

TECHNOLOGY ENHANCING THE HEALTH AND WELL-BEING OF PEOPLE WITH DEVELOPMENTAL DISABILITIES

Community Living Essex County Smart Support Technology Enabled Services Project

Introduction

- Smart Support Technology Enabled Services develops innovative technological support solutions that promote control over one's life and increase opportunities for independence.
- The project has been funded by the Developmental Services Housing Task Force for 2 years – total of \$278,800.
- Technology is a fundamental aspect of all of our lives; why should this be any different for people with a developmental disability?
- Providing people with technology devices and the support to learn how to use the devices helps them to become a part of an inclusive modern society.

For people *without* disabilities, technology makes things easier.
For people *with* disabilities, technology makes things possible.

IBM Training Manual, 1991

Goals

- Using technology as a tool to assist people with developmental disabilities reach goals/desired outcomes.
- Enhanced quality of life, inclusion in community and natural support networks for people.
- Realign resources to those waiting for services.
- Collaborate with a dynamic group of technology innovators to learn and share.

Learnings

- The best way to use technology to support people with developmental disabilities to live more independently is to adapt already existing mainstream devices.
- Every support solution is very individualized taking into account individual goals and preferences.
- Technology implementation as a tool to achieve desired outcomes can be successful across all support services for people with developmental disabilities.
- Technology solutions need to be mobile for accessibility and not tied solely to the living space.
- Focus on desired goals, NOT the technology!

Technology Compliments Support

- Direct support is enhanced with the use of technology.
- Engages natural support networks.
- Personal outcomes focused.
- Ethical considerations for appropriate use of technology.

Support "just in time" rather than "just in case".

Technology as a Tool



Outcomes

- As people embrace new technology we realize that people can live a richer, more independent life than what traditional support models offer.
- New avenues are opened for people with limited communication, life skills, and social networking abilities.
- When given the right tools and the opportunity to engage in continuous lifelong learning, people with developmental disabilities can utilize technology to overcome barriers, increase self-determination and safety as they pursue their goals and dreams of inclusion.
- Technology has enabled people to successfully move from 24 hour supported living environments to homes of their own in the community.

Creating partnerships outside of our sector and even in our sector internationally has been a very important part of this project.



Post Secondary Education



Health Sector



Technology Sector

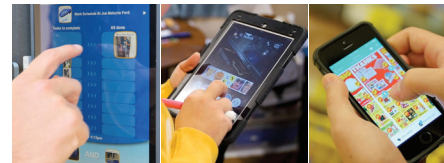
Video Calling Applications

- Enhanced access to support giving people the control to receive support when needed as opposed to all of the time or just in case.
- Natural support networks can now be more meaningfully involved and participate in decisions and actively advocate best interests.
- Video calling applications like Facetime and Skype have made a difference for many with respect to staying connected to family near and far!



Applications on Smart Phones and Tablets

- Apps are readily available and can be used to remove barriers faced in life
 - Give reminders to complete tasks
 - Promote and enhance communication
 - Visual schedules for everyday living
 - Assist with navigation to and from places
 - Assist with finances and budgeting
 - Calming and relaxation
- Accessing social media to stay connected to natural supports and to enhance community connections.



Automated Medication Dispensers Enhance Well-Being by:

- Giving people a tool to safely self-administer their medication.
- Providing reminders via alerts to ensure medication adherence.

My medication dispenser has *changed my life*; I can now safely take my medication at the right time without support.

Project Participant

Wearables can Enhance Well-Being by:

- Giving reminders for daily living.
- Activity monitoring, seizure and fall detection.

Wearable technology has the potential to redefine how disabilities affect people.

It has helped to hold onto his *independence* a little longer.

Direct support professional's view of the impact a medical alert wearable is having.



- Considering 'How might we' when expanding support options to enable growth and give permission to take risk and increase choice when responding directly to each person's vision.
- Focus on self-determination and what it means for each person.

Comprehensive Planning Process

- Understanding the person's vision/goals.
- Using tools of assessment.
 - Home Alone
 - Skills Inventory
- Facilitated planning discussion.
 - Using the PPCO tool to take a positive approach to idea evaluation.

Next Steps for the Project:

- Continue to embed the process of technology implementation as a tool to achieve personal outcomes for people with developmental disabilities.
 - Modify support solutions as needs change and as people realize new goals.
 - Develop replicable models of support using technology as a tool to compliment supports and share with others across the sector.
 - Continue to collaborate with others to learn and share.
- Give people the tools they need to achieve success!



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Scan to view a video about the project.



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