



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

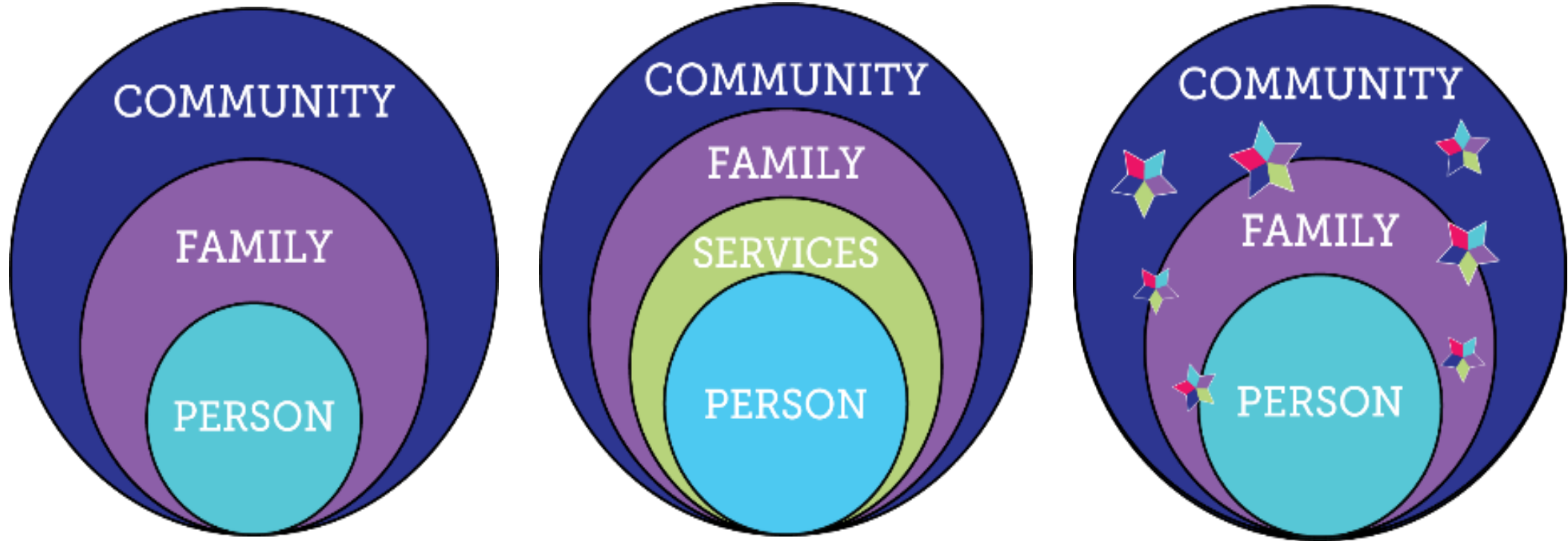
What is Missouri No Wrong Door



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

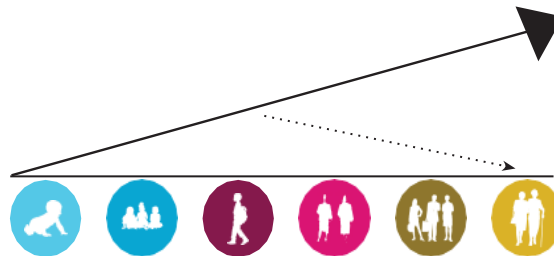




Charting the LifeCourse

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

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

(Typical Week)



INTEGRATED RESPITE SCHEDULE

(Drive (?) → (Gone off Fri → Mon)

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00-6:30 AM							
6:30-7:00 AM							
7:00-7:30 AM							
7:30-8:00 AM							
8:00-8:30 AM							
8:30-9:00 AM	Wake	Wake	Wake	Wake	Wake	Wake	Wake
9:00-9:30 AM	- get ready - cleanup room - breakfast						
9:30-10:00 AM							
10:00-10:30 AM							
10:30-11:00 AM	Shower/closet						
11:00-11:30 AM							
11:30-12:00 PM							
12:00-12:30 PM							
12:30-1:00 PM	Lunch						
1:00-1:30 PM							
1:30-2:00 PM	Lunch						
2:00-2:30 PM							
2:30-3:00 PM							
3:00-3:30 PM							
3:30-4:00 PM							
4:00-4:30 PM							
4:30-5:00 PM	Dinner						
5:00-5:30 PM							
5:30-6:00 PM	Toys visit						
6:00-6:30 PM							
6:30-7:00 PM							
7:00-7:30 PM							
7:30-8:00 PM							
8:00-8:30 PM							
8:30-9:00 PM							
9:00-9:30 PM							
9:30-10:00 PM							
10:00-6:00 AM							



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Delbrah - 2-3x week
Emie - 2-3x week
Mayer cellio Rios

Delbrah
test Tony - he test been
cells Mander gets home

Instant
- Soups
- Cans
- fridge (?)
- pot pie
- Banquet

Things Going Well

- Make bed
- Empty window
- Get self cleaned up
- Sit on patio outside
- Wash clothes
- dishes in dishwasher
- Read scriptures on computer / books
- Watch movie dinner / lunch
- all the things in house
- Outside water flows

- take medication in bed at night so not fall

- BP / med for John 6:10, 10:10, 11:10

- 10:00 pm Prayer

- son & family from UK
- Kath / Joe visit / help
- Tony calls & stops by eliot
- Doris / Emma visit 1x week (F-M)
- Den when she can visit

- Computer to read scriptures

- Spiritual thing

- family is very important

- Church Community important (St. Mary & Deborah)

- Water 11:00 on Sunday / Fleetside

- Able to transfer bed / toilet / shower

- could do laundry self, if place

- Knowing that someone would come if I called

- Coris, arthritis hip
- arthritis (no diabetes, dementia)
- glasses
- heart & pain medication

- Clean Shampoo Carpet

- have used to clean for me but Covid stopped coming

- John used to make breakfast / lunch put dishes in cabinet

- made bed together & fold sheets

Fears & Risks

- arthritis pain

Vision of what life to have later

- Around people that love the Lord

- have prayer, drink coffee

- see God's great love

- peace & quiet

- clean laundry & wash

- make own breakfast / coffee

Some meals would like bread / dinner

- one room / studio (own bathroom kitchenette)

- TV, Computer

- place for visitors (cup Tony & Kathy) (Gina & Doris, every week)

- know that family is all right

Doris wants help to have later

- be with people that are loved, ready

- Current house is too big & served its purpose - feels isolated, lonely



- 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

	PRO	LOW
Staying at home yourself (technology)	<ul style="list-style-type: none"> - do what want, used to space - lots of memories - people know where to stop by - space for visitors to stay - have peace for (cos less money) 	<ul style="list-style-type: none"> - too big, lonely by self - cluttered
Moving into supportive living	<ul style="list-style-type: none"> - have someone around (MFC) - meals, light housekeeping - green work - transportation - don't always have to rely on family to help 	<ul style="list-style-type: none"> - People don't like to be around - don't know anyone - small place (50) - less visitors - Cost (\$5000)
Moving in KC	<ul style="list-style-type: none"> - with family & siblings - financial benefits - space for bathroom 	<ul style="list-style-type: none"> - Can't see visitors - "house" to family - might be loud & busy - be alone sometimes - Don't like to see - Brian - Jack/Kayla/Don - Holidays back to see - bathroom set up/lease
Moving in Tony	<ul style="list-style-type: none"> - financial (pay Tony) - family have chair - make meals, take care 	<ul style="list-style-type: none"> - not sure if comfortable living with him in common space (own space) - have to move to different home
Staying at home move in		

Short term

- Stay at house & set it up
- explore Davis
- clutter
- technology (taken to school)

long term

- look at other options Tony
Assess living
Gina

Eligible Bird-Jones

PM - Friday (afternoon)
↓
(bring in afternoon)
Tues, Wed, Thurs (Fri-Mon)
off
(one night a week to stay with them)

- beginning stages domestic

- Ferguson

- doesn't like to be cold

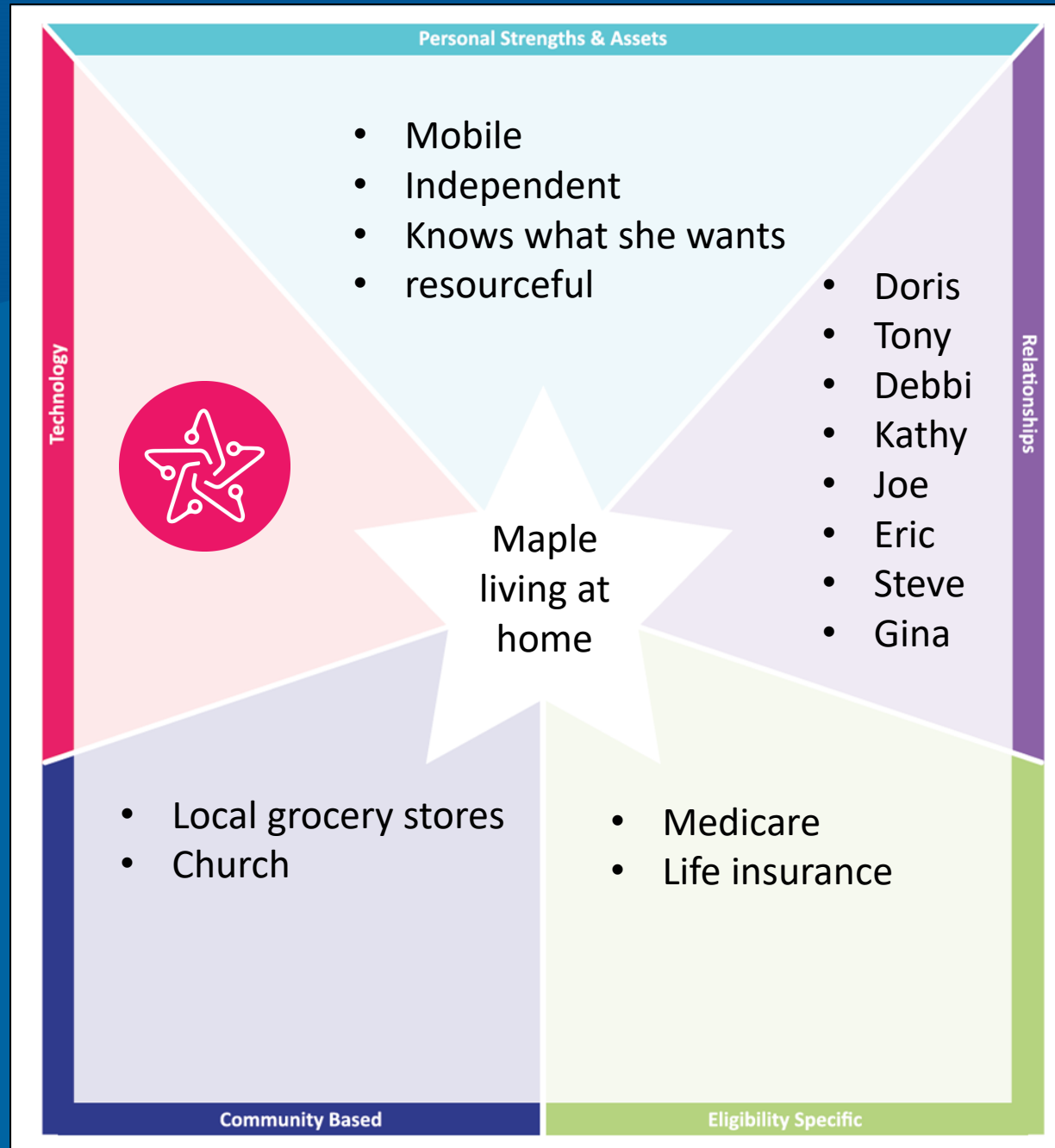
- bibles or magazine

- full size bed or twin

- uses commode in ~~bedroom~~
bathroom

- 3 deep c - (M & F)
shows

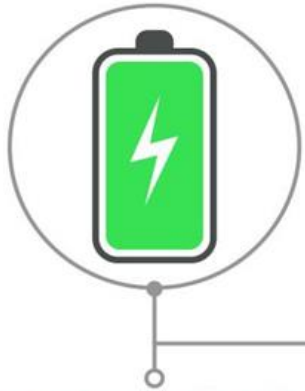
(husband) - Anthony
taxi





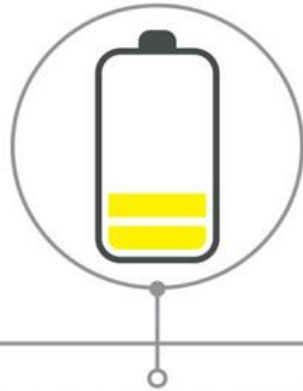
Technology Solutions

Levels of Technology



Accommodations:

Simple modifications,
Inexpensive, ready to use,
affordable tools



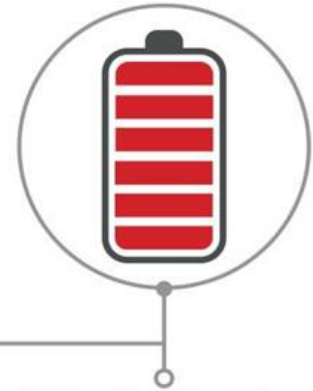
Low or Light Tech:

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.



Staying Connected: Phone and Internet

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

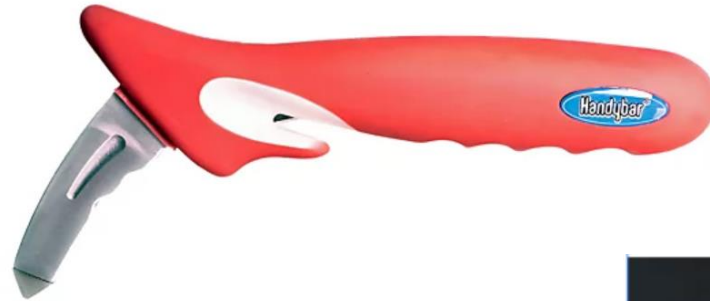
Maple's family wanted multiple ways for her to be connected so adding smart home devices was a good option. This made the smart doorbell and smart plugs easy to use.



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



Technology Series Missouri Open Door



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



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
 - 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:

Scout Merry
Missouri Assistive Technology
smerry@mo-at.org

Angelina Alpert
angelinaalpert@umkc.edu