



Simple Tools and Tricks for Agile Aging

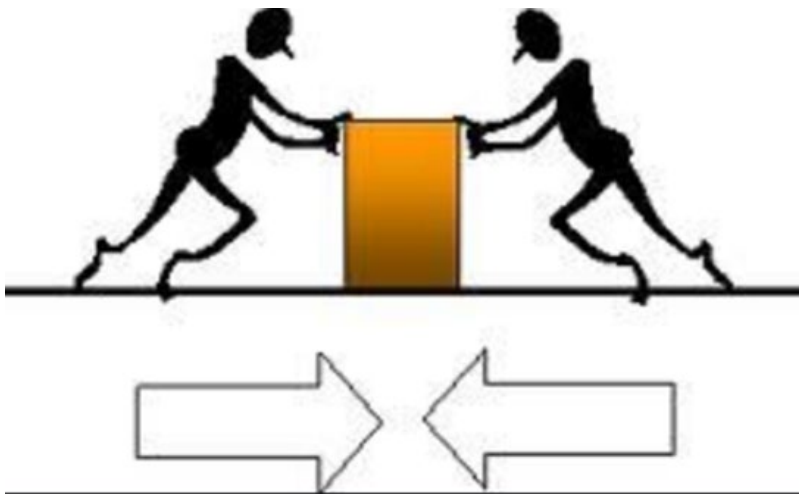
SCOUT MERRY

MISSOURI ASSISTIVE TECHNOLOGY

Definitions

- ▶ Who are seniors?
- ▶ Are they us or them? Or both?
 - Age 55 and older
 - Age 65 and older
 - Age...
- ▶ Need often has little to do with age
- ▶ What is AT?
- ▶ High tech and complicated
- ▶ Durable Medical equipment
- ▶ Very expensive
- ▶ Hard to learn
- ▶ Or not?

Which is it?



Finding the right fit



AT is...

...any device, no matter where or how you get it, that is used to increase, maintain, or improve the functional capabilities of people with disabilities



...any service that helps with selecting, acquiring, or using an assistive technology device.

Barriers

- ▶ Don't want to be seen as old or incapable
- ▶ Don't want to be a burden
- ▶ Don't want my doctor to think I am struggling
- ▶ Don't want my kids to think I am struggling
- ▶ I am the caregiver for my spouse, my needs don't matter
- ▶ I don't want to accept my changing limitations

- ▶ "I'm not that bad yet"

Staying “Good”

- ▶ Just like our cars and computers, we benefit from a diagnostic check up and updates.
- ▶ Because we cannot be plugged in for these tests, we have to do them ourselves or with professionals.
- ▶ Ignoring a problem rarely makes it go away.
- ▶ And, much like home repairs, the sooner we address a problem, the easier (and cheaper) it is to tackle it.

Goal: Good Nutrition

What are the steps for getting there?

- ▶ Home delivered meals and/or maintaining the ability to cook



Auto
Stove
Shutoff
\$250



Easy-Grip
Chef Knife
\$120

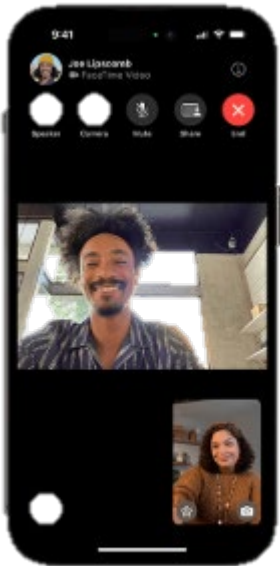


Under Cabinet Jar
and Bottle Opener
\$20

Goal: communicating with family

What are the steps for getting there?

- Let others handle it or learn something new



Use
Facetime
or other
video
calling
apps



Captioned Phone



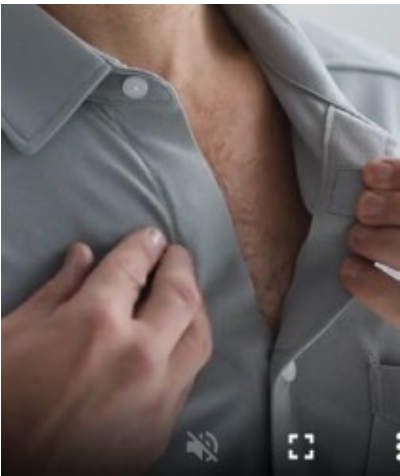
Cell Phone
Amplifier
\$150

Areas of intervention or just life

- ▶ Personal Care
 - ▶ Bathing, Dressing
- ▶ Meals
 - ▶ Food Prep, Cooking and Eating
- ▶ Communication
 - ▶ Speaking, Vision and Hearing
- ▶ Travel/Driving
- ▶ Mobility
- ▶ Home Modifications

Personal Care - Dressing

- ▶ button aids, long handled shoe horns, sock aids, visual aids, adapted clothing, magnetic “buttons”, no tie shoe laces



Magnetic
button
shirt



Elastic
Laces
with
magnetic
closure



Pen Friend
Talking
Labeler
\$160

Personal Care - Bathing

- ▶ shower chairs and benches, hand held showers, soap dispensers, long handled brushes, one handed towels, grab bars



Trio
Dispenser
for
Shower
\$30



Mobility Towel
weighted towel
for one handed
drying \$45



Transfer Bench \$150 and
leg lifter \$10

Personal Care - Toileting

- **Toileting**-bidets!, toilet safety frame, grab bars, 3/1 commode, stool riser



Dual Stream
Bidet add
on \$50

Toilet Safety
Frame
\$50-\$100



Meals - Prep

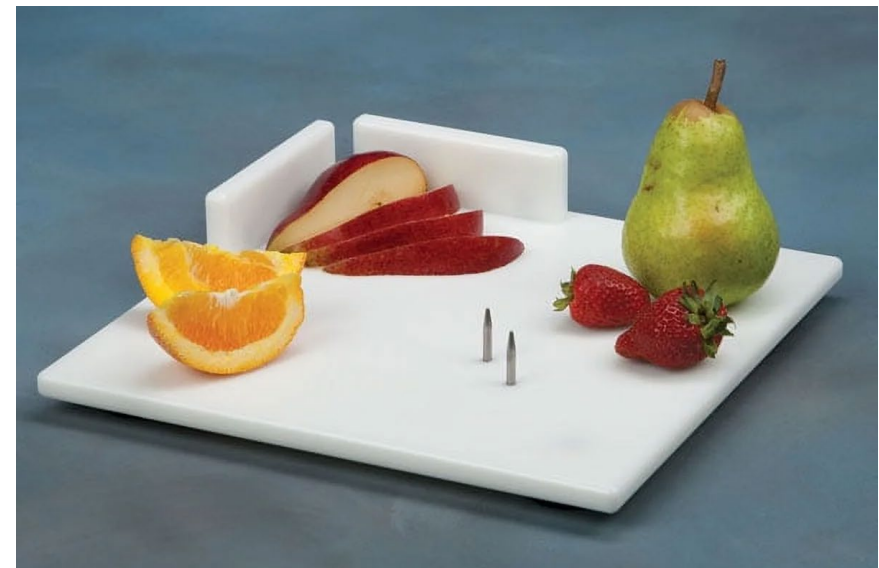
- ▶ colored cutting boards and others, choppers, kitchen seat, knives



Kitchen
Stool
\$75



Adaptive Cutting Board with
Spikes and Spreader Support \$75



Meals - Cooking

- ▶ stove shut off, bump dots on microwave, easy grip handles, locking lids,



Easy Grip
handle pot
with strainer
pot \$35



Puff Paint \$1.50



Pot Stabilizer \$17

Communication

- For face to face communication



Personal Amplifier
(used with headphones)
\$200



Small Talk
app and
image



Flip Writer app



Communication – home phones

- ▶ We still have amplified home phones!
- ▶ TAP for Telephone Program



Amplified Phones
with large numbers
and other supports



Travel

- Is the goal getting out of the house? Tools to make the trip easier



Handybar \$35

Swivel
Seat \$40



Seatbelt
Catcher
\$8



Mobility -walking

- How about some different mobility options



The Alinker
\$2,800



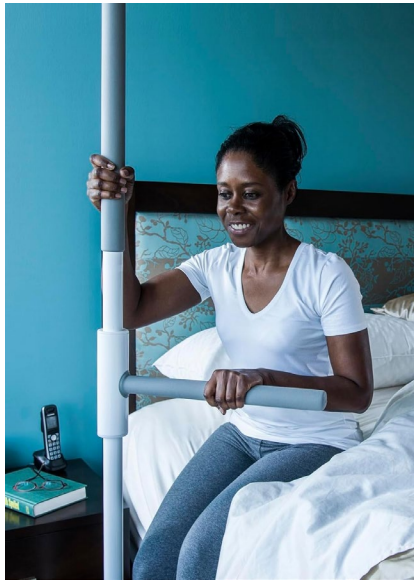
Trekking Poles \$30

Rollz
Walker for
Parkinson's
\$2,000



Mobility - standing

► Alternatives to Lift Chairs



Superbar
\$280



Upeasy Seat Assist
\$100

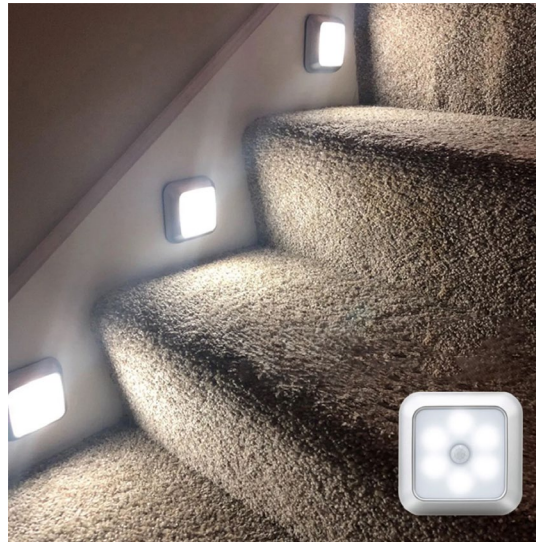
Furniture Risers
\$20



Home Modifications - smaller

- ▶ Home modifications can be very large or quite small. Let's look at some small options

Threshold Ramps
\$50-150



Rechargeable
Motion Sensor Lights
\$8

Easy to See Thermostat
\$85



Home Modifications - larger



Road to Success

- ▶ Supports need to fit the person and the situation
- ▶ It is helpful to have a team member for help as needed (family member or a professional)



resources

- ▶ askSAMIE <https://www.asksamie.com/>
[Unexpected Strategies for aging in place](#)
- ▶ AT Demonstration and Reuse Sites
 - ▶ Demo [Device Demonstration](#)
 - ▶ Reuse [Device Reuse](#)
- ▶ [National Council on Aging](#)

Thanks

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