Booklet 3

Assistive Technology for Safety & Health



This booklet is the third of six sections in the Assistive Technology Toolkit, which was created in collaboration with the Department of Occupational Therapy at the University of Manitoba and Jewish Child & Family Service.

Table of Contents

Introduction

Definitions

Assistive Technology for Safety & Health Overview

- Prescription Reader
- Accident Detection
- Smart Camera
- Hazard Detection
- Fitness Tracker
- Medication Dispenser

Resources

Disclaimer

This document was developed by students from the University's Rady Faculty of Health Sciences in accordance with their program requirements. The information provided in this document is intended to provide helpful information and is not intended to replace the advice & guidance of a professional health care provider. There are no guarantees of completeness or accuracy with regard to the information contained in this document. All individuals involved in the creation of this document disclaim any liability in connection with the use of this document & the information contained herein. This document is provided without warranty of any kind.

Introduction

This booklet will help you learn how assistive technology can increase well-being by providing security. This could include monitoring your home or supporting you if an accident happens, such as a fall.

Assistive technology can also increase your well-being by monitoring your health. This could include tracking your health progress and managing your medication.

Before purchasing, consider:

- Installation
- Set-up
- Technology compatible with other devices
- Talk with your building manager or landlord before installing
- Research and reach out to resources to determine if the device is for you

We have organized the assistive technology by price and simplicity. With simple and cost-friendly options listed first.

Look for the symbols from the legend. They will appear at the top right side of the page for each device. This will help you prioritize the assistive technology.

Legend



Requires WI-FI



Requires Smart Phone/Tablet/ Computer



Requires installation



Cost

Definitions

App: An app, short for "application," is designed for use on computers, tablets, or smartphones. Each serves a specific function for gaming, banking, messaging, shopping, web browsing, and more.



GPS: Stands for Global Positioning System. It pinpoints your location and provides directions to determine your location.



Installation: Setting up or putting something in place. Consider the tools and skills needed to install and make home modifications.



Internet: A digital library accessible through devices for information, videos, news, shopping, and communication.



Motion detection: Feature in devices like cameras or lights that senses nearby movement.



Notifications: Alerts on your devices for messages, reminders, events, or emergencies, through sounds, vibrations, lights, or on-screen messages.



Definitions continued

Sensors: Technology detecting movement, temperature, light, sound, or moisture.



Smartphone/Tablet/Computer: Devices for messaging, calling, gaming, document editing, and internet access, usable with Wi-Fi or cellular data.



Smartwatches: Wristwatches are wearable devices that track steps, heart rate, and sleep patterns. They provide notifications like calls or messages from your phone and may let you play music or make contactless payments.



Wi-Fi: Wireless internet for homes and apartments, set up by providers like Bell MTS, or Rogers together with Shaw.



Voice Assistance: A feature in devices that lets you use your voice to ask questions to the internet, set reminders, play music, control smart home devices using voice commands, and more.



Assistive Technology for Safety & Health Overview



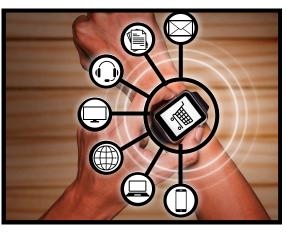
Prescription Readers



Hazard Detection



Accident Detection



Fitness Tracker



Smart Camera

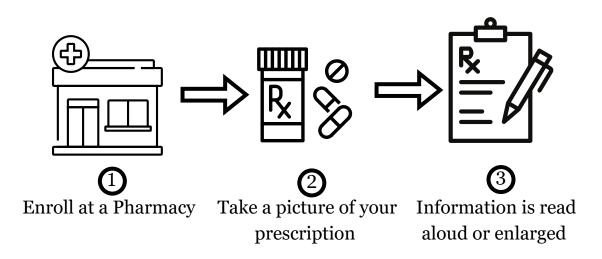


Medication Dispensers

Prescription Readers

A prescription reader helps people read the print on prescription labels and instructions. It can be used either through an **app** or with special devices made just for reading prescriptions.

Set-up



Ask Yourself

Do you struggle to read the small print on your medication labels? Make that a thing of the past! Hear the details of your medication with ease.

Features:

- Voice Guidance: Reads the instructions for use aloud.
- Text Enhancement: Enhances the size and clarity of the text.
- Language Support: Used with multiple languages.
- Reminders: Manage your medication schedules and dosage.

Is it for you?

 Access anytime, anywhere. This can be helpful when travelling when **internet** access may be limited.

Cost: Free

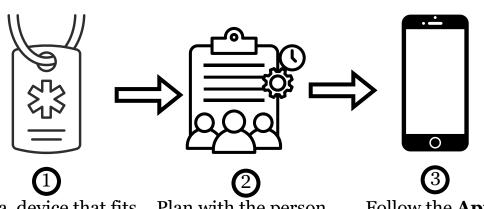


Accident Detection



Emergency alert devices use **sensors** to detect accidents. You can choose who will be **notified** of the emergency, such as a caregiver. Some devices use agents to monitor and send alerts to police.





Pick a device that fits your lifestyle

Plan with the person receiving the alerts

Follow the **App** instructions to set-up

Useful Insight

Have you ever worried about what would happen if you fell and could not get help? Accident detection can be life-saving! Alerts are sent upon detecting emergencies.

Features:

- Design: Wear them as watches, bracelets, necklaces, or attach them to your clothes. Some will consider style in their designs.
- Convenience: Easy to travel with, and some are waterproof.
- Medication Reminders: Send **notifications** for medication.

Is It For You?

- Provides benefits for people with health conditions that require monitoring. For example, people who fall or faint.
- Enjoying a day outside? **GPS** tracking alerts help to your location, wherever you are.

Cost: \$15-80 monthly

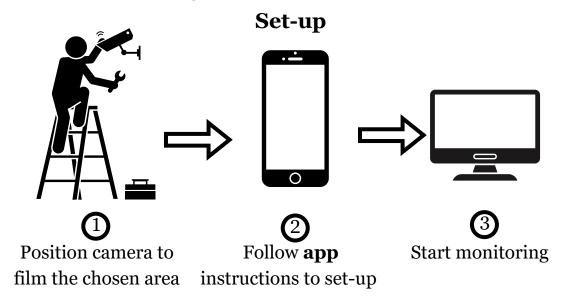




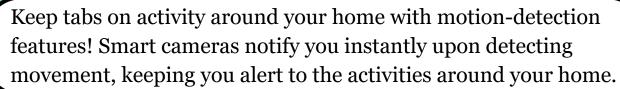
Camera Systems



Smart cameras are like regular cameras but offer additional features.



Quick Tip



Features:

- Two-way Communication: Have conversations through the camera with people nearby, even when you are not at home.
- Night Vision: See and record footage in the dark.
- Cloud Storage: Store your footage online for easy access.

Is it for you?

- Monitor your property outside, such as your driveway or garden. Waterproof cameras can be used outdoors, even in the rain.
- Check-in on family members and pets at any time by using an **app** to see your camera footage.

Cost: \$25-1000





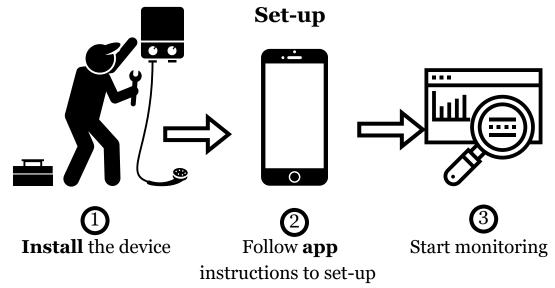




Hazard Detection



Hazard detection helps detect dangers in your home, such as toxic substances, poor air quality, or floods. There are many options.



Types:

- Smart Leak Detector detects leaks from pipes. It can be used in the kitchen, bathroom, laundry, or appliances like refrigerators.
- Air Quality Sensors & Purifiers monitor your home's air temperature, humidity, and harmful chemicals.
- Door & window sensors alert users when opened or closed.
- Smart Stove Guards monitor cooking and automatically shut off the stove if they detect hazards, such as overheating.

Features:

- Real-Time: Instantly notify you of hazards detected.
- **Notifications**: Send notifications to you or a family member if they detect a flood or an appliance being left on.
- Alerts: Sends an alert to a third party who will call 911 if they detect smoke or carbon monoxide.

Cost: \$25-1000



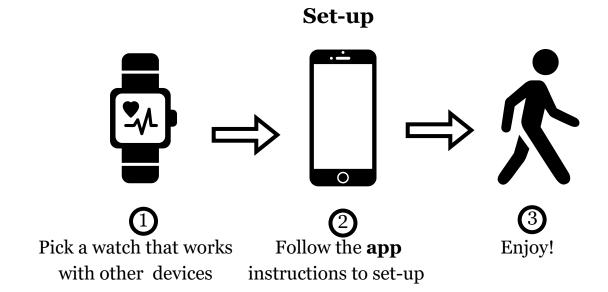




Fitness Trackers



Fitness trackers, such as **smartwatches**, keep track of your daily routines, activities, sleep patterns, and overall health. They track this information by monitoring your steps, heart rate and breathing rate.



Useful Insight



Ever wondered how active you are throughout the day? A fitness tracker shows your daily activities to help you make informed decisions about your health habits.

Features:

- Reminders: Set alarms for meetings, medication, and waking up.
- Design: Considers style with attachable wristband options.
- Convenience: Easy to travel with, and may be waterproof.
- Misc.: Music, **GPS**, answering calls, and **voice assistance**.

Is It For You?

- Track your activities to achieve your goals. See your goal progression by tracking changes in your daily habits.
- Connect with friends & family to share your progress. Challenge them to activities, like walking 10,000 steps.

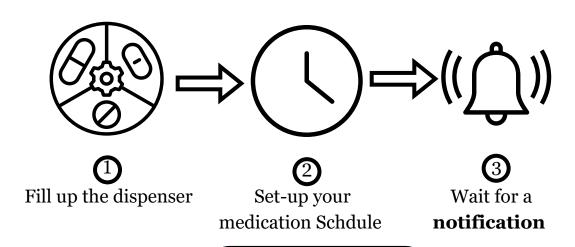
Cost: \$50-800 **\$ - \$ \$**



Automated Medication Dispensers

This machine helps you manage your medication. Put your pills inside, and it reminds you when it is time to take them.

Set-up



Ask Yourself

Ever forgotten to take your medication on time? An automated dispenser could be your solution! It helps you keep track of your health routine.

Features:

- **Notification**: Sound, text, or light notifications to get your attention when it is time to take your medication.
- Missed Dosage Notification: Get a text if you miss a dose.
- Lock Protection: Secure your medicine with the machine's lock. The lock can also alert you if someone tries to open the dispenser.

Is this for you?

 Reduce mistakes when taking medication, which will also reduce hospital visits and increase independence.

Cost: \$115-400



Some brands offer subsidy programs.

Resources

This toolkit is a great first step in exploring assistive technology, which can make life easier and more enjoyable. By learning more about computers, smartphones, tablets, and apps, you can boost your confidence and become more independent. The following are resources that can assist you with assistive technology use:



Take a picture of the QR code below to learn more!

• A&O: Support Services for Older Adults: not-forprofit organization that provides services for older adults in Winnipeg and Manitoba. You will work oneon-one with trained Tech Mentors and participate in their webinars and online activities.



- Address: 200 207 Donald St, Winnipeg, MB R3C 1M5
- o Phone: 204-500-1959
- Email: info@aosupportservices.ca
- Winnipeg Public Library: Computer workshops and eMedia appointments



o Phone: 204-986-6462



• Connected Canadians: An online resource that provides one-on-one technology training sessions, Mindful Mobility Classes, Digital Literacy Workshops, and Virtual Social Gaming.



- Website: https://www.connectedcanadians.ca/
- Sign-up online
- Red River College Polytechnic: Computer Training Courses & Workshops (search Older Adults)

Address: 160 Princess St, Winnipeg, MB R3B 1K9

Phone: 204-632-3960

Resources Continued

- University of Manitoba: Extended education at the University of Manitoba has collaborated with the University of Alberta, and Edmoton Life Learning Association, and the Lifelong Learning Center at the University of Regina to offer a wide range of online courses for older adults.
 - Address: 185 Extended Education Complex University of Manitoba (Fort Garry campus) Winnipeg, MB R3T 2N2

o Phone: 204-474-8800

• Email: extended@umanitoba.ca

• **Geek Squad at Best Buy:** Technology support and services, such as setting up new devices or learning about product options. Schedule an in-home appointment or visit them at Best Buy.

• Phone: 1-844-433-5778

• **Best Buy**: Three store locations in Winnipeg offer a variety of smart home products and appliances. It offers installation, setup, and support for Smart Home Services. This is different than the Geek Squad at Best Buy as it provides services for customer services related to appliances and other home products!

Phone: (866) 237-8289

• Details: In-store shopping, curbside pickup & delivery

• **Staples**: Offers tech services for devices and tech-related issues. It offers in-store and online support and various services, such as setting up new devices, connecting devices to Wi-Fi, repairs, and expert advice.

o Phone: 1-877-258-0369

• **The Source**: Offers unlimited tech support for all technology (old or new) for one year. It is available 24/7 via self-serve online, phone, or chat. The service costs \$100.

Resources Continued

- London Drugs: Book an appointment to receive in-store tech support. They have technicians who can assist in set-up, installation, virus removals, cleaning, troubleshooting, and software. You can book an appointment online or call/visit their store. They also offer additional services for a fee.
- Portage Learning and Literacy Center: Hosts seminars in January to help older adults learn to use common devices. The center focuses on transferable skills so that the knowledge gained can be used across multiple devices. In partnership with Cyber-Seniors, it provides technology support.

• Address: 110 Saskatchewan Ave, WestPortage la Prairie

Phone: 204-857-6304

Email: info@pllc.ca

Quick Tip

Ask for help on how to use YouTube to explore the assistive technology in this section.

