

Meeting your Daily Transition Needs with Assistive Technology

Mariana Livingston, AT Specialist, MA, OTR/L
Assistive Technology of Alaska (ATLA)



ATLA

assistive technology
of alaska

Who Is ATLA?

ATLA's Mission:

To enhance
the quality of life
for Alaskans through
Assistive Technology

Who Is ATLA?

- Federal & State funded private nonprofit
- Demonstrations
- Short term equipment loans
- Long term equipment rentals
- Reutilization of equipment
- Fee for Service: Individualized Assessment/Training

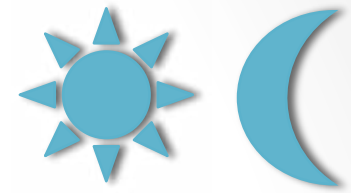
Where is ATLA?

Available throughout Alaska

Basecamp
3330 Arctic Blvd.
Suite 101
Anchorage, AK 99503

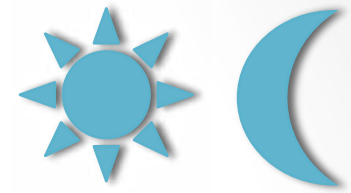


Assistive Technology



- generic term for devices and modifications that help overcome or remove a disability
- devices, software, or services for people with disabilities that promotes greater independence
- provides enhancements to or changed methods of interacting with the technology needed to accomplish such tasks

Transition



- movement, passage, or change from one position, state, stage, subject, concept to another
- change

Challenges with Transition

- Initiation of Task
- Termination of Task
- Memory
- Anxiety
- Stress
- Communication
- Processing
- Motivation

Solutions Tried

- Think about what has been tried.
- What worked? What didn't work?
- How can assistive technology be applied to what worked?
- Low tech vs. high tech

Assistive Technology Ideas

- Alarm Clocks/Timers
- Visual Schedules
- Communication Devices
- Apps
- Amazon Echo
- Schlage Smart Lock

Alarm Clocks/Timers

Sonic Boom Alarm Clock



Has a bed shaker to help deep sleepers, Deaf or hard of hearing users, seniors, or students wake up.

Alarm Clocks/Timers

Time Timer www.timetimer.com

- Ease and manage daily routines
- Monitor turns and time
- Can get the app for iPhone, iPad, and Android.
- There is even a watch option!



Visual Schedules



First Then Visual Schedule



First Then Visual Schedule

First Then visual Schedule is a positive behavior support that provides an **audio-visual** representation of a **routine, activity, sequence** or a **transition** in hopes of increasing independence and lowering anxiety.



Communication Devices

TalkingBrix

Go Talk



BIG Mack



Apps

Reminders/Calendar



Apps

Habitica



- ✓ Input Habits, Daily goals, and To-Do lists, and then create a custom avatar.
- ✓ Check off tasks to level up your avatar and unlock armor, pets, skills, and even quests!
- ✓ Fight monsters with friends to keep motivated.
- ✓ Use your custom rewards, like watching a favorite TV show.

Amazon Echo

- Set a timer
- Set a reminder
 - Can have it set to do a repeating reminder

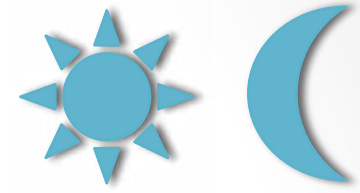
FYI – if you are not in hearing distance of the reminder you will miss it.



Schlage Sense Smart Lock

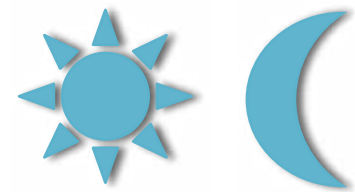


- ✓ No need to worry about finding keys. Just enter an access code.
- ✓ Worried that you didn't lock the door. The lock has an app for that!
- ✓ Why for transition? Ease anxiety to facilitate the transition of leaving the house.



Questions?





Thank You!

Mariana Livingston

mariana@atlaak.org

Phone: 907-563-2599 ext. 103