

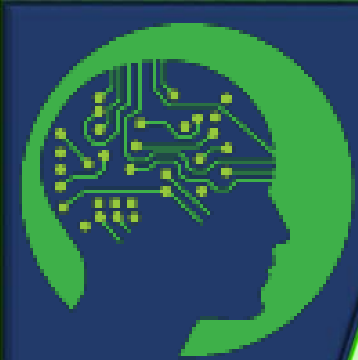


Rec & Tech: Using Technology to Assist People with Developmental Disabilities Get the Most Out of Community Life

Jordan Jankus

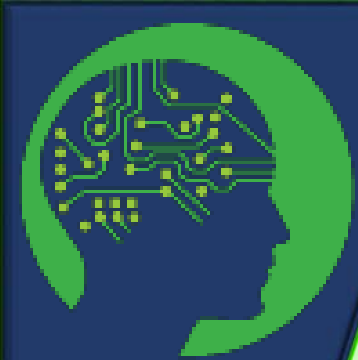
Arc of Westchester Technologist

Arc Technology Navigator Fellow



*For people without disabilities, technology can make things easier
but for people with disabilities or special challenges,
technology makes things possible.*

Our mission is to enhance the lives of persons with developmental disabilities through the seamless integration of technology tools into daily life. As academic and community partners we are dedicated to creating practical solutions to real life problems, gathering evidence on the feasibility and impact of technology on enhancing functional abilities and improving access and use of technology for people with developmental disabilities and their families.



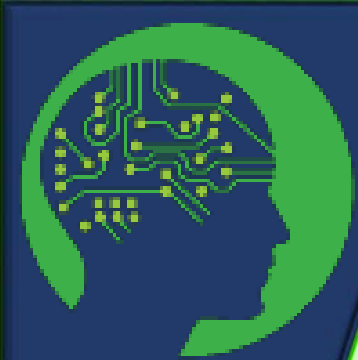
Purpose of collaboration

Use everyday technology to support people with I/DD.

- Use what is “in their pocket”.
- Focus is both hi-tech & low-tech.
- Find or develop APPS which are cognitively accessible and easy to use.
- Support people in everyday tasks in employment, ADLs, health & wellness, communication, behavior and social cues, connections with family and friends, emergency supports, etc.

Agreements for planning

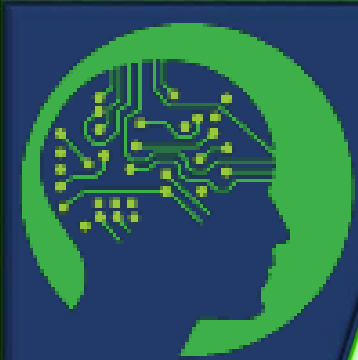
- Minimal or no financial investment in technology....invest only in software.
- Find an educational & community supports partnership for expertise, ongoing support, innovation and education of the stakeholders.
- Provide a platform for research, ongoing educational seminars and presentations, training for staff to support technology, innovation in services & supports and ongoing platform to sustain the effort.
- Frame specific goals and metrics to judge success – evidence based.



Mercy College and Arc of Westchester

Description of the Collaborative Organization

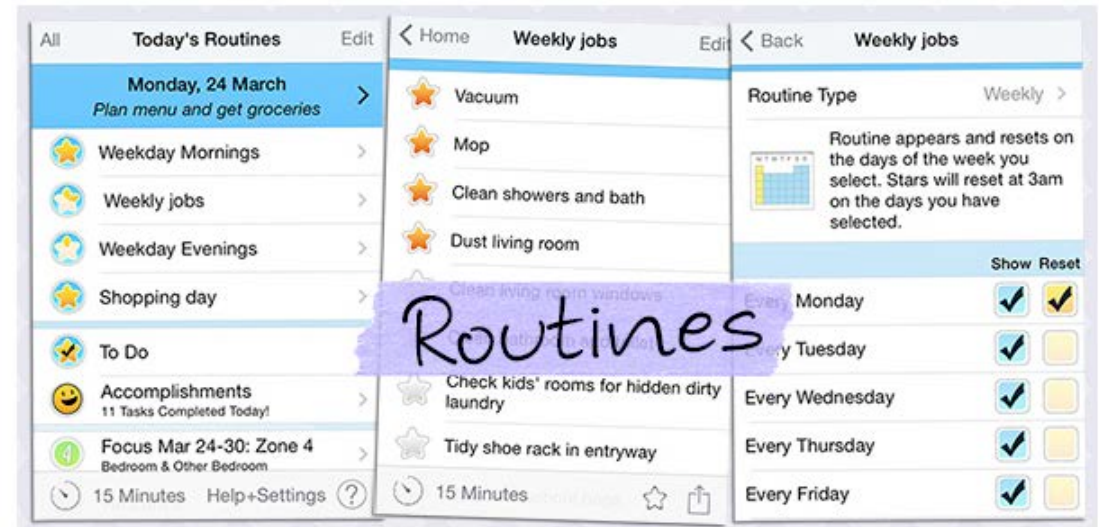
- Seek an educational partner interested in reaching out into the community.
 - Internships
 - Job & employment opportunities
 - Community connections (business, employers, etc.)
- Formal agreement between the parties describing the relationship and goals...sharing resources.
- Create a framework (meetings, committees, contacts, etc.) to guide the project.
- Specific contacts between the parties – find right staff to liaison with college staff and students.

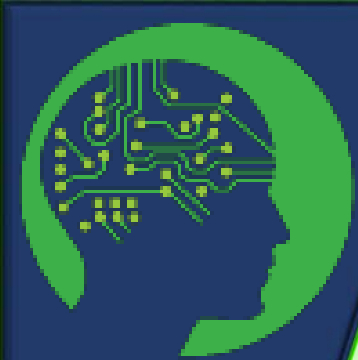


Stories of success and challenges

Stephen - scheduling

- Family involvement in setting goals
- Uses an APP for home routines to help him schedule his transportation and live more independently in a supported apartment
- Although many daily tasks were successfully performed, the individual still has to be additionally coached by staff and family to maintain adherence to his medication schedule.



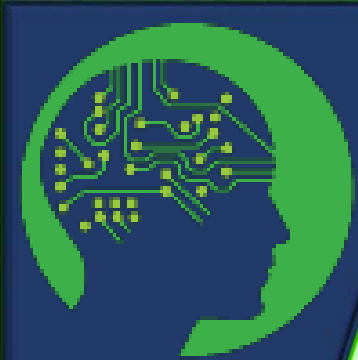


Stories of success and challenges

Michael - communications

- Lives in a group residence
- Uses FaceTime to connect with his family and staff
- He is more interactive online than in some actual in-person family visits to the residence.



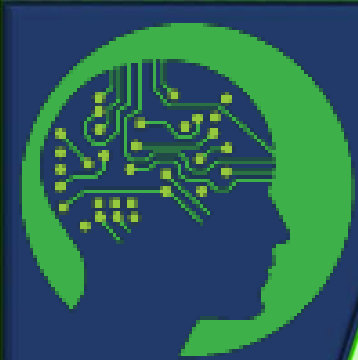


Stories of success and challenges

Max – sharing and communication

- Young man on the spectrum in school.
- Lives with family who want to hear about his daily experiences.
- Learned to communicate via texting on his smartphone with his family about some of his daily experiences.



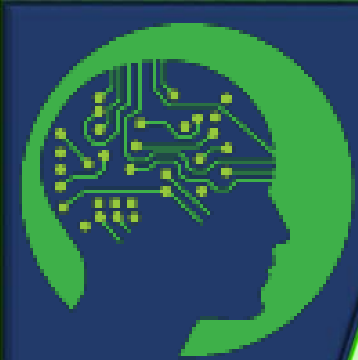


Stories of success and challenges

Denise – managing health & wellness

- Lives in a supported group residence.
- Significant health issue that would require change of residential location and care.
- Able to adhere to a better diet and medication routine after intervention by graduate students.



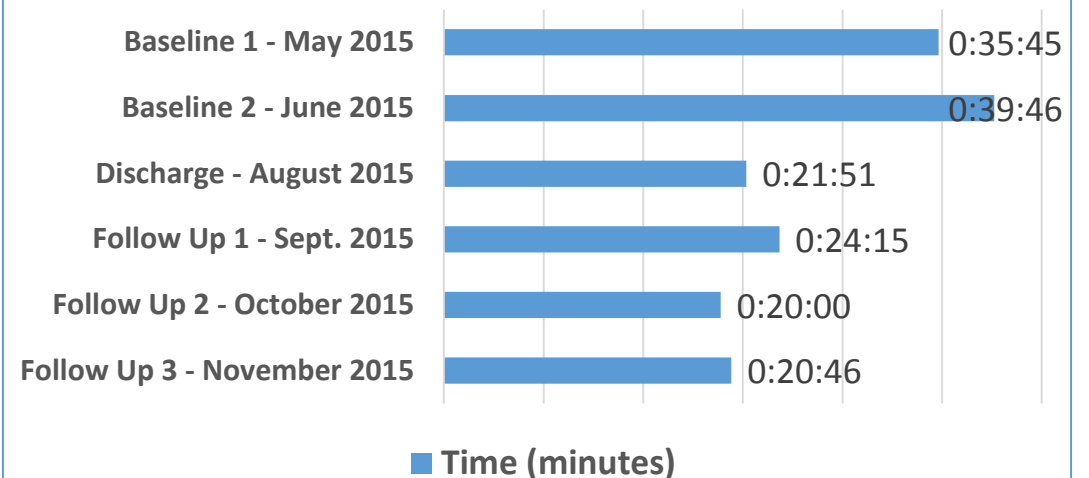


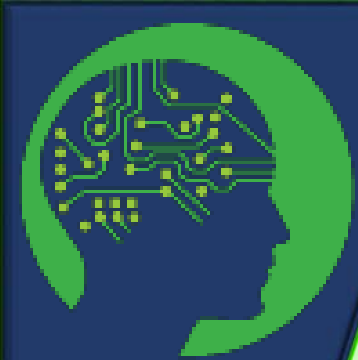
Stories of success and challenges

Tommy – manage anxiety and morning routine

- Lives in a group residence with seven other men.
- Highly anxious – difficulty completing morning routine to prepare for work.
- Used the CanPlan app combined with music to pace his completion of his morning routine.
- Saving 10 minutes in dressing affords him time to eat breakfast before taking the bus to his job.

Morning Routine - Time Needed to Complete Task

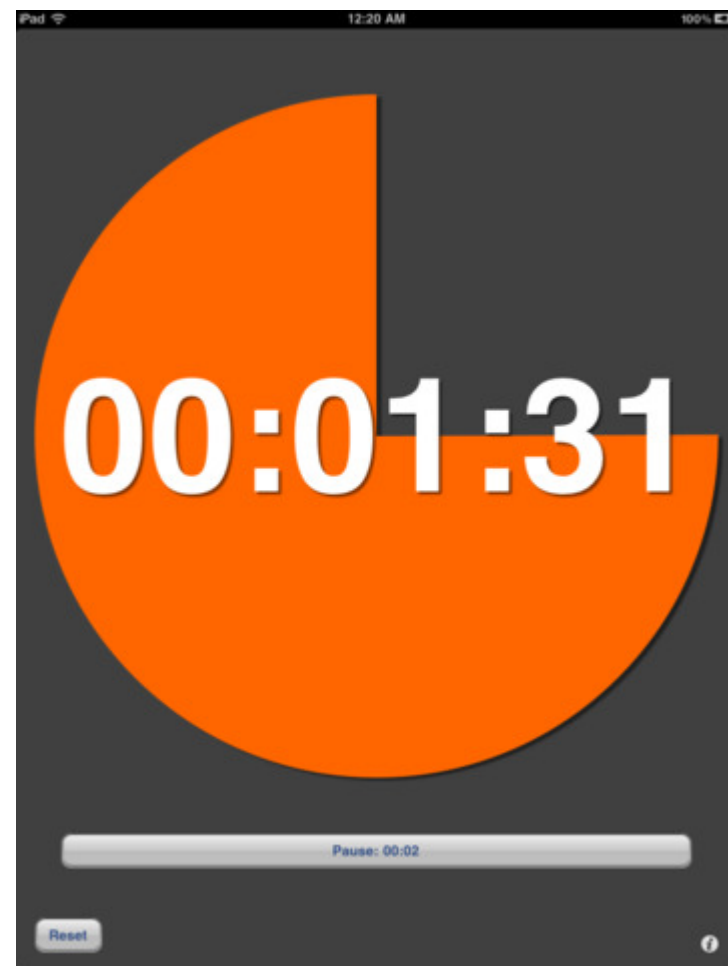




Stories of success and challenges

Gregory – hygiene – tooth brushing

- Lives in a group home residence.
- Difficulty completing tooth brushing routine.
- Used VisTimer to insure he brushed his teeth for 2 full minutes with a medicated toothpaste.

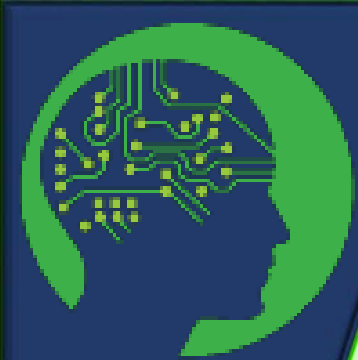


Stories of success and challenges

Class setting – sharing stories

- Fourteen young men on the spectrum of autism.
- Focus on positive attributes of the individuals for future employment.
- Students used tablets to create a Story Creator presentation that profiled their individual positive qualities.

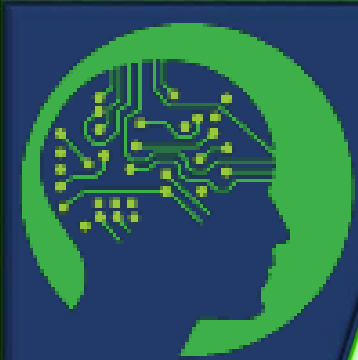




Outcomes

Image and Reputation

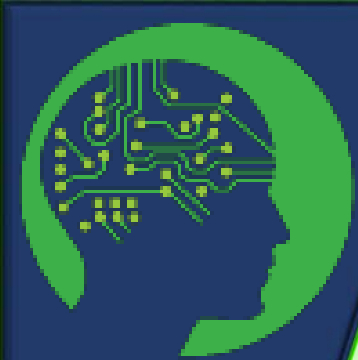
- Known for using technology for supports and providing training to the community at large (local school staff, other service providers, families, etc.)
- The Arc's Technology Fellow's initiative.
- Invited to participated in Google Supported Event for Creation of an online Referral Service for Tech Resources



Outcomes

Resource Development

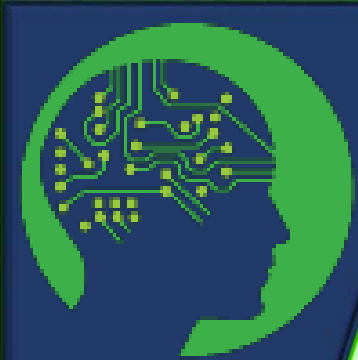
- Seek financial support – donors and grants
 - Coleman Institute for Cognitive Disabilities
 - Private arrangement with another NFP service organization
 - Private contracts with families
 - Foundation grants to support future staffing



Outcomes

Educational Tools

- Participated in development of The Arc’s “Tech Toolbox”
- First Annual Tech Supports for Cognition and Learning Conference – scheduled again in 2017; next Conference scheduled for May 19, 2017.
- Technology Institute – in planning stages
- Developing a “library” of resources
- Creating educational & marketing platforms to support the projects
 - Blogs
 - Webinars
 - Discussion rooms



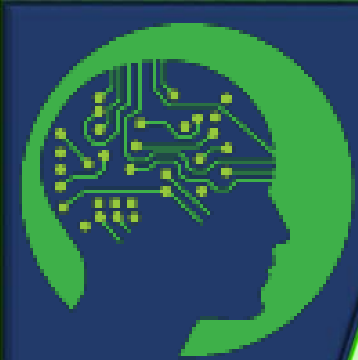
Developing a Culture of Technology Supports

- Finding and training the “right” staff – “cultural liaison”
- What do the people you support have in their pockets?
- Working with families and individuals to use technology for supports.
 - Defining the person’s dreams and goals.
 - Using what is available, not to build something new.
- Integrating clinical expertise with daily living needs and supports.
- Using outside supports (college students, etc.)
- Accessibility – don’t lock technology in the closet.
- Create expectation to use technology to support people with I/DD rather than adding staff supports.
- Create expectations that all initiatives must be evidenced based...stories and metrics.



Some issues for future discussion and activities

- Role of commercial vendors in supporting our efforts and collaborating on App development.
- Moving the commercial market from physical to cognitive supports.
- Connecting people and organizations across the nation to share ideas, resources and educational opportunities.
- Financial support for purchase of everyday, off-the-shelf technology– how do get it into the hands of people with I/DD?



Thank You!

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&

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