>Portal/Premier</p> 	<p>Lifeline 1000, 2000, 3000</p> 	<p>Lifeline 4000, 400</p> 	<p>Lifeline Connect, Caresse</p> 	<p>Lifeline Vi</p> 





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<http://www.youtube.com/watch?v=9825oS7q1B4>

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## Mr and Mrs B

“Mr B sleeps like a log!! His wife visits the bathroom 2 or 3 times during the night, because she is unsteady on her feet she was constantly falling and injuring her self, her husband would not know any of this until she could wake him by shouting or even not until the next morning when he has found her on the floor at night and has fallen on several, occasions, lying on the floor until he wakes up”.





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# Benefits for carers

Telecare can allow a carer to go to work, to shop or just to take some time off, secure in the knowledge that any problem at home will be detected and help made available.

Telecare equipment does not have to focus on alerting a monitoring service that is somewhere else. It can alert the carer in the home. An example might be equipment to let a carer know if the person they look after gets up and wanders during the night or falls out of bed. This can help a carer get a good nights sleep instead of spending the night anxious.



## **Mick's story -**

Telecare has strengthened a Maidstone couple's relationship, and improved their quality of life.

Mick and Jean have been married for 43 years. When Mick was diagnosed with Multiple Sclerosis in 1989 both their lives took a dramatic turn.

The burden of Mick's disability has over time, had a significant impact on their lives. Mick has had to deal with adapting day-to-day with the effects of MS which for him includes enduring a level of disability, having to use a wheelchair, fatigue, and an increasingly poor short-term memory.

Meanwhile Jean has taken on the role of her husband's full-time carer, a role that most spouses take on as a matter of course and very often their efforts as formal carers are not recognized.



Mick's Care Manager initially recommended him for the Telecare service because of the risks to him associated with falling. It wasn't until later that Jean noticed an unexpected benefit to her as a carer. Jean started to use the Telecare system as a respite service. Ensuring that Mick was wearing his Telecare pendant, she said "if I'm having a bad day, stress, the lot, I'm out of the door, I can get in the car, and down the shops I go!

Rediscovering her independence and knowing that Mick is looked after by Telecare has freed Jean up to enjoy some time for herself where she can look after her own needs and enjoy the company of friends and family without constantly looking over her shoulder to check on her husband."



# Support inside and outside the home



<http://www.youtube.com/watch?v=G2vWFTW9deY>

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# Monitor through your mobile



## SeN-Cit<sup>+</sup> monitors

↓ Click for details ↓

-  **Regular Movement**  
Alert sent if no morning, lunchtime or evening movement detected
-  **Door Open Wandering**  
Instant alert to prevent wandering via main doors
-  **Room Temperature**  
Alert if room temperature gets too cold or too hot
-  **Mains Power Cuts**  
Text message to inform of main power cuts
-  **Night Wander**  
Text and 'ring' alert in case of night time wandering
-  **Home Security**  
SMS security when home left unattended
-  **All OK**  
Receive a Daily or Weekly SMS to let you know all is well

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# Monitor through your landline



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# Remote control plugs and power savers

**Saves Money, Saves Energy**  
**Standby Saver**



- Cuts 100% of standby power
- Easy installation
- Works with your existing remote control
- Works with both Infra red and USB
- Pay back in months

Cuts 100% of the standby power used by TVs, Hi-Fis, VCRs and DVDs

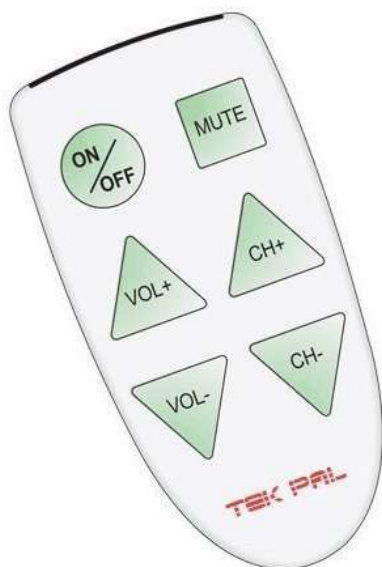
Cuts 100% of the standby power used by PCs, printers, scanners and speakers



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# Large button remote controls





# Simple home automation

Mr Account | Search Location | Community | Quick Shop | Mr Saved List | Help | 0500 41 41 41

Help Sign In - New Customer? Register Here

Search

View Trolley

Home | Subtotal: £0.00 | Show Prices Ex VAT

Tools | Heating & Plumbing | Electrical & Lighting | Bathrooms & Kitchens | Outdoor & Gardening | Screens, Blinds & Fittings | Ironmongery & Security | Building & Joinery | Safety & Workwear | Appliances | Laundry

Home > Electrical & Lighting > Electrical Supplies > Switches & Switches > Dimmers > Triac Rigs & Remote > Varilight 8-Channel Remote Control Dimmer Handset

**Varilight 8-Channel Remote Control Dimmer Handset**  
Product Code: 90341

★★★★★ (View reviews: 1)

Click, hold, press, or touch to see what our remote does. A wide range of dimmer to suit most applications from the UK's leading manufacturer. Suitable for domestic or commercial installations.

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Varilight Touch/Remote 2G £27.66

Varilight 3 Gang Slave Dimmer £7.13

2 Gang Touch Slave Dimmer £14.26

Choc 3G Remote/Touch Dimmer from £21.08

<http://www.screwfix.com/p/varilight-8-channel-remote-control-dimmer-handset/90341>

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Diets Lighting Communication & Memory Aids GPS Trackers & Location Devices Power Fail Alarms Low High Temperature Alarms

**Wireless lighting and appliance remote control kit, computer reboot, ultimate remote control**

HE2020 Ultimate remote control kit. Outstanding value kit comprising of: 2 x remote control power sockets, 1 x SMS base station, 1 x Ultimate remote control, 1 x remote control replacement light switch with remote control dimming.

**SMS base station.** With this product, you can send a text from your mobile phone from anywhere in the world to control light switches or appliances plugged into the remote control power sockets. Requires network SIM card. Powered by mains power adapter. Ideal for a remote internet router reboot.

**Ultimate remote control.** With one remote control, you can turn lights on/off and dim. Turn appliances on/off plugged into the remote control sockets. Control your TV and set top box and set timers for when lights, lamps or appliances are turned on/off.

**Replacement wall light switch.** Simply change this for your existing light switch (single gang) and enjoy full remote control of your room light including remote dimming from your armchair. Light switch has illuminated centre button to aid locating the switch on the dark. Fully functioning touch control on/off with dimmer function.

**Remote control mains outlet sockets.** The two remote controlled sockets allow lamps or electrical appliances to be controlled by the Ultimate remote control. Appliances of up to 3KW can safely be used. Ideal for difficult to reach wall sockets, or sockets behind furniture. Use to eliminate TV standby.

**ORDER CODE HE2020 PRICE £72.90 + VAT (£86.48) UK Delivery £9.25**

Item: HE2020 Remote control starter kit Quantity: 1 Price: £86.40

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- REMOTE HEATING CONTROLLER AVAILABLE.
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- ADD ADDITIONAL LIGHTING CONTROLLER'S INDOOR AND OUTDOOR.

<http://www.easylinkuk.co.uk/page117.html>

# Access controls and locks etc.



# Sources of information

- <http://www.mstrust.org.uk/information/livingwithms/equipment.jsp>
- <http://www.mssociety.org.uk/ms-resources/adaptations-and-your-home-ms-essentials-27>
- [www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk)
- <http://www.gadgetgateway.org.uk/>
- <http://www.dlf.org.uk/content/asksara>
- <http://enabledbydesign.org/ebdcommunity/>
- <http://www.independentliving.co.uk/index.shtml>
- <http://www.ricability.org.uk/index.aspx>
- <http://assist-uk.org/>
- <http://www.medpage-ltd.com/>



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**Dudley** Metropolitan Borough Council

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## About the home

These DLF factsheets provide **general advice** on topics such as features to look for when choosing a wide range of items of daily living equipment. However, if you want detailed information on specific types of equipment that can help you, you should visit our website [Living made easy](#).

You will need Adobe's Acrobat Reader to **view these PDFs**. Download it free of charge from the Adobe website or, for people with visual disabilities, visit [Access Adobe](#).

### Factsheets

- \* Choosing equipment to maintain safety and independence at home (introducing telecare)
- \* Choosing equipment for the heavier person
- \* Making a difference (choosing equipment for everyday living)
- \* Choosing household equipment
- \* Choosing toilet equipment and accessories
- \* Choosing a bed and bed accessories
- \* Choosing a bath and bath accessories
- \* Choosing a chair and chair accessories
- \* Choosing a shower and accessories
- \* Choosing and fitting grab rails
- \* Choosing eating and drinking equipment
- \* Choosing equipment to get up and down stairs
- \* Choosing pressure relief equipment
- \* Some suppliers of a range of daily living equipment

### What you think...

“ My husband has cerebral palsy and arthritis. One day he found that he could no longer get out of the bath easily. We needed help quickly so, having heard of DLF, I called them and within a day or two received comprehensive details of suppliers of bath aids. We contacted one and bought a bath seat - problem solved! ”

Janet, Essex

## Helpline

0845 130 9177

Weekdays 10-4pm



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Support us today to help someone lead a better life.

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**Living made easy**  
 Clear, practical advice on daily living equipment


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Impartial advice and information about daily living equipment and other aspects of independent living


### Children

- Clothing for children
- Communication
- Daily living
- Equipment for houses and home
- Mobility and standing
- Moving and handling




### Clothing and footwear

- Clothing
- Equipment for dressing
- Fastenings for clothing
- Footwear
- Footwear services including make-to-measure



### Latest product

Large Round Handle Mug Pricey



### Latest discussions

Wen SSA appeal, looking to claim  
 24th  
 14/10/18

Stolen Tricycle  
 14/10/18


[View our forum](#)

### Latest product comment

difedmin The supplier listed as selling this product, Emily International Ltd, may be able...  
<https://www.livingmadeeasy.org.uk/content/view/full/14>  
 14 days ago

[View recent comments](#)


### Latest product video



[View more videos](#)


### Communication

- Augmentative & Alternative Communication (AAC)
- Computer use
- Hearing
- Reading
- Telephones & intercoms
- Vision
- Writing




### House and home

- Bathing
- Bedroom
- Chairs
- Eating and drinking
- Kitchen and household
- Stairs
- Toileting




### Leisure

- Arts and crafts
- Equipment for cooking and preparing food
- Games and puzzles
- Gardening and the outdoors
- Sport equipment




### Mobility and walking

- Buggies and scooters
- Stroller accessories
- Sticks and crutches
- Walking equipment accessories
- Walking frames




### Personal care

- Bathing
- Equipment for dressing
- Medication management
- Small personal care aids
- Toileting



### Telecare and alarms

- Activity monitoring and personal locators
- Environmental controls
- Simple solutions
- Telecare systems
- Telehealth



#### Looking for a local supplier?

Browse our list of local retailers by county and region

#### Not sure what will help you?

Use our interactive quiz AxiSARA to guide you to advice and equipment.

#### Try equipment out before you buy?

Would you like support from a trained adviser with no sales pressure?

#### DLF Data (database)

Our Data is the UK's only comprehensive database of daily living equipment.



# Grahams case study

Graham is 45 years old and has Multiple Sclerosis. He lives with his wife in a two bedroom flat.

Graham uses a wheelchair to get around both inside and outside his flat. He has recently become more dependent on his wife and personal assistants at mealtimes due to an increase in uncontrolled movements in his arms, particularly on his left side.

He would like to be more independent at mealtimes so he can feed himself without assistance.



Graham finds that he cannot keep food on his plate and it often spills on the table and onto the floor. He also finds he spills food and drink on his clothes at most mealtimes. To overcome this his wife and personal assistants have been feeding him to reduce the amount of cleaning up after meals. Graham feels like he has lost his independence and feels embarrassed at mealtimes, and therefore avoids eating out or in the company of family and friends.

Graham was visited at home by an occupational therapist from his local authority. The occupational therapist recommended the following equipment:

**A plateguard, A slip resistant mat ,A bib with a trough, A spill-resistant cup with a lid.**





# Enabled by design



The screenshot shows the homepage of the Enabled by Design website. At the top, there is a navigation bar with links: Home, Community, Hacks, Blog, Our work, About, and Contact. To the right of the navigation bar are links for Login, Register, and a button for High Contrast. Below the navigation bar is a large yellow banner for "ENABLED BY DESIGN-ATHON" with the text "Enabled by Design-athon: What's on the agenda?". To the right of the banner is a "JOIN OUR COMMUNITY" button. Below the banner is a section titled "Community: What do you want to tell us about?" with icons for Love, Hate, Spotted, Idea, and Question. Below this are three featured projects: "Un lavabos - Tilting sink basin concept", "Magnetic necklace / bracelet clasp converters", and "Georgia - smart phone app for visually impaired". To the right of the featured projects is a "Log in" section with fields for Username and Password, a "Remember me" checkbox, and a "Log in" button. Below the login section is a "Search" field and a "Where else to find us:" section with social media icons. At the bottom right is a "Top 50 Tags:" section with a list of tags including access, accessibility, accessible, assistive technology, bathroom, codesign, competition, cooking, Cool Wall, crutches, design, Designathon, and design for all.

<http://enabledbydesign.org/>

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# BILBROOK A<sub>SSISTIVE</sub> T<sub>ECHNOLOGY</sub> HOME



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# *High street purchases*





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## ***Tamworth and Lichfield***



Multiple Sclerosis Society

***Margaret White and Tanya McGinlay***





## **Q. Does AT have a role in supporting people with M.S?**

- Most certainly since becoming aware of what aids and assistance can offer to people with MS
- Promoted through AGM
- Championed by Margaret, Tanya and the committee
- We are keen to see first hand what would help people with MS and their daily living.



## **Q.. How can we help people understand what AT can do and what will work for them.**

- By going out to the various groups etc. and showing them,
- Let people see and hold the items so they at least they could get feel for the item.
- Supplying the info as to where they could be obtained. Because there is a certain trepidation around purchasing these sorts of sorts of items (being ripped off in the past) it was good for them to see and acquire the knowledge of what was out there.
- The other thing was how cheaply one could acquire some of these items. Another plus as people feel that items made for any disability tend to be on the expensive side. Particular people with M.S. would purchase more of these aids, in turn making them feel 'Useful!! therefore adding to their confidence and making themselves feel better about the difficulties they experience.

## **Q. How can we influence shops and manufacturers to stock/develop AT solutions that work well and offer value for money.**

- We need those people to talk to the people they are hoping will purchase their goods.
- This could be made possible, at the embryonic stage inviting disabled people in to try, remark on their goods.
- If they did this they would be creating a bigger market for themselves because they would be not only endorsed, but tried and tested by the very people they were made for.



## **Q. How will my entitlement to Personal Independence Payment be assessed and decided?**

- The assessment for the new benefit will look at your needs to help decide your benefit entitlement.
- It will involve health professionals considering your personal circumstances to understand how your condition or disabilities affect you.
- The health professional will consider the evidence provided by you and any professionals that may support you on a regular basis.
- Most people will also be asked to a face-to-face consultation with this health professional as part of the claim process.
- The health professional will provide advice to a benefit decision maker at the Department for Work and Pensions





## **Q. Do the changes with P.I.P. mean people need to more aware of evidencing how they live their lives and their use of A.T.**

- Very much so, the change to P.I.P. is exactly what it means Personal Independence Payment, a big move from the medical issues that most disabled people are aware of, will now concentrate on how you manage your life with a disability.
- Therefore they need to inform at the face to face interview exactly what they use to enable them to do things i.e. how they can cook a simple meal and what aids they would use, to be able to perform this task.
- It is going to be so important that the use of these aids will not only help you to get the payment but assist your daily needs.
- Because of this we have a weekly drop in centre whereby Tanya & I explain to people with MS about the new allowance, plus the importance of keeping a diary re the aids they use.





- We also have acquired a box of TRIX where people can look at the items they could use, talk about it to other people on how useful it is/isn't, try it out, purchase or loan then come and tell others if you can or cannot make use of it.
- We have people bringing in aids they have purchased and cannot use, because other people maybe able to make use of the item.
- This then gives people with MS a place to try, talk, discuss the various aids.
- Jim also has attended some of the sessions and can suggest local sources and prices. Out of these visit's Tanya has been collecting as much information as possible to make a folder that a person can look through and see the various aids and prices on offer.
- We want to create an environment in which they can discuss with others and not feel quite so intimidated.



The world of assistive technology includes a wide range of options from simple gadgets for home and office, to fancy electronic gizmos and complex computer systems, to mobility aids and accessible vehicles.

Each one of these tools helps to ensure that if you can't get something done one way, you can do it another.

**The key to the world of assistive technology is deciding that it is okay to do things differently than you did them before.**



**“If 5 years ago I had known what I know now then  
life would have been so much better for us all.**

**We would now have worried as much or struggled  
for so long and we could have lived our lives  
differently.**

**By the time I knew what could have helped it was  
too late for us.**

**I want other people to get the right help and advice  
at the right time.”**





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