Exploring the World of Technology Possibilities for Aging in Place

Scout Merry, Missouri Assistive Technology

Angelina Alpert, University of Missouri-Kansas City Institute for Human Development
No Wrong Door
What is Missouri No Wrong Door

Transforming the way people access services in the community

Support individuals and caregivers to make decisions on complete and accurate information about their options for anyone seeking long term services and supports regardless of age, income or disability.
Integrating Services Into Your Support Systems
NWD: Elevating Technology as a Solution

PERSONAL STRENGTHS & ASSETS
Skills, personal abilities, knowledge or life experiences;
Strengths, things a person is good at or others like and admire;
Assets, personal belongings and resources

TECHNOLOGY
Personal technology anyone uses;
Assistive or adaptive technology with day to day tasks;
Environmental technology designed to help with or adapt surroundings

RELATIONSHIPS
Family and others that love and care about each other;
Friends that spend time together or have things in common;
Acquaintances that come into frequent contact but don’t know well

COMMUNITY BASED
Places such as businesses, parks, schools, faith-based communities, health care facilities;
Groups or membership organizations;
Local services or public resources everyone uses

ELIGIBILITY SPECIFIC
Needs based services based on age, geography, income level, or employment status;
Government paid services based on disability or diagnosis, such as special education or Medicaid
Charting the LifeCourse
CtLC: What Is It?

• A framework and set of tools to help you think differently about your vision of a good life, high expectations, and integrating multiple types of supports

• Helps to organize your ideas, visions, and goals, as well as problem-solve, navigate, and advocate for supports
Helping Maple Age in Place After Her Husband Passed Away

An Example of the CtLC Planning Process
Maple is 95 years old living on her own now that her husband passed away. She is very resourceful, but needed help planning her next steps.
The Planning Process

- Daily Schedule
- Trajectory
- Possible options with pros and cons
- Short term and long term next steps
- Integrated Support Star
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**Notes:**
- Typical Week
- Monday: [Activities]
- Tuesday: [Activities]
- Wednesday: [Activities]
- Thursday: [Activities]
- Friday: [Activities]
- Saturday: [Activities]
- Sunday: [Activities]
Things Going Well

- Make Bed
- Exercise
- Get clothes clean up
- Set on patio outside
- Work clothes
- Dishes in dishwasher
- Read scripture in computer/harder
- House makeover
- All the things in peace
- Outside flower
- Take medication in bed at night to fall asleep
- 11pm/12pm

[Handwritten notes on the margin]

- Keep house clean
- Get laundry done
- Call in to church
- Made bed
- Get clothes
- Made bed together and held hands

Fears and Risks
- Anxiety

Vision of what help to have

- Around people that love the Lord
- Have prayer, share coffee
- See God's glory
- Time to get up
- Talk about the world
- Make house breakfast / coffee
- Time to get up
- Once for twice (up, long time)
- Once a day every morning
- Housework is all right

Don't want help to have

- Be left—people that love, sorry
- Closer house is too big, saved for purpose—find someone, long
- Have people that text/visit to check in
- Take medication in bed to avoid falling
- Church community, scriptures, prayer
- Can get outside to sit on the porch/water flowers
- Know that someone is able to come if I call
- COPD
- Arthritis pain
- Glasses
- Hip issues
- Heart and pain medication
- Water pills
- Used to have someone come in to clean
- John helped with meals, putting away dishes, making the bed, folding the sheets

**Vision for What I Want**
- To feel loved
- To have peace and quiet
- Visitors
- TV, computer

**What I Don’t Want**
- House is too big (hard to get around, feels lonely)
- To be around people that are loud
- To feel like a burden/annoyance

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<thead>
<tr>
<th>Scenario</th>
<th>Pros</th>
<th>Cons</th>
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<tr>
<td>Staying at home by herself (tenancy)</td>
<td>- Lower rent, less to spend</td>
<td>- Too big, too many by self</td>
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<td>- Lots of maintenance</td>
<td>- Inexpensive</td>
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<td>- People live down the street</td>
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<td>- Space for visitors to stay</td>
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<td>- House prices too expensive</td>
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<td>Moving into supported living</td>
<td>- Have someone around</td>
<td>- People don’t like to be around</td>
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<td>- Meals, housekeeping</td>
<td>- Need more support</td>
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<td>- Great view</td>
<td>- Small place (3 BR)</td>
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<td>- At home but not enough stuff to help</td>
<td>- Rent varies</td>
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<td>Moving in KE</td>
<td>- With family &amp; the kids</td>
<td>- Care for (10% of work)</td>
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<td>- Financial benefit</td>
<td>- Help people to be</td>
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<td>- Space for leisure</td>
<td>- Background</td>
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<td>- Nice view</td>
<td>- No hours</td>
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<td>- Nice view</td>
<td>- Not secure &amp; comfortable</td>
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<td>- No family</td>
<td>- Home has to rent</td>
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<td>- Space near family</td>
<td>- Too long a way to work</td>
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<td>- Family near</td>
<td>- Too short a way to work</td>
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<td>- More space</td>
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<td>Moving in Tong</td>
<td>- Nearby (near town)</td>
<td>- Too busy to do housework</td>
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<td>- Family near</td>
<td>- Have to move to different house</td>
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<td>Staying at home near in</td>
<td>- Not secure &amp; comfortable</td>
<td>- Home has to rent</td>
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<td>- Home has to rent</td>
<td>- Too long a way to work</td>
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Short term
- Stay at house & set up
- Implement Data
- Illustrator
- Measurement (team & schiviz)

Long term
- Local vs. other options
- Tony
- Brian
- Sara

- Schedule (week)
  - Monday (call)

- Friday (call/week)

- Lunch (team)

- (next week to stay in touch)

- Designing Stages
- Ferguson
- Design team to decide
  - Build vs. magazine
  - Full story head to head
  -={2 week to future}
  - 3 days to

- (wash, an)

- Anthony
Maple
- Mobile
- Independent
- Knows what she wants
- Resourceful

Living at home
- Doris
- Tony
- Debbi
- Kathy
- Joe
- Eric
- Steve
- Gina

Local grocery stores
- Church

Medicare
- Life insurance

Technology

Community Based

Personal Strengths & Assets

Eligibility Specific

Relationships
Technology Solutions
Levels of Technology

**Accommodations:**
Simple modifications, inexpensive, ready to use, affordable tools

**Low or Light Tech:**
Less sophisticated, easy to learn, readily available, affordable tools

**Medium Tech:**
May cost more, requires some training, relatively complicated mechanical devices

**High Tech:**
Very advanced, needs specific training, may require on-going support, electronic/digital devices, expensive
Some Accommodations

• Accommodations
  • Curtain to replace bathroom door
  • Remove carpeting
  • Brita at wheelchair level
  • Low countertops
  • Simplest coffee machine
Staying Safe: Bathroom

Adding devices like a 3 in one commode, transfer bench, grab bars, hand held shower and shower dispenser can support Maple to be safe with her tasks in the bathroom.
Staying Safe: Around the Home

Using supports like a lift chair or a standing aid, a med planner that meets her needs, emergency pendant or watch and a large button, amplified phone can help Maple and her family feel confident that she will be safe.
There are many options to help seniors stay connected. Maple chose a few options that met her specific needs.

- Large print keyboard
- Ergonomic mouse and large grip stylus
- Easy grip cell phone amplifier
Staying Connected: A Few More Options

Maple's family wanted multiple ways for her to be connected so adding smart home devices was a good option. This made the smart doorbell and smart plugs easy to use.
On the Go

Not being a burden is important to Maple so she uses these devices to be as independent as possible when getting rides from family and friends.

• Transport wheelchair, Swivel seat, handy bar and seat belt handle
3D Printed Devices for Maple

- Blister Pack Opener
- Pull-Tab Tin Can Opener
- Multi Row Playing Cards
Opportunities for Engagement
Register for the Missouri Open Door Technology Series

4th Wednesday of every month
12:30-1:30 pm CST

- September 27th  Universal Design
- October 25th  Employment
- November 15th* Hobbies and Pets
- December  *Canceled
Register for the Missouri Open Door Benefit Series

Benefit Series
Missouri Open Door

2nd Wednesday of every month
12:30-1:30 pm CST

• October 11th Medicare Annual Open Enrollment and Importance of Drug Plan Comparison
Attend the Missouri No Wrong Door Stakeholder Meetings

• Opportunity to network, share, learn and create a NWD culture in Missouri
• Provide on-going feedback on front door structures, key mapping activities and NWD Statewide Plan
• Assist with outreach and dissemination of surveys and listening session information
• Identify and share opportunities for collaboration and partnerships to enhance policy, practices and system-wide efforts

Third Wednesday every quarter
• October 18th 1-3 pm CST
Charting the LifeCourse Opportunities

- **CtLC/F2F Quarterly Stakeholder Meetings**
  - September 21st (in person)

- **Charting the LifeCourse Training Workshops**
  - [www.lifecoursetools.org](http://www.lifecoursetools.org)
    - LifeCourse Foundations Webinar
      - FREE introductory webinar is a great place to start! These monthly webinars will help raise awareness and understanding of the LifeCourse Framework and key tools and are perfect for new staff or anyone new to the CtLC. Each month a different Ambassador will provide an overview of the framework.

- **CtLC Skill Building Series**
  - Fall 2023: Mondays 10/9, 10/23, 11/6 and 11/20 Time: 2:00 - 4:00 Central
  - Join us for a four-part series where you will explore how to best use the Charting the LifeCourse Framework and Tools to enhance exploration, problem-solving and planning. You will have hands-on practice and group discussions – all supported by certified LifeCourse Coaches.

- **Ambassador Series**
  - The Ambassador series is an opportunity to receive a comprehensive overview of each of the foundational principles of the Charting the LifeCourse Framework and its accompanying decision-making and planning tools.
Contact Information:

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