

**Interdisciplinary Center on Aging
“Adaptive Devices”**

Presenter: Katie Bullock, Independent Living Services of Northern California

Okay. So I'm Katie Bullock with Independent Living Services of Northern California (ILSNC), and we're a local agency. We cover eight territories. We're one of the Independent Living centers in California, but there's 29 of them in all and there's over 400 nationwide. And so Independent Living Centers came from back in '88, the Ed Roberts campus and all of that was created. And it was to make sure people with disabilities were able to get the tools they needed or the advocacy they needed to better live their lives.

And my particular position is assistive technology. And I go around and I teach either education on it, we do some advocacy, we try to set people up with the right things. So it's anybody with any self-proclaimed disability. Today I'm going to focus more on seniors, but overall it's anybody. It could be a child, in fact that's my next -- like we do our underserved population for the next three years -- I'm going to focus on trying to serve more children. And what we're going to do today is we're going to learn what assistive technology is. It's just a basic definition because it covers probably more than you think and why it's needed, what type of AT (assistive technology) is available. AT can be no-tech, low-tech or high-tech. There's actually differences, you know, when it's categorized, and examples of AT. I'm going to talk about reuse programs in California and programs to help with assistive technology, which there isn't a whole lot. It's almost like you can get whatever you want for assistive technology but it has to fit within your pocketbook because there's not too many programs out there.

So the two definitions I have today, assistive technology a system of no-tech, low-tech, and high-tech tools, strategies, and services that match a person's needs, abilities, and tasks. That's by AP Access in 2010; they put that out. And then another one I have is basically AT is anything we find helpful in our daily life. So it could be a tool or an alternative method of performing a task which is by AUCD, the University back east.

And so no-tech can be basically -- here's a pen. I usually have a better version of it and I gave it away so I need to go get more pieces. And I just took a simple piece of foam that is available you can buy tons of them for somebody who can't actually write, and folded one foam on the inside and one foam on the outside -- this actually has a lot of pins holding it in place but it allows you to completely write if you can't just grasp on to a pen. Because that's for people who are starting to lose the dexterity in their fingers. That's a huge issue, especially for seniors. And they buy those arthritis balls, things like that out there, but as you know those are 20 bucks. So this is no-tech -- it's foam, you cut it into pieces, you don't even I think I used two pieces of tape to hold the inner side, but you're probably going to need help with that because it's kind of hard to jam it in and there's the device. Another example of no-tech would be a mini mantel. Just simply having something that they could put a drink on instead of having to get it back and forth having it available if they're having back problems or any of that just, you know, 15 bucks at Bed Bath and Beyond. I have a whole suitcase at the office, a huge amount of these. Where if anybody ever has issues, more than likely you're Independent Living Center can refer them to the right place.

I have a couple other ones. A body lotion. So if you -- somebody can't reach their back because they can't do the movement the body lotion will just enable them to get it where it needs to go. Same with the wands that you see out there, everybody is wondering. Those are a great tool. In fact when you get out of the hospital with back surgery, things like that the durable medical lender is going to make sure

that they have one of those, if it's being billed. If not you can go to the Dollar Store, Wal-Mart, any of those places. This is a more of a low-tech AT because the devices that are no-tech are just, you know, like Velcro. You just put it on each side and now you don't have a pillow moving back and forth or in a car for a heat that type of thing. It's anything that doesn't take a whole lot to invent that you have around your house that you can just create -- that's no-tech.

Low-tech is more like a stocking aid because somebody actually had to invent it. So this enables somebody -- I'll open it because I've opened it before. To just -- if nobody has ever seen one of these. If you have a grandparent or even a person who just doesn't have the availability to bend over they put their stocking on up here instead of having to gather together the nylon and they put it over and they just kind of get it around their foot and it's pulling the strings up instead. And so they don't actually have to do the bending over process that would be more of a low-tech.

Or I'm actually going to do some comparisons here for low-tech, high-tech, but I'm going to start with vision. So vision, if you have headaches there's like twelve different spectacle colors we got from Optelec. If you put these on it actually completely shades, and I know that we have a low vision specialist who told me orange would get rid of my headaches at Wal-Mart when I'm shopping too much for Christmas. But there's different colors here so that's more of a low-tech where...let me get a couple more of these things for vision. Where high-tech devices -- one more low-tech...where did I put my magnifier? And I'll go over more magnifiers later for fun. but this particular one is a neat model because when you put it on the ground or on this table there's nothing; when you pick it up it actually lights up so you actually don't have to mess with the switch. This is a Quayle magnifier and they only run 30 bucks, and it could be a complete solution to somebody who just can't get that switch and needs an extra light to be able to see. That's still low-tech.

A higher tech device would be like an Optelec mini. And so these run about \$400 dollars. And I think you guys can see -- it magnifies in different colors so you can get black and white. That takes a picture, too. And I'll bring it down to you in different colors, the grey and black, the black with the yellow, the blue with the yellow. And you can actually take a picture and bring it like a shelf, so if you're walking along and you take a picture of the shelf it will magnify it closer up. And that's Optelec mini; it runs \$400. And then we have the Sapphire. which is a bigger CCTV mini CCTV where you can write underneath it because it has a stand but it runs about \$1,200 bucks. But as you see here, it's one of the few that in this size you can make it so it's a signature one too, so you can write underneath it and we actually have a program through ILSNC and [inaudible] so that we can loan these out for 30 to 60 days. So you can try it before you buy them. And then we also, you can get a bigger version. Does anybody know what a CCTV is? I didn't feel like hauling one down here today.

Audience member: [Inaudible]

Katie Bullock: It's a computer monitor. And it will have a device like this attached to a whole computer monitor here. Now they're kind of flat screen there a little bit better. And some of them have bigger buttons; now they've become more friendly. And so they do run the newer models, they run between two and three thousand dollars. But you can put this in front of it and it will display on the screen this big. It's huge, depending on how good the screen is, how good the camera is in it, and some of those models...I have one at ILSNC that has a camera that you can point down or you can turn it towards your face. and so you can do your shaving your plucking. Whatever you need, it magnifies you real close. It's scary. I didn't realize I had that many wrinkles. I was like, you've got to be kidding me! [laughter] I do not like this. Same with the mirrors. I think I put the mirror away but you know the magnifying

mirrors...here's one. And some people don't just even know these things are out there. We go to health fairs everywhere -- any health fair I can get to in the rural country. And I just bring these simple devices and tell them where to get them. And it's a huge service because they don't realize that "I can do that still"; like putting your makeup on. It magnifies it at a huge magnification. Or something you can buy. The stronger ones you need to purchase online or with the catalog, but the simpler ones, that's again like a Target thing, it's in the beauty supply store. So there's our vision of low-tech, no-tech, high-tech.

And I have a whole...I guess we have an hour. I'm going to pass these around for you guys to play with which I think everybody saw yesterday so maybe -- there's like two people more in here from yesterday. So Optelec puts out these guys. This is a magnifier that's more of a high-tech because it's more like binoculars. You can just check them out. And then here's a pair of glasses, as funny looking as they are, they're for watching TV. So you can focus them on the board and they're going to magnify things. They're like the TV glasses from another agency. I don't remember what Optelec calls them but they're TV glasses and they run about \$70 dollars. But they could be the perfect solution for the right person who just can't see the TV.

And I'll pass the magnifier around so you can see the difference between this one and this one, which you actually have to turn on. And I'm going to pass one that has a higher amount out, too. So this is a three times -- let me break it while I'm at it -- a three times, I think it's a three times magnifier and this is a 15 times magnifier. So when you're looking at the 15 times magnifier -- I'm going to put them side by side. You'll see with the three times -- and this is a whole kit we bring out places to see what people actually need because...I don't specialize in it but I can let them try these and see what actually works for them. And a lot of other Independent Living Centers will have this same service. Or you can go to an eye doctor. And I've heard eye doctors charging for it, which most don't. I was like, you've got to be kidding me; this should be a public service. So when you look at this one you're going to have to bring the item up close and look at it. (I can't see anything, these are the problems with these, because I don't need them.) And make sure it's working, it's not turning on. We'll use our mobility pole for that. So you're going to be looking for like a letter -- but where is Gina when I need her. There it goes. Okay. So you have to bring this one up close and this one you have to actually scoot along the paper because the higher the magnifier amount, the lower, the higher it has to be. It's made to actually be like up here with your device, the closer it has to be to your face. So you lose your scope of vision what you can only see a letter, "A" this "A" that. Where with this one you can just slide along the paper and just watch the whole thing. These go side by side. It's kind of some neat stuff and the coil -- I think these are the same way. There's going to be a higher and a lower also in the other direction. This is four times and here's a twelve times. Oh, these ones light up. These will probably be a better example; you want to hold both. And there's different illumination fields now, too. You can tell which ones are light and which ones are LED. The LED has a bigger scope to the light. Actually you lose a little bit of the scope of the field, too, because the lights in there...especially on 15 magnifiers it's super important. Where with the three times you don't lose as much because you can already see more but the LED just kind of gives it an overall look compared to the light now. They run more money but in a lot of cases it's only a few dollars so it's well worth it. I'm going to have magnifiers floating everywhere. And here's the coil which is the lift-up one.

So, with vision we have more programs in Independent Living Services than some of the other items because we have a low, a blind field service grant and if you pick up your pamphlets -- oh, Amy passed them out, wonderful -- the blind field services is for over 55 years old and it helps anybody with low vision. We do not do glasses. What we do is -- different centers have...like if you called us we could probably tell you which center down in Modesto actually has this grant, but they do have it all over California it's just not all Independent Living Centers. Sometimes it's like the area on aging or I think it's

like blind, I don't remember but there's like another group that has it besides Independent Living Centers . And it helps over-55s purchase large print calendars; CCTVs when funds are available or they've been donated. The magnifiers are always available. For the bump dots they come into your home. They help you put the bump dot -- does everybody know what bump dots are? I wish I would have brought them. So bump dots are little dots that look like stickers that they stick out and they can be put in different intervals of the stove or there's different patterns you can put on different parts of the microwave so they know where to touch them. And so sometimes, you know, just for somebody to continue to live independently in their home it's a bump dot; they know where these buttons are that are important to them. So blind field services can do that and there are grants all over California for that. But you have to be 55 years old, that's the key to it, and it's not based off income, it's not based off anything, but it is age dependent.

Audience member: [Inaudible]

Katie Bullock: It's because how they do the grant. I really find that people who are between like 18 (because of MediCal and lower income) and 55, there's not much for them. I know our Pam used to do vision resource center and now she's part of Independent Living Services, and especially when items are donated we're able to give them back out. Even though ours are considered long-term loans, there are extra items that do get donated and so we can give those out to people who aren't getting served anywhere else. So there is a huge loop hole there, and I think it might be because of macular degeneration, diabetes -- all those types of things start kicking in the senior years, so to keep people in Independent living because institutional living is just too expensive.

Audience member: [Inaudible]

Katie Bullock: Uh-huh.

Audience member: [Inaudible]

Katie Bullock: We're the low vision program. Pam goes to people's homes in Redding. Gina is pretty much stuck in her Paradise office. So we don't know what we're going to do yet. Maybe if we get more interns that she can train to go out in the field -- but Gina is low vision. She walks to work, she's unable to --she's very low vision. She wears glasses with the binoculars, she's on our other paper other -- a picture of her over there on the pamphlet. Sometimes there's -- I don't have very many of them, I guess I have one. It shows a picture of her and it shows the binoculars and glasses. And she knows what everybody is going through with insurance, she runs two support groups up in Paradise. I know she was doing one down in Chico, and she can help people do it, help family members do it -- but getting to the house she can't do at this point.

Audience member: [Inaudible]

Katie Bullock: But in the Redding area Pam goes to their home all the time but she can't drive after dark she's low vision, too, so it's just --

Audience member: [Inaudible]

Katie Bullock: Generally, no, you come to our office; we're office funded. So I run a durable medical equipment reuse program and for people some of the assistive technology I am able to go -- if I can

build a case for my supervisors then I am able to go to a home. But they have to build a case on every single time I go out: "Because they can't come in because of this, this, and this, and there is no one to take them." And when I did housing, that type of thing, no, they had to come into the office or else we did it over the phone. We totally accommodate over the phone it's just that we don't have the budget.

Audience member: [Inaudible]

Katie Bullock: I mean I wouldn't -- if they wanted to look at all the low, like the low-tech items, I really have two suitcases like that and a huge bin and a suitcase in Chico. I wouldn't want to have to drag those everywhere. But if they were like hey, I need an Optelec or a little mini magnifier, that type of thing, will you bring everything? You have four different types of Dynaboxes, you know, which one is going to work for me? Then I can go to their home if they can't come in. So they let me go a little bit more because my funding is a little bit different. But in general blind field services is -- that's a hard one right now because we have several consumers who need in home service and there's no funding for it so there's no funding to get Gina a driver.

Audience member: [Inaudible]

Katie Bullock: Absolutely. I know I've seen Pam talk to people way up in Modoc County where she can't go there just because it's, you know, actually because it's too hard on her. She had somebody come down from Weaverville yesterday. She waited a while she was supposed to wait a while to make sure she served them because they didn't leave their phone number. But you know we really take our outsourcing area -- since we do have Modoc, we have Plumas, we have Lassen, you know -- those rural communities seriously. So Modoc, she's done the whole thing over the phone with the IHSS worker: "This is how you put the bump dots on, this is the magnifier I'm sending you, I'm sending you the large print calendar." I don't know if anybody's ever seen those but they're like that big, they're huge, they're just like these huge calendars and their 20/20 pens which don't actually bleed through. They look like sharpies but they don't bleed through paper and then they have notebooks with like inch-tall paper on them so they can take their own notes that type of thing. And even referrals over to computer programs, so you can magnify it much larger. She can do a lot of those types of things over the phone. Same with Gina. It's just there are certain things she can't do. So, okay. So that's basically our vision section. We do have more devices. and if you go to this program, it's ATnet.org. If you go to the exchange program, which you guys might or might not have got one of these, but in English. And so the AT exchange program is listed on here. No still not. So ATnet.org -- on the top right-hand side it says AT exchange. And it has a list if you click on Independent Living Services of Northern California, if you click on devices we have available. At this time, because the program we do that are the \$400 ones, we can actually send those to people. So if somebody is in Modoc county or something and may want to borrow it I can do and intake with them over the phone, get the paperwork sent in, send this device because this particular program with the higher tech devices I have are owned by the Department of Rehab. And there's 13 lending libraries in California -- we're one of them. I think the other ones have higher numbers. They're very, you know, in the middle of town where we're more rural so they've given us an account we can send them to, and they're responsible for sending them back. If not, then we help pay for postage. And there's all types of things on there, including the DynaBoxes which are \$8,000, including the Toby which is \$15,000. Does everybody know what a DynaBox is? Okay. We'll cover that in a minute. So but this program right here is really cool and it is statewide and we also send them to for the high-tech devices I can send them down to San Rafael and the person down there can loan them out to their consumer. So it's a matter of having this huge lending library for people to try out that's statewide. AT network which it does talk about in this one, is a statewide hub and it is wonderful. It's

done all my training for me, I've done online with them, I collaborate with them monthly, and it's how can we help people. Okay. Over with those.

Okay. So on to hearing. Okay. Has anybody heard of CTAP? It's California Telephone Access Program. So a phone like this, not this model necessarily, but it has amplification so it's really loud. It goes louder than a standard phone. CTAP will provide consumers that can't afford phones to their home for free. They do like a long-term loan; I think you're supposed to keep them for five years. And so if you look it up online under Google it's called CTAP. They provide phones. We have a couple that we can loan out for people to try before they buy, but they're not the CTAP phones any ways. And if you're going to get a phone through CTAP they actually do a whole thing, do an intake of what you need, they have phones that will print things out for you, they have dialogue that's typed out because you can't hear, they have amplification phones, they have one for vision, hearing, you know, whatever it is it's just to make sure that people have telephone access. Yes.

Audience member: [Inaudible]

Katie Bullock: CTAP, California Telephone Access Program. Although that's not through us at all right now I have -- oh I wish I would have brought them -- I have a couple we would have had to have a phone line, probably do. We have a couple different phones that we're trying out for them to do a survey on. It's how we all collaborate with our consumers to see which one's the best. They do send the phones out to be tested and make sure which models they are going to be carrying. And they have a store, I believe in Chico, that's open like one day a month. And I know there's one in Redding. It might be a good field trip. So the Redding one is now open like one and half days a month. Great if you need to return something when they're open. So this is a hearing phone or it could be for vision or you know. Cognitive impairment, whatever it is. CTAP probably has a phone for you.

So with hearing, I also brought in a couple different devices -- low-tech, high-tech. Low-tech and high-tech. This is a simpler version but you could hook it to something so when it goes off it's an alarm. So when activated by a wake up alarm or other signal such as doorbell, telephone, or baby crying, the signal device makes the mini strobe light flash lightly to alert you that there's a signal. And I believe that these are like 30 bucks or less depending on where you purchase it on the internet. Usually I have a price but this one doesn't, and I've seen them less and I've seen them more and I've referred people to them. So one of the other things that we do if you're out of the rural area is I'll either send you the catalogs or I'll look up the items that you want. And I will send them to you, like a bunch of them. You take your pick of where you're purchasing it with 800 numbers if you don't do internet access like a lot of our seniors don't. And so there's a strobe light but in a different version of it -- this one actually has a shaker. It has -- it hooks up to the phone, it hooks up to the doorbell, it actually has a mini little doorbell which is not in this model but it's about that big. I installed one outside -- so I installed it outside the door. hung it up -- its battery operated -- and hooked it to a light on the inside. With this, put the phone in it and the light would go off along with the shaker every time the doorbell rang or the phone rang. Super easy solution -- these run about \$200 dollars. And I also had a consumer with fibromyalgia who took night medications and just could not wake up for nothing -- for doctor appointments -- not even at 10:30. She woke up when she woke up, and she said that any of the other ones that I loaned her were not quite as good and this was the best one I lent her. And it's the Alerts Masters 6000. I have purchased some other items since then, since she told me the other ones we had which weren't as good, according to her, that were about \$500. You can get a bed shaker for alarms for somebody with hearing loss whose not hearing it and I've heard good reviews on it but I haven't gone to her with that yet. I might test her just because she'll tell me

And then there's a hearing helper. I had my hearing helper loaned out. It's about \$150, it's made by Williams. It actually looks similar to this and has a little device sticking off of it, a microphone like this and hearing things so somebody can wear it and the other person receives the information. Or there's neck loops. This particular one is a Confor Contigo (?) and it does the same thing. Somebody wears a neck loop it can work with the hearing aid or not and it magnifies it so I can talk to you and you will hear me instead, or similar to this, and these run about \$200. The one that's made more so for conferences, they run about \$1200 for really clear. These are the same type of items that we loan out. I loaned a guy five different models before he ended up buying the one that he liked, but he figured it out and otherwise it would have been a \$200 waste here, a \$200 waste there. That's why the AT exchange program is so important. same with for hearing.

The sensor, the Set 830 TV. that's the one I brought because this one was his favorite out of them. I have like four other models in there and at my office. And so if somebody is having hearing loss and can't hear the TV this one runs about \$150. But it's an option, you know. They're saying I can't here the TV or the family is complaining because they only hear the TV [laughter] and grandpa still can't hear the TV. I remember that being the story at my grandparent house, grandpa and grandma. I wish they had these then because grandpa and grandma even had two different TVs in the living room because they didn't want to watch the same thing and one had head phones and one didn't and it was really noisy. Along with their dog and their, like, five cats [laughter]. So these are awesome devices, they're simple. These are high-tech devices for hearing that are available.

A lower tech device would be, and I opened this because somebody wanted to try it, it's one of our display items, it's a Listen Up as seen on TV, for \$15 at Bed Bath and Beyond. It allows somebody to hear something with better magnification. So you can always try one of these and I carry some of these for vision, too, like the little magnifier as seen on TV. So they can try them before they step into the \$400 version to see if it will work for them. I like to carry both because if somebody can get away with \$20 compared to \$400, it's coming out of their pocket. So that's hearing.

Special communications. So we have -- let me pass this around too. Even through it's a past version it's kind of fun to play with. These are fun. Helping people find augmented communication devices can be all the way from -- I made pet cards, pet cards are cards that you would make for a child on a ring with autism generally so they can communicate. I made a set of pet cards for a senior who needed them because she couldn't do all this -- she couldn't push the buttons and it was too much for her and she also had Parkinson's along with some other things and communication was going. And so if she wanted to use the bathroom or if she wanted to eat those types of things, pet cards. And I told the family, you know, as with pet cards if you can make your own pictures of your own family members, put in the food that she actually wants to eat all, of those types of things, expand this, this is great -- but here's your starting set. And that could be, you know, a low-tech communication aid. This particular one right here all it does is it actually types it up top, like "bathroom" or "I'm hungry." And the back side -- they carry these at doctors' offices too -- they're sick, can't breathe, dizzy, those types of things, worse pain. We got lucky they actually give us some. I'm down to the last one, though. I've given a bunch out to different agencies that were non-profit who needed these types of things around -- those were just for communication. Another one would be the chop box. You push the button and it will say it out loud for you. So if somebody who isn't able to communicate and needs to be able to be heard out loud, where as this one is just read on scene a little more patient. But, you know, a nurse is walking in and out, I'm hungry or a family member or TV or I want to read or whatever it is there's stickers and you can just make it your own and you can record your own stuff too.

To the DynaBox -- which I don't have with me. But DynaBoxes are about this big or they're smaller than Palm Pilot is smaller is it a Palm Pilot -- the Palm Talk is smaller and there's a DynaB, Dynamax, Palm Pilot and came out with a new one which was less money. So they run \$8,000 dollars. You program them, you set up as your own computer. It types and it says, "Hello, my name is Katie." You pre-program it with words -- you don't pre-program for the other ones. You type sentences or it could have pictures. They're used for autism, they're used for stroke victims, they're used for people who just can't communicate as well and their voices are just not that strong.

I had an intern one time who used one and she ended up using the Proloquo2go. The Proloquo2go is -- and I think its charged right now-- is a really cool item. This particular one is a device speaker, shock absorbent and inside of it you have a handy-dandy iPod. They came out with iPad ones now, too. And so for \$250, plus a \$200 program, you now have yourself a speech communication device a little slicker and it's much smaller. But iPad has come out with them and there's Proloquo2go on iPad's, so for \$500 you can get a bigger device, for \$120 you get a shock absorbent device, and you have programs that run between free and \$300 dollars. I think is the most expensive one I've seen so far, 360 bucks. And it depends on what you want your communication device to do, but it will type, it will talk. You can have some buttons, you can have all buttons. That's a whole different training, but iPad and ITouch have come out with a lot of new things.

In fact, back to vision -- you used to have to have if you wanted to have all the little tools and you're having vision loss and you can't see your money, you can't see what this, is you need a bar code scanner. Things like that -- it used to be \$1200 for a bar code scanner. That new application that came out is \$30. They're adding more and more bar code scanning, too. And so you purchase your iPhone or your iPad -- it can scan it for you and it can tell you what the item is out loud. My bar code scanner is lent out. Otherwise I would have brought it. It's super cool. Because it will tell you like Campbell's soup and how many calories and that sort of thing. That's what these devices are doing right now. Same with the money reader. The application, I think it's called look-tell and it's \$3.99 and if you get any part of the bill it reads it out loud to you what the bill is. And if you don't want it out loud like "\$100 bill" or "\$20 bill," you can get it in tones so you know what it means and nobody else does. And then there's all types of other applications out there. So your little ITouches and iPads are super friendly but Apple doesn't train, as far as I know. So you have to find them yourself.

And I have a whole DVD if anybody wants to check it out. I didn't create it but Eric did, and he is at the Ed Roberts campus. He did a training for us last week I was at and he just did a whole training on iPad. It was amazing. So those are the communications devices that are out there. As you can tell it goes low-tech, high-tech, and then no-tech, would be the pet cards I guess. They are no-tech because you have the binder ring and your pieces of paper. I ended up using one time for pet cards I cut down pieces of paper and it could of have been pictures of what I was going to go for the family eventually, but it was a binder because it couldn't hold the card very well and it was the baseball cards little things you use to put baseball cards in the sleeves, to make things work. Okay.

Now, learning cognition and development is another section. I use these sections because if you go to the AT network website for assistant technology these are the sections that we list everything under. So what you're looking for. So there is tons of recognition software. There's some of it on computers so you can borrow from us. And it can either, you know, voice command --it can be like dragon, we have that. We have ones that help you type and talk at the same time and do corrections. It just kind of depends on what you want for software. And here's an Intel reader. which is great. They have a note taker thing out there too now. And I believe iPad actually has a version similar to this where you just take a picture

it reads it to you, you can store it, you can take pictures of your notes or tape your teacher. All into your own computer; just connects up with it. And it has a huge stand that I didn't bring but it would just go right in here and takes pictures. You can take pictures of your books and it would read to you out loud but it's page-by-page so it's kind of slow. But the Intel reader runs \$1600, so if that's an extra device that you're throwing into, you know, another device. I'm pretty sure that a lot of the Apple things that are going to be over to just different PC programs that are [inaudible]. I don't even know what they're called because everybody says Apple but I know that there's anybody not the Apple ones, not like Android but there's a name for the generic ones.

Audience member: You mean smart phone?

Katie Bullock: No. Smart phones are good, but any of the little table top PCs. Net books -- those are good but I'm thinking all of that's going to connect up and they're going to make applications for all of them as it goes. But they're just starting with Apple, so luckily for assistive technology some of these higher end devices aren't going to sell.

Audience member: Tablets, yeah.

Katie Bullock: Tablets, yeah. probably what I'm looking for. [Laughter] I don't have a smart phone yet. I do play with all that Apple stuff at work. Okay.

Mobility seating and positioning is another section which goes into the AT reuse it program I'll go back to. But we do take items in and we take them in as donations and give tax receipts and give them back out to people in ILSC. And a lot of other places in California do. Not as many as you think, though. Because I have picked up three wheelchairs from Sacramento and Davis because other people wouldn't pick them up, and we could use them up here anyway. And then it also goes with grab bars, which we don't lend out to people but we give out a lot of referrals to people. It's super important if people need grab bars or benches, shower benches, any of those things they get them because of fall risks. People don't always come out of the hospital, people don't always heal. Their life is majorly damaged by it. I do a lot of education with my consumers on it because they don't think they need a shower bench but I've seen them get inside of the chair inside of my office, and I'm like, "How about that shower bench?" With MediCal and Medicare all you need to do is you need to get a referral. If they had Medical and it's being covered or Medicare with less of a share of cost, they just need to get a referral note for their doctor bring it to a durable medical equipment vendor, and they can get the items. There's a two-hour process. It's kind of a pain. but that's first step is getting the prescription from their doctor. And fall risks are just something you need to watch out for all the time. If somebody looks like they either get dizzy early or easy. Or they don't have that good of balance, or they have a hurt foot or whatever it may be. Look for fall risks in anybody that you work with, anyone that's a senior especially -- and your own grandparents, your uncle, your great uncle, anybody like that in your life because a fall risk is bad. And I think our seniors are, and other individuals are, big time at risk.

Audience member: [Inaudible]

Katie Bullock: Well, Independent Living Services in Northern California does in Chico and that would be Dan. Yes.

Audience member: Home healthcare management?

Katie Bullock: Home healthcare management does, too. Thank you.

Audience member: [Inaudible] any home care worker or primary physician..and then they do therapy..

Katie Bullock: So it's any physician?

Audience member: Any primary.

Katie Bullock: Any primary? I thought it was like certain ones, I didn't realize, because I've never seen it from the doctors; usually people are calling us.

Audience member: Any doctor can write an order for home care and they'll usually write an order that says like home care – PT or OT or home care or skilled nursing – and then they have a choice of home care agencies that they can choose from. And their referral gets back to me [Inaudible] ...And it's all covered under insurance.

Katie Bullock: Perfect. That is perfect. Then if it's not being covered like the ramps and stuff...in the City of Chico we do have a small fund that is Chico actually. I guess it's Chico's fund. We grab onto that can do some accessibility accommodations for ramps or other modifications to the home and Dan is the one who does that for our agency. I refer people over. Now, Chico's unique. I don't have that in any other town that I know of in our eight counties, not one. I mean that's something that Chico is pretty awesome for doing.

Audience member: [Inaudible]

Katie Bullock: A certain amount every year that he's able to do, and he's able to do some of those. And they don't have it in Redding, they don't have it in Fall River Mills, they don't have it Burney, they don't have it in, anywhere. I know they have some programs through the HUD offices, through some special money set aside through developmental community grants there's like sometimes some things but not like it is here. This is the one place I'm like, "Oh you're in Chico -- that's great!" [laughter] So we also do short-term loans and grants, when available, through Independent Living Services. Just mobile ramps that are inexpensive and we help people find them. But that could be a hit and miss because it's not always covered. All right, this can go in here. Oh, I figured I would throw this in...low-tech, helps you not slip in the bathroom. If you're not going to be bending over you can just put this thing in with the section cups down and wash your feet. So this would be like a low-tech item. And your cane for mobility and seating -- because if you're walking along, you're then making sure you're not tripping and stuff. Of course, this is for somebody who is low vision or blind, but we do give these out, too, to the 55-and-over program. I'm trying to make sure I go through all the different items for daily living.

I guess the rest can go into daily living. And environmental adaptations I already did. So we'll move into daily living. So daily living, there are all types of cool items. This is one that, according to a lady that I think a little further down south, she's an AT lady that has been spoken of several times -- this is one of her favorites. She's called "the gadget lady" in all the newspaper things that they do on her. This particular one is just kind of make sure you don't get cut, it can help you open DVD's. It has a little plastic piece on it, it has a little knife in it. I know for 20 bucks..it has a wider grip, mobile. It looks like my spring or something is having some issues and then right here it has a screw driver. But the little pieces are gone because I show it off everywhere. So you can check that out -- it's called "open it."

Audience member: [Inaudible]

Katie Bullock: What time is it, 11:30? Okay. Well, I'll be done within like five to ten minutes. And this is a "grip it" right here. If you open and shut it, it can hold a bag instead of cutting into hands. Because I know for lot of seniors it's easier to break if it's a little bit thinner; so this would allow them to not have that occur.

Audience member: What does that do?

Katie Bullock: It grips --actually you put a bunch of bags on it or a plastic bag on it and you hold on to that instead so it won't break skin. It's a safety feature, just a daily living one. This shoe horn -- if you can't bend over you can still put your shoe on. They create longer shoe horns. The grabbers, this is a cheap one but there are grabbers that go like three feet long. And I have one in my office, this isn't it. But we actually do a loan out that can pick up like unbelievable things. It's super heavy duty. We let people try it before they buy it. Nobody ever checks them out. When they say I want a grabber, I'm like, "Hey check these two grabbers out. See which one you want to purchase because which one is going to have, you know, your jar of mayonnaise fall -- which is just going to be a bigger risk in the long-term. This is a thing of scissors you can cut paper with. So you put it through here; test the paper instead of having a pair of scissors so they don't actually have to have the grip. If anyone wants to cut any paper up, I can pass it around. The sliders -- I don't know if anybody has ever used sliders in their home.

Audience member: [Inaudible]

Katie Bullock: Yeah, these are great. I move my office around like every couple months now because I have sliders. We move filing cabinets by ourselves if we feel like moving around, big four-drawer filing cabinets. Just a matter of getting it on the filing cabinet. Great tool for any senior because it might be something that we may not have problems with, but even with a laundry basket they can through this underneath and push it through the household, on carpets. You know, easy going like this. And then this is a can opener, jar opener. Daily living you take it to the ceiling it's just one handed, almost. You can get things open --there's just all types of things.

Vehicle modifications and transportation I wanted to go over real quick because they're really hard to get a hold of unless you go through like the Department of Rehab if they find they need one. Or you can afford it yourself. Then somebody brought up the other day --yesterday. I forgot about the program that AT network is working on and they've been working on for some time. They don't actually have a funder but the Department of Rehab has worked with them and it's like a guaranteed type loan. If they qualify. And the guaranteed portion is the bank would not miss out by getting the funding, because no matter what they're going to cover it. But it's a loan like for a van for somebody who needs one. It's like I think it's low or no-interest but I haven't paid attention to it because for two years they've been looking for another bank to take it up. It's part of a mandated program they're working on. I'm not even sure if it's mandated. It's something that they were doing that they can't do any longer because they can't find a bank to take it up. But it still is no loss for the bank; they just make nothing off of it either. And so...but we do sometimes get some ramps donated, like wheelchair ramps. They just gave out a scooter lift that goes in the back of a car. It was a \$2000 one that somebody wanted off their car; it was too heavy for them and they weren't using it. I was able to give to somebody else that type of thing. I can refer them over to places to get them.

And then barriers to AT was opposition of technology by seniors. Not wanting to touch the device in fear of not getting it right. Education is what is needed. You know, a lot of times they're afraid: I'm going to waste money on this, waste money on this, waste money on this. It's just a matter of getting them the right thing, maybe helping them do research. If you're out there whoever it is, you know, see what's going to work for them. I know that we got my grandma the -- it wasn't that one -- but we got her a TV listing device for Mother's Day. Everybody pitched in, and that was much better than getting her flowers and candy and everything else because it was something that works for her. So if you're thinking of the person these can be great tools even for family members.

So I wanted to talk a little bit about [inaudible] before we go. First I handed out this paper for where to get a lot of these devices at and different websites. So instead of trying to find them later these are ones we use regularly. Did you guys all get this? Oh it's up front, sorry. And so it just says places to get devices that assist with everyday living, and I actually cut and pasted this real quick for this. So it's a little bit crooked but it does the purpose.

And this is -- you guys get these one, no, well I'll put them out -- this is a program we have right now. We're taking in donations and we give things back out from to adult diapers to assistant technology hospital beds, sock aides. Any of these we do tax write offs. And we can do some deliveries with them for the person that can get them, like a hospital bed, a power wheelchair. And we are going to have a funding again on October 3rd, where AT network actually has a fund out there where we're actually able to get a few items fixed like power wheelchairs they have been donated that don't work because they just need batteries. So I have four of them, two which are already called for and two more that will be available. If you know anybody if they get on the list quickly -- we just keep list of people who need these items.

And with AT, I'm on the coalition for California. We're working on changing policy; where re-use is more mandated it saves money. There are 50 states out there and I think over 20 of them have good re-use programs. California is not one of them. Other places like Utah...you know, you buy that \$25,000 wheelchair and when a consumer is done with it, it just kind of goes away from the family to the junkyard. It doesn't work, it's at a yard sale for \$100, somebody's driving around and it's not needed. With a re-use program, if we get it going the way we want it to, it would be similar to the Kansas model. And we do have the need to do it, so we're working really hard to get the policy changed. Right at this point we're at the beginning steps of it. And it would go back to the center who would fix it and somebody who needs it could get it for less time than they would have. To take, like, two and a half years instead of five. or they could get a new one for five. And how much cost savings would that be? The person's getting it who actually needs it because there's a specialist there fitting them for it. And if it doesn't go away that way, then they'll sell it to people for cash value cost to fix it who actually need it and then if not Independent Living Centers get to give it back out. That's our hopes for the future for AT re-use in California. We'll see which way it goes, which way politicians vote on it. We're just now putting together the policy briefing that's going to go out. We're actually putting on a logo contest, and it will be out soon, going to the colleges and to Facebook. We're going to give six weeks for people to create a logo and we'll give away an Apple iPad 2. If you win the logo contest and create what we're looking for. And it's pretty big. I mean it's changing. AT re-use is going to have to happen in California. It saves money for other programs and it's going to give access to people who aren't getting it. So I wanted to mention that today because if you see it out there -- if its letters that we're looking for, things like that, please pay attention because it's import, it saves everybody dollars and it's green. I always laugh because I'm saving the world one commode at a time.[laughter] Because I always think of the landfill. And, you know, everyone wants to be green. At this point we know we don't want to waste, for our

future generations. And we know we want everyone to be served, whether its finding a grabber or getting into power wheelchairs, so they have access to facilities. So that's it.