Managing Your MS Symptoms with Technology

February 9, 2016

Presented by:

Biogen.  usbank.

EMD Serono | Teva Pharmaceuticals
Acorda Therapeutics | Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases
How to Ask Questions During the Webinar:

- **Chat Feature** – Type in your questions using the chat box on the lower left hand side of your screen.
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New York, NY
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Falls Church, VA
MANAGING YOUR MS SYMPTOMS WITH TECHNOLOGY

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 Agenda

• What is AT, Who is it for and How can it help.
• Which AT is right for you?
• Types of AT for various MS symptoms.
• Services and Resources to find AT products.
What is Assistive Technology (AT)?

• Any item which increases, improves, or maintains the functional capabilities of a person with a disability at home, school, or at work
Who are the Users of AT?

• AT products for any challenge or disability.
  • Physical Access and Mobility
  • Cognitive and Neurological Supports
  • Learning Disabilities
  • Vision Impairments
  • Hearing Challenges
  • Augmenting Communication
AT Fixes Access for People

• AT arose from individual desire/need to access community
• AT can improve interaction between person and environment
• AT can increase opportunities for participation
• AT is anything that achieves these goals
Determining What AT is Effective

• An AT Search begins with asking questions like:
  • What environment do you want to make accessible?
  • What task do you want/need to complete?
  • What interactions with others require support?
  • What daily tasks do you need greater control over?

Then ask yourself, “what technology do I wish existed to help with such a need?”
It most likely exists…
Goal: Find the Right Technologies:

- Ask a confidant to participate in a conversation about the challenges you encounter daily - outside feedback is essential.
- Log the environments and tasks that prove to be difficult where a technological support could be beneficial.
- Use this list of daily challenges to find the tools which could meet those exact needs (many links below).
- Be a good consumer--one size does not fit all.
Areas in Where AT Has Value

• Supports for Activities of Daily Living (self care, memory supports)
• School and Workplace Accommodations (computer access, note-taking)
• Access to Leisure (home, sports, hobbies, entertainment)
The AT Field Addresses

- Adaptive Aids for Daily Living Needs **
- Augmentative Communication Systems *
- Environmental Control Systems **
- Home/Worksite Modifications **
- Prosthetics and Orthotics
- Seating and Positioning (Wheelchairs)
- Computer Technologies *

* Primary Topic for Lecture 1  
* * Primary Topic for Lecture 2
Topic 1: Computer-Based AT

• Device-based Tools (built-in to computers/phones)
• Cloud-based Tools (follows user across the Web)
• Dedicated Tools (Invented to serve a disability)
• User-designed Tools (innovative uses of tech)
Types of Computer-Based AT

• Literacy Supports (for readers and nonreaders)
• Visual Supports
• Hearing Support
• Writing/Note-Taking Supports
• Time Management/Organization
• Memory Supports
• Communication Supports
• Physical Access to Technology
Literacy Supports in Devices

Found in all phones, tablets, & computers

- Built-In Support Text-to-Speech (text read aloud to you)
  - iOS
  - Android
  - Macintosh
  - Windows

Links: http://athelp.org/page84/page84.html
Literacy Supports on Web

Example: Chrome Browser Apps & Extensions

- Text to Speech in Google Docs
  - ReadWrite
  - Co:Writer Universal
- Text to Speech on Webpages
  - SimpleHighlighter
  - ATbar
  - Snap & Read Universal
  - Select and Speak
  - SpeakIt!
- Article Summation
  - CruxLite
  - Clipped
- Reading Support
  - Readability
  - Reading
  - Readline
  - BeeLine

Links: http://athelp.org/page66/page66.html
Literacy Supports: Dedicated

Example: Chrome Browser Apps & Extensions

• App & Software Supports

  - DreamReader
  - Notes
  - CoWriter
  - iReadWrite

• Dedicated AT Devices

Links: http://athelp.org/page66/page66.html
Visual Supports

• Device-based Tools (built-in to computers/phones)
Visual Supports

• Cloud-based Tools (follows user across the Web, built-into all browsers)
  • Google
  • Firefox
  • Safari
  • Opera
  • Internet Explorer
Visual Supports

• Dedicated Tools (Invented to serve a disability)

Super Keys  Claro Magnifier  KNFB Reader  Be My Eyes

http://www.kellogg.umich.edu/lowvision/apps.html
Hearing Support

- Device-based Tools (built-in to computers/phones)
Hearing Support

• Dedicated Tools (Invented to serve a disability)

• AVA App – Follow group conversations
Writing/Note-Taking Supports

• Device-based Tools (built-in to computers/phones)
Writing/Note-Taking Supports

- Dedicated Tools (Invented to serve a disability)

AudioNote

Sonocent
Writing/Note-Taking Supports

- User-designed Tools (innovative uses of tech)

LiveScribe Smart Pen
Time Management/Organization

• Device-based Tools (built-in to computers/phones)

Reminders
By Apple
Time Management/Organization

• Cloud-based Tools (follows user across the Web)

Free Google Keep plays on all devices
Time Management/Organization

- Dedicated Tools (Invented to serve a disability)

Inspiration.com: 2 views of same app
Memory Supports

• Device-based Tools (built-in to computers/phones)

Reminders - Apple
Memory Supports

• Dedicated Tools (Invented to serve a disability)
Communication Supports

• Dedicated Tools (Invented to serve a disability)
Physical Access to Technology

- Device-based Tools (built-in to computers/phones)
Physical Access to Technology

Dedicated Tools (Invented to serve a disability)

• What Movement Can Be Used for Access?
• Anything! (that’s all you need to know)
• Any body-part
• Any degree of movement
• Any degree of control
• Breath, eye-blink, muscle twitch, eye-gaze, speech (and eventually brain-waves)
Physical Access to Technology

Dedicated Tools (Invented to serve a disability)
Physical Access to Technology

Dedicated Tools (Voice Dictation)
Who Can Help? AT Service Providers

• Professionals who have experience matching individuals with AT; typically OT’s, PT’s, Speech Therapists, ATP's, Rehab Workers, Educators, and anyone with proven experience.

• Vision, hearing, speech, OT, and PT professionals are all helpful, but only those people with true AT experience (check RESNA.org for people) are ever more helpful.
Resources

• My Website: ATHelp.org
• Chrome Website: www.ChromeToolBox.com

• Best AT Conferences & Websites
  • www.atia.org
  • www.csun.edu
  • www.abilitiesexpo.com
  • www.resna.org
  • www.closingthegap.com
Free Support in NYC

ATHelp
Participation Defines Inclusion
AbleData: Resources

- An online database of assistive technology (AT) products – over 44,000 products from over 4,800 companies. For each product:
  - brief description
  - manufacturer and distributors
  - indexed by function & ISO 9999
- More than 3,600 other disability resources.
AbleData: Services

• All AbleData resources of information on AT products and companies, AT programs and more are available for free and fully searchable at www.abledata.com.

• Information services available toll-free by phone, fax, TTY and email.
NARIC: Resources

- Onsite library of disability and rehabilitation research literature
  - 70,000+ journal articles, research reports, manuals, and consumer materials

- Online databases
  - REHABDATA - Index of disability and rehabilitation literature
  - The NIDILRR Program Database - Information and publications from active and completed projects funded by NIDILRR since 1986.
  - Knowledgebase – Agencies, organizations, and information resources for consumers and professionals.

- Online publications
  - Guiding the consumer - Librarian’s Picks, Research Spotlight, Frequently Asked Questions, Disability Resources, reSearch
NARIC: Services

- Self-Service Web Site
- Information and Referral Services
  - Phone, email, live chat
- Library Services
  - Custom database searches
  - Document delivery
- Alert & Literature Awareness Services
  - News and Notes from the NIDILRR Community and Beyond/NIDILRR Announcements for funding and agency news
  - REHABDATA Connection
Product Search Results

AbleData
Tools & Technologies to Enhance Life

Product Search Results

Search Products: "multiple sclerosis" - Amy - 20

1 2 3 4 5 6 7 8 9 ... next > last »

1. Hand Gym Exercise Unit (Model 70900)
   - The Hand Gym Exercise Unit, model 70900, is a therapeutic hand exerciser designed for use by individuals with rheumatoid arthritis, osteoarthritis, partial paralysis after stroke or who have had...
   - Maker: Ableware (Formerly Maddak, Inc.)
   - Seller(s): Dignity Medical Supplies
   - Product information last updated: 1 month 4 weeks ago

2. Jig For Emptying A Leg Bag
   - Customer Adaptation Project: To enable an individual with multiple sclerosis to empty a leg bag independently. The user, who lives alone, has limited hand strength and was unable to empty her leg.
   - Maker: Technical Aid To The Disabled (Ted)

3. Sheep/Goat Tilt Table
   - Sheep/goat tilt table is designed for farmers or workers back, shoulder or arm disabilities, ankle pain, arthritis, back injury, poor balance, cancer, fused vertebrae, knee pain, lower.
   - Seller(s): Disability Work Tools
   - Product information last updated: 1 week 7 days ago

You Searched for: "multiple sclerosis"
Showing 1 - 20 of 207 products

Selected Filters:

Filter by category:
- Aids for Daily Living (173)
- Blind and Low Vision (14)
- Communication (26)
- Computers (20)
- Controls (13)
- Disability Terms (193)
- Environmental Adaptations (21)
- Housekeeping (14)
- Orthotics (10)
- Recreation (5)
- Seating (4)
- Therapeutic Aids (40)
- Universal (107)
- Walking (4)
- Wheeled Mobility (16)

Filter by who sells it:
- Easierving.com, Llc (8)
- Disability Work Tools (7)
- Do It Yourself (7)
- Muray's Medical Equipment (3)
- Custom Prototype (8)
## Product Categories (counts)

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<th>Category</th>
<th>Count</th>
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<tr>
<td>Blind and Low Vision</td>
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<tr>
<td>Communication</td>
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<tr>
<td>Controls</td>
<td>1,721</td>
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<tr>
<td>Deaf And Hard of Hearing</td>
<td>2,118</td>
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<tr>
<td>Deaf Blind</td>
<td>177</td>
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<td>Education</td>
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<td>Environmental Adaptations</td>
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<td>Housekeeping</td>
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<td>Orthotics</td>
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<tr>
<td>Prosthetics</td>
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<td>Recreation</td>
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<td>Safety and Security</td>
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<td>Therapeutic Aids</td>
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<td>Transportation</td>
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<td>Walking</td>
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<td>Wheeled Mobility</td>
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<tr>
<td>Workplace</td>
<td>1,368</td>
</tr>
</tbody>
</table>
How to Contact AbleData & NARIC

AbleData
Tools & Technologies to Enhance Life

103 W. Broad Street, Suite 400
Falls Church, VA 22046
Telephone: 800-227-0216 or 703-356-8305 (Se habla español.)
TTY: 703-992-8313
Fax: 703-356-8314
Email: abledata@neweditions.net
www.abledata.com

NARIC
National Rehabilitation Information Center

8400 Corporate Drive, Suite 500
Landover, Maryland 20785
Telephone: 800-346-2742 or 301-459-5900 (Se habla español.)
TTY: 301-459-5984
Fax: 301-459-4263
Email: narisinfo@heitechservices.com
www.naric.com

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• www.facebook.com/NationalRehabilitationInformationCenter
• https://www.facebook.com/NARICenEspanol

Pinterest
• NARICInfo

Wordpress
• naricspotlight.wordpress.com

Google+
• https://plus.google.com/+Naricinfo
Thank You!

Questions?
Comments?
Can Do MS Resources

Find these resources at www.MSCanDo.org.
National MS Society Resources

The Win-Win Approach to Reasonable Accommodations

Should I Work? Information for Employees Living with MS Employment Issues

EMPLOYMENT MATTERS
MANAGING MS IN THE WORKPLACE

nationalMSsociety.org/employment
National MS Society Benefits and Employment Services

If you have an employment-related question that was not answered during tonight’s webinar, please feel free to email EmploymentQuestions@nmss.org or call 1-800-344-4867.

Thank you.
WEBINAR & TELELEARNING SERIES

Mind and Body:
A Winning Team in Stress Management

March 8, 2016

Presented by:

EMD Serono | Teva Pharmaceuticals
Acorda Therapeutics | Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases
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Squaw Valley, CA - Feb. 27
Schweitzer Mountain, ID - Mar. 5

7 MOUNTAINS. 1 CAUSE.