

AT for Independence at Mealtimes and Medication Management

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APRIL 2020

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Tools for Life

Tools for Life, Georgia's Assistive Technology Act Program, is dedicated to increasing access to and acquisition of assistive technology (AT) devices and services for Georgians of all ages and disabilities so they can live, learn, work and play independently and with greater freedom in communities of their choice.



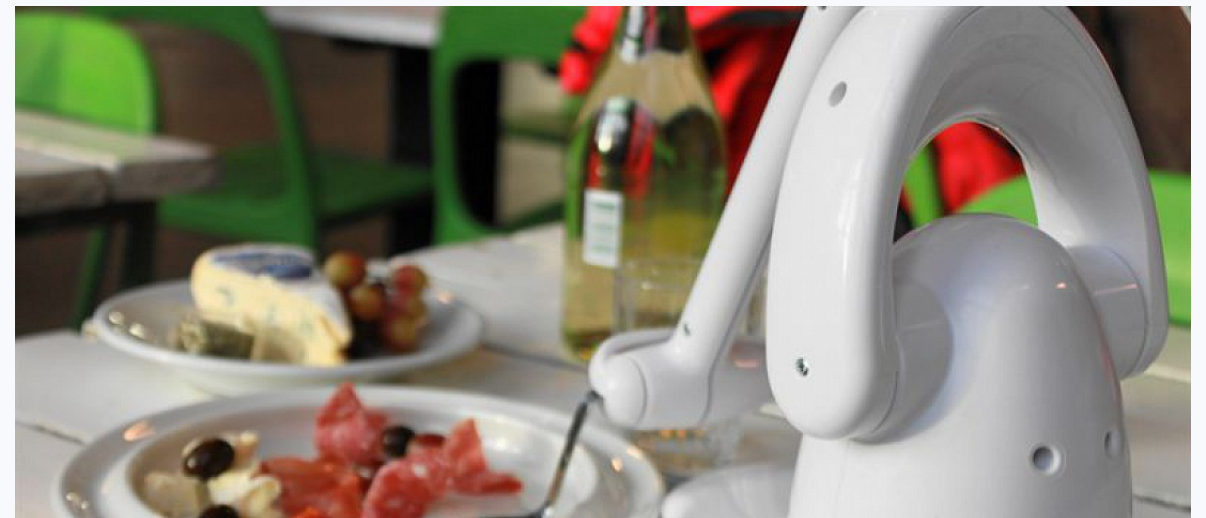
Begin with the End in Mind



“Independent living is not doing things by yourself. It is being in control of how things are done.”

-Judy Heumann

How do you eat?



This presentation is about assistive technology for eating and medication management, you should consult a professional (ex, SLP or OT) for advice on consumption of foods or liquids, for the safety of yourself or others.

Eating considerations

- Location (person, food, room)
- Position (of the person, table, dinnerware, etc.)
- Supports (PCAs, AT)
- The food (this determines the AT needed)

High, Medium or Low Tech?



Considerations for Placement

- Is the table high enough?
- Lighting
- Does the plate/bowl need to be elevated?
- Body position to reduce the risk of choking (professional consult)
- Is there room for an aid?



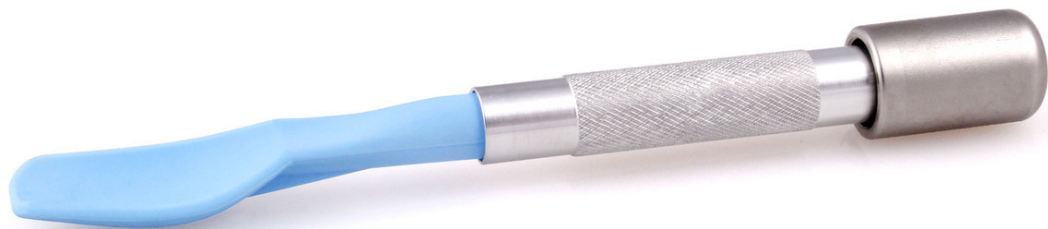
Low Tech Solutions

Or, Eating inexpensively

No to Low Tech Options

- Flatware
- Dinnerware
- Preparation Tools
- Glassware/drinking

Flatware



Drinking Options



The Great Straw Debate

Dinnerware



Preparation Tools



Organization and Identification





Medium Tech Solutions

Eating Facilitated with a Battery

Useful Kitchen Items





High Tech Solutions

Futuristic Accessibility

Automatic Feeders

- Allow a person to eat with minimal setup from an aid
- Devices are very expensive
- Allows for a more conversational meal
- Puts the person with the disability in the driver's seat

Bestic Feeder

- Weighs 4.4 pounds
- Can be calibrated to an individual
- FDA registered
- Switch controlled



Obi Feeder



- Multi directional food capture
- Spoon wiping
- Easy to reposition
- 4 hours of eating time/charge

High Tech Flatware





Medication Management

The Importance

- Safely live independently
- Prevent institutionalization
- Life saving (literally)
- Coupled in this presentation because of food requirements

Portable and Inexpensive Options



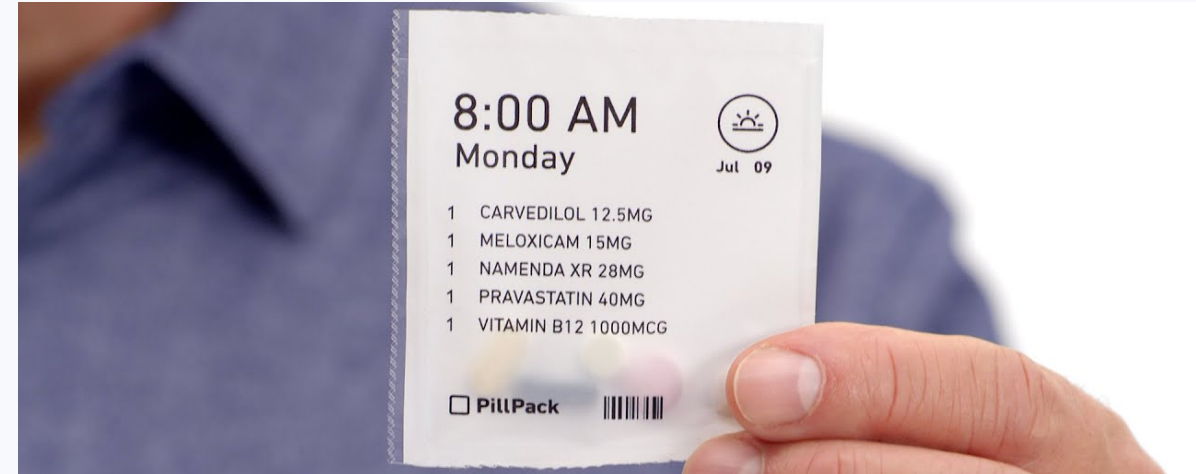
A Little Reminder Goes a Long Way



Reminders without Batteries

Medication Schedule

Name of Medicine	Dose	When to take:				With or without food	What is the medication for?	Date started/ Date Stopped/ Date dose changed	Doctor who started the med.	Side Effects
		A.M.	Noon	P.M.	Bedtime					
		A.M.	Noon	P.M.	Bedtime					
		A.M.	Noon	P.M.	Bedtime					
		A.M.	Noon	P.M.	Bedtime					
		A.M.	Noon	P.M.	Bedtime					
		A.M.	Noon	P.M.	Bedtime					



Pill Card

Name: Sarah Smith
12/15/07
Pharmacy phone number: 123-456-7890

Date Created:

Name	Used For	Instructions	Morning	Afternoon	Evening	Night
Simvastatin 20mg	Cholesterol	Take 1 pill at night				
Furosemide 20mg	Fluid	Take 2 pills in the morning and 2 pills in the evening	○ ○		○ ○	
Insulin 70/30	Diabetes (Sugar)	Inject 24 units before breakfast and 12 units before dinner		24 units		12 units

Did I Take My Meds?

Rx	AM	NOON	PM
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

PHARM. _____ TEL. _____
DR. _____ TEL. _____

A Hero for Your Medication

- Can hold 10 different meds
- Dispense multiple times/day
- Connected app
- Reminders
- Can include a caregiver



Questions?
Comments?
Quips?
Queries?
Quandaries?

The Tools for Life Team



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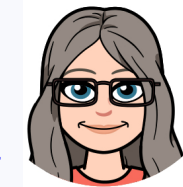
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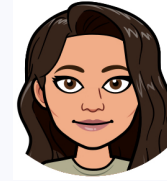
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Disclaimer: Produced by Tools for Life (TFL), which is a result of the Assistive Technology Act of 1998, as amended in 2004. TFL is a program of the Georgia Institute of Technology, College of Design, Center for Inclusive Design and Innovation (formerly AMAC Accessibility) and was made possible by Grant Number