Assistive Technology Supports for Multiple Sclerosis

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Roadmap

• Assistive Technology for Kansans (ATK)
• AT Solutions for People with Multiple Sclerosis
• How to Access ATP Services
Assistive technology is any device or item that helps a person with a disability or health condition do something that is difficult due to barriers created by a disability or health condition.
AT Categories

• Computers and Related
• Daily Living
• Hearing
• Home and Work Modifications
• Learning, Memory, Organization

• Positioning, Mobility, Seating
• Recreation, Sports, Leisure
• Speech Communication
• Vehicle Modifications
• Vision
Assistive Technology for Kansans (ATK)

• ATK is a state-wide program managed by the University of Kansas to provide AT services to Kansans with disabilities or chronic health conditions.
• ATK subcontracts with regional agencies to provide 4 core AT services:
  • device demonstration,
  • short-term device loan,
  • reuse of refurbished devices, and
  • assistance in finding public and private funding resources for AT.
ASSISTIVE TECHNOLOGY FOR KANSANS AT ACCESS SITES & ATK-KEE REUSE (Kansas Equipment Exchange) NETWORKS
1-800-KAN DO IT (1-800-526-3648)

Western AT Access Site
The Assistive Technology Department of Northwest Kansas Educational Service Center
703 West Second St., Oakley, Kansas 67748
PHONE: 800-KAN DO IT or 785-472-3125

Southwest Affiliate Office
ATK-KEE AT affiliate for NKESC
Families Together
1518 Taylor Plaza East, Garden City, KS 67846
PHONE: 800-KAN DO IT or 785-673-9609

North Central AT Access Site
OCCK, Inc., Solution Outreach Center
1605 W. Schilling Rd., PO Box 1180
Salina, KS 67401
PHONE: 800-KAN DO IT or 785-827-9383

South Central AT Access Site
Southeast Kansas Independent Living (SKIL)
3033 West Second N, Suite 106
Wichita, KS 67203
PHONE: 800-KAN DO IT or 316-942-6444

Northeast AT Access Site
Resource Center for Independent Living (RCIL)
1567 SW 21st Street, Suite 203
Topeka, KS 66604
PHONE: 800-KAN DO IT or 785-267-1717

Southeast AT Access Site
Southeast Kansas Independent Living (SKIL)
1714 Main Street, PO Box 957
Parsons, KS 67357
PHONE: 800-KAN DO IT or 920-421-6551
Computers and Related, 1/2

- Hardware: larger screen to increase magnification, ergonomic mice requiring minimal movement, large key or compact keyboards, switches activated by breath, eye blink, head tap
- Software: built-in accessibility features, voice dictation software, eye gaze or head motion control, magnification software, screen reader software, color contrast
Computers and Related, 2/2

• Tablets and smart phones provide accessibility features too
  • Eye gaze
  • Head control
  • Switch access
  • Voice dictation, screen reading, etc.
Daily Living, 1/2

• Devices that help an individual be more independent in bathing, grooming, dressing, cooking, eating, managing finances, housekeeping
• Diminished range of motion or balance: long handled back brush, reachers, extended handle dusters
• Tremors: weighted silverware, plates with slight lips or curved edges, light weight serving bowls
• Grasp or strength: rocker knives, built-up handles on brushes, combs
Daily Living, 2/2

- Due to the enormous range of daily living devices, ATK Sites have limited inventory of these items but will help you find items that might meet your needs and possible vendors.

- Minimizing Your Risk of Falls
  - A Guide for People with MS

Home Modifications

- Getting in and out: ramps (2 exits if possible), wide doorways, color contrast steps
- Bathroom: raised toilets, walk-in shower, bath benches, transfer boards, shower chairs
- Bedroom: hospital bed
- Kitchen: environmental rearrangement, lowered work surface
Work Modifications

• Modifications vary depending on jobs and essential duties.
• Possible options: computer workstation review, manual or power wheelchair, color contrast mats to discriminate tools
Learning, Memory, Organization

• Memory – to do lists, appointments, video step by step guides (new tasks)

• Anxiety and relaxation – deep breathing, mood trackers (data based), meditation, mindfulness apps
Hearing

- Devices are available to amplify conversation and/or sounds around you include
  - Assistive listening devices,
  - Amplified telephones,
  - Visual signalers for doorbells, phones, and
  - Hearing aids.
Positioning, Mobility, Seating

- Balance: Canes, walkers
- Fatigue and strength: Manual and power wheelchairs, scooters, lift chairs, sit to stand lifts, patient lifts, standers
Recreation, Sports, Leisure

- Recreation: adapted fishing reels, adapted saddles, hand or recumbent cycles, adapted skis, mist umbrellas
- Sports: modified golf clubs, sports wheelchairs, cooling vests/bandanas
- Leisure: mounts for auto-focus cameras and binoculars, magnifiers for sewing
Speech Communication

• Voice fatigue: Speech amplifier
• Electronic communication device: stand alone device that can be accessed by typing or selecting an image with your finger or use of a switch
• Tablet and communication app
Vehicle Modifications

• Vehicle lifts for vans, cars
• Adapted seats
• Driving modifications: hand controls, switch access
Additional ATK Services - AgrAbility

• Funded by the U.S. Dept. of Agriculture.

• Collaboration between K-State, KU via ATK, and Southeast Kansas Independent Living.

• Onsite visits to help farmers, ranchers, employees, and family members.
Additional ATK Services – KEE Reuse

• ATK Access Sites accept donations of used durable medical equipment.
• DME is refurbished by qualified vendors.
• Refurbished DME is given away to Kansans who need it.
Additional ATK Services - Telecommunications

• Telecommunications Access Program (TAP). Eligible Kansans can receive accessible telephones and signalers or a smart phone.

• iCan Connect. Eligible Kansans with vision and hearing loss can receive equipment and software that allows them to access the Internet, use email, text, Facebook or SKYPE, pay bills online, and other advanced telecommunications services.
A few website supports:

• National Multiple Sclerosis Society
  • [http://www.nationalmssociety.org/](http://www.nationalmssociety.org/)

• Living Well with Multiple Sclerosis Considering Assistive Devices

• Multiple Sclerosis Foundation
  • [https://msfocus.org](https://msfocus.org)

• Assistive Technology Program Application
  • [https://msfocus.org/Get-Help/MSF-Programs-Grants/Assistive-Technology-Program](https://msfocus.org/Get-Help/MSF-Programs-Grants/Assistive-Technology-Program)
Accessing ATK Services

• ATK Access Sites: provide device information, demonstrate devices, assist with device loan, help you obtain a refurbished device, and identify possible public and private funds

• Go to website to find your regional AT Access Site
  • https://atk.ku.edu/

• Call 800-526-3648
Questions? Comments?

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