

MS Gadgets

How Assistive Technology Can Help You



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UPCOMING PROGRAMS

Thursday, August 22

JUMPSTART

MS Tech Toolbox: Streamline Your Daily Life

Wednesday, August 28

MS MOVES MEETUP

Thursday, September 11

WEBINAR

MS Fatigue: Why You Are More Than Just Tired

Wednesday, September 19

JUMPSTART

Solutions for Restful Nights and Energetic Days



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MS COMMUNITY PROGRAMS



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CanDo-MS.org/CP

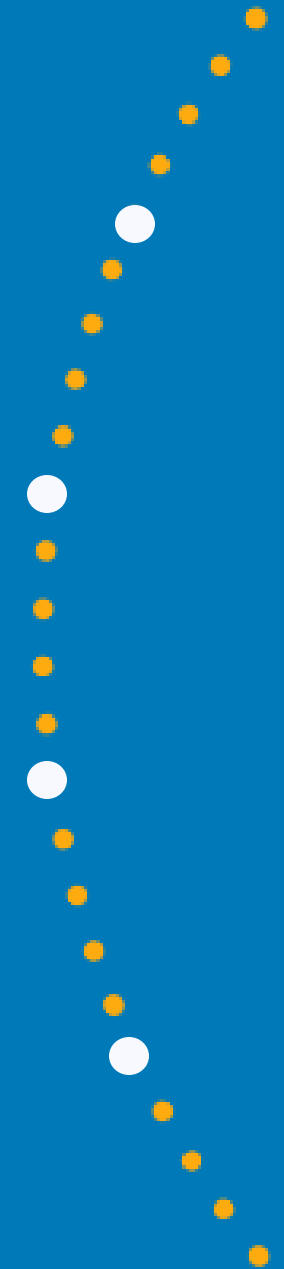
More Dates & Locations

CLEVELAND, OH
SEPTEMBER 14

NEW ORLEANS, LA
SEPTEMBER 28

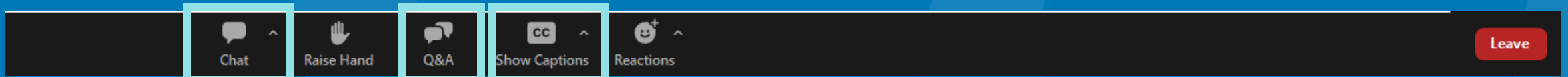
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How to Ask Questions During the Webinar

Type in your questions using
the Questions Box



Provide comments and engage
with the speakers and audience
using the **Chat Box**

NEW! Closed captioning

YOUR SPEAKERS



Patty Bobryk
Physical Therapist

Colorado



Stephanie Nolan
Occupational Therapist

Colorado

LEARNING OBJECTIVES

- **Learn how to build a broader toolchest for daily activities**
- **Feel more comfortable and confident using what AT has to offer**
- **Learn about new technology options you may not already know**



What is Assistive Technology?

Assistive Technology (AT)

is any product or service that helps people with disabilities, health conditions or ageing to function better.



Low Tech examples :

- Glasses
- Shoehorns
- Canes

High Tech examples :

- Eye gaze-controlled computers
- Power wheelchairs
- Environmental controls

Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL)

ADL's include basic self care skills that are often learned and mastered as a child.

- *Bathing*
- *Grooming*
- *Toileting*
- *Self feeding*
- *Dressing*

IADL's are more complex life skills that are often learned and mastered later as a teen or young adult.

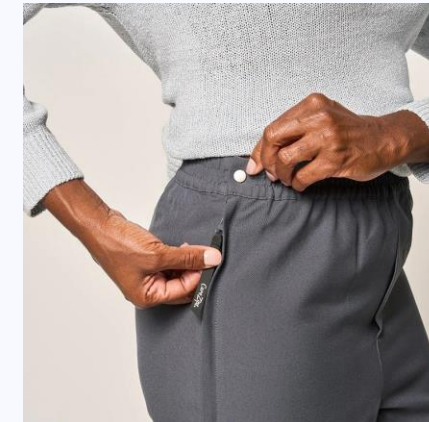
- *Cooking*
- *Medication management*
- *Grocery shopping*
- *Caring for children*
- *Caring for pets*
- *Housekeeping*
- *Driving*
- *Leisure*

Technology to support ADLs

Low Tech Tools to Support Independence with ADL's

Adaptive Clothing

- Billy Footwear
- Magnetic button-down shirts
- Wheelchair pants
- Shoe buttons
- CareZips adaptive pants



Low Tech Tools to Support Independence with ADL's



Adaptive Tools

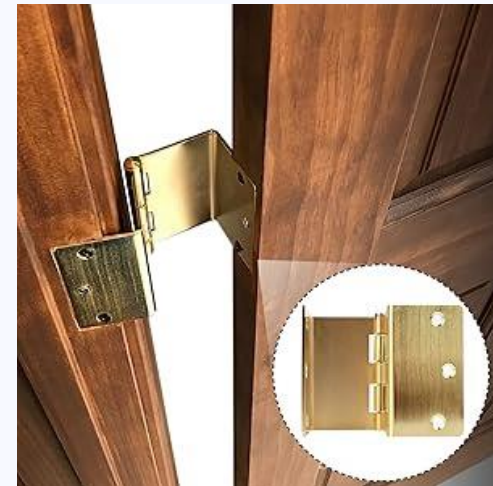
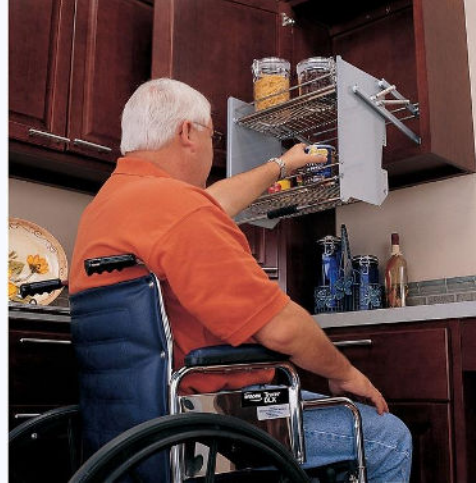
- Foot funnels
- Shoe-horns
- Modified necklace closures
- Large handles for utensils, toothbrushes and razors
- Long handle sponges
- Shower chairs and tub transfer benches



Low Tech Tools to Support Independence with ADL's

Home Modifications

- Grab bars
- Bidets
- Roll-in showers
- Expandable hinges
- Mirrors above stoves
- Pull down cabinet shelves



Technology to Support ADL's

Hygiene Apps for Schedules and Tracking

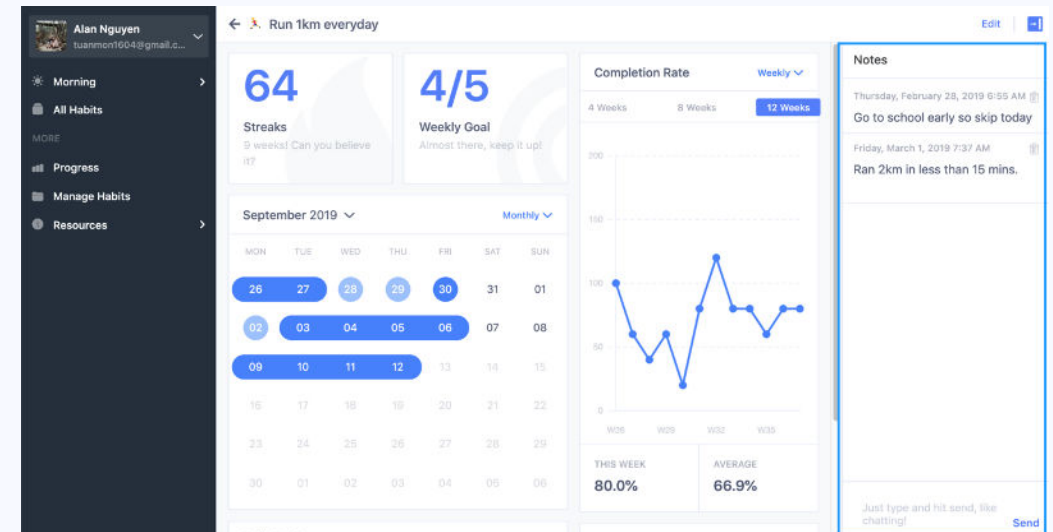
- Habitify

Clothing Organization and Planning

- Smart Closet
- Closet+

Tracking Fatigue

- MS Self



Technology to Support ADL's

Toileting Habits, Needs and Reminders

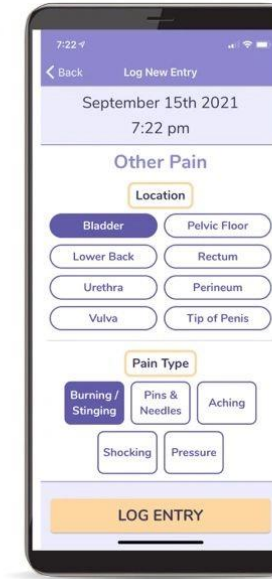
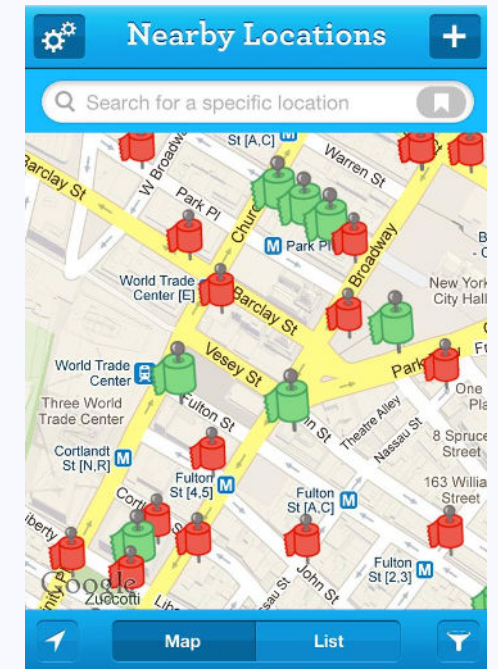
- Bladder Pal
- BladderTracker

Finding Toilets on the go

- Flush
- SitOrSquat
- Toilet Finder

Finding Accessible Toilets

- WheelMate



MOBILITY AND SAFETY

When should you consider a mobility aid?

- Falls, trips, or near falls
 - Wall walking or furniture walking
 - Excessive fatigue
 - Fearful of moving or limiting your activity because of fear of falling
- * Always consult with your medical professional to determine which mobility aid is best for you



Fall Detection Devices

- Medical Alert Devices
- Fall Detection Watches
 - Can be monitored (a professional monitoring services can triage and contact friend/family or contact 911 dispatch}
 - Can be unmonitored (sends a notification directly to your contacts or 911)



Medical Alerts and Fall Detection

- [2024's Best Medical Alert Systems: Our Hands-On Test Results](https://www.medicalalertbuyersguide.org)
([medicalalertbuyersguide.org](https://www.medicalalertbuyersguide.org))
- [Best Fall Detection Watch: Hands-on Evaluation - Tech-enhanced Life](https://www.techenhancedlife.com)
([techenhancedlife.com](https://www.techenhancedlife.com))

Foot Drop Solutions Saebo Step



<https://www.saebo.com/collections/foot/products/saebostep>

Foot Drop Solutions

Ankle Foot Orthosis (AFO)

- Helps support the foot/ankle when there is weakness, spasticity or instability
- Can be custom made or “off the shelf”

<https://www.ottobock.com/>



Foot Drop Solutions

Functional Electrical Stimulation

Bioness



<https://www.bioventus.com/>

Neural Sleeve



Software-steered Functional Electrical Stimulation delivered to the four major muscle groups of the leg

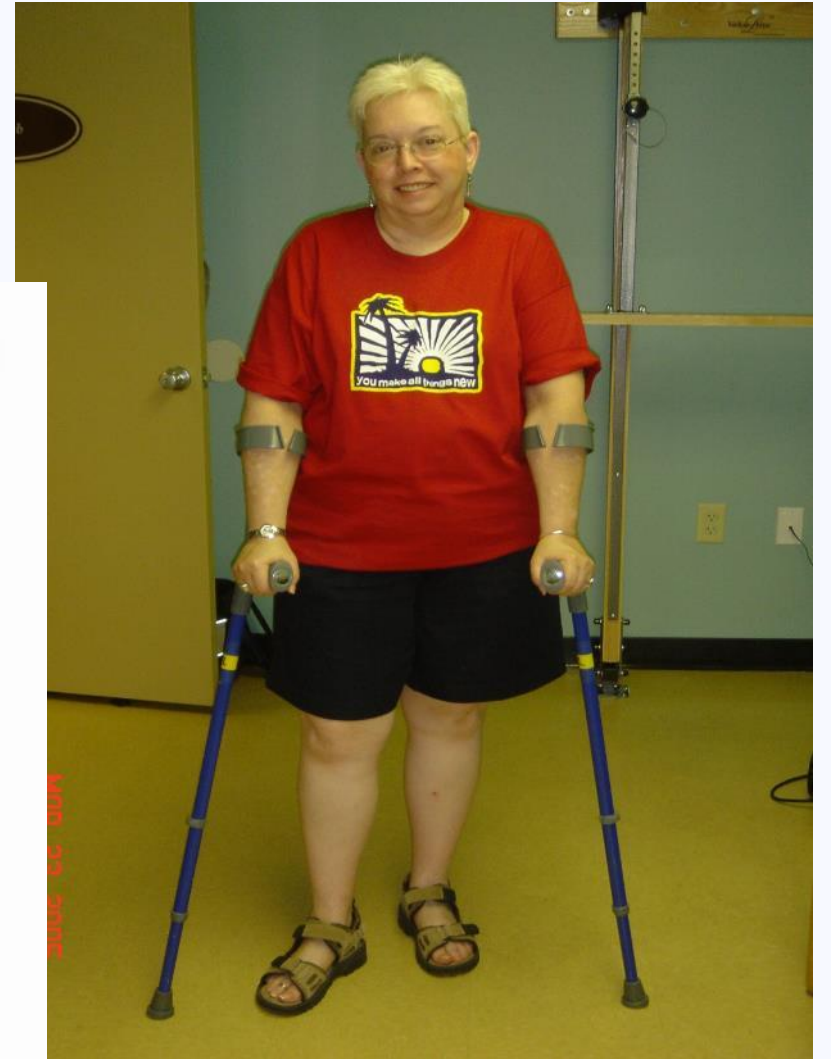
1. Hamstring
2. Quadriceps
3. Calf
4. Shin

<https://cionic.com/neuralsleeve>

Assistive Devices

- Canes
 - Straight canes
 - Small or large base 4-point (quad) canes
- Loftstrand (forearm) crutches
- Walkers
 - Standard
 - 2 wheeled
 - 4 wheeled
 - Stand Up







Wheeled Assistive Devices

- Manual wheelchairs/transport chairs
- Power mobility
 - Scooters
 - Power wheelchairs



Freewheel

- Lifts the front casters wheels of a manual wheelchair off the ground, allowing the wheelchair to negotiate more varied terrain
- Clamps to front of most folding and rigid frame chairs



Smart Drive

- Provides power assist
- Helpful in environments that requiring propulsion up inclines, across thick carpet, uneven terrain
- Typically controlled by wristband

<https://www.permobil.com/en-us/products/power-assist/smartdrive-mx2plus>



Power Assist Wheel



<https://www.sunrisemedical.com/power-assist/quicke/power-assist-wheels/xtender>





Accessible Community Transportation

Uber Assist

- Door-to-door assistance and can accommodate your assistive device
- Assist vehicles do not have wheelchair-accessible ramps or lifts
- Drivers are trained by accredited training centers on how to help

Uber WAV (Wheelchair Accessible Vehicle)

- WAV allows riders who use wheelchairs to request wheelchair-accessible vehicles
- Vehicles are equipped with ramps or lifts

Lyft has similar services

Not available in all cities

Accessibility

Finding accessible locations

- Access Now <https://accessnow.com/>

Find accessible locations in your city or when you're traveling. This free app lets you look up accessibility feature ratings on restaurants, hotels, shops, parks, attractions, and trails.

- Fuel Service <https://fuelservice.org/en/>

If you need fuel but have difficulty getting in and out of your car, this free app may help. It lets you find which stations have assistants available to help you refuel before you head out.

Technology to support IADLs

Technology to support IADL

➔ Housekeeping

Household chore apps

- OurHome
- Tody

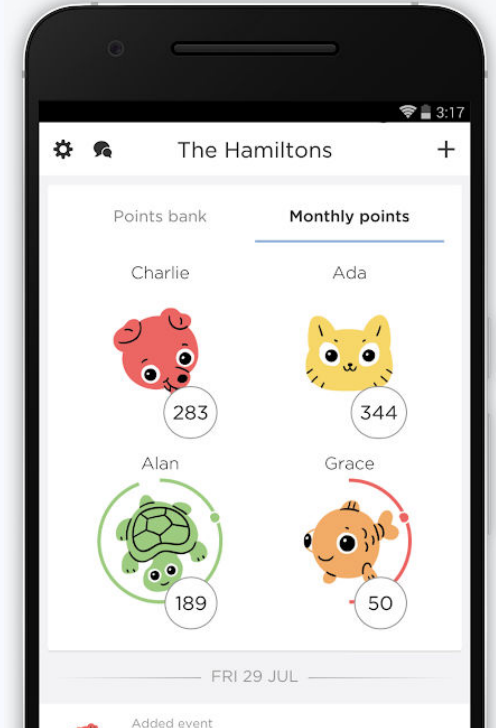
Laundry Apps

- Laundry Genius and LaunderDay
- LaundryHeap and Laundrapp for laundry services

Robot vacuums and mops



Get going with goals.
Foster family fun.



Technology to support IADL

➔ Meal prep and cooking

Cooking Apps

- Mealime
- Tasty
- Yummly

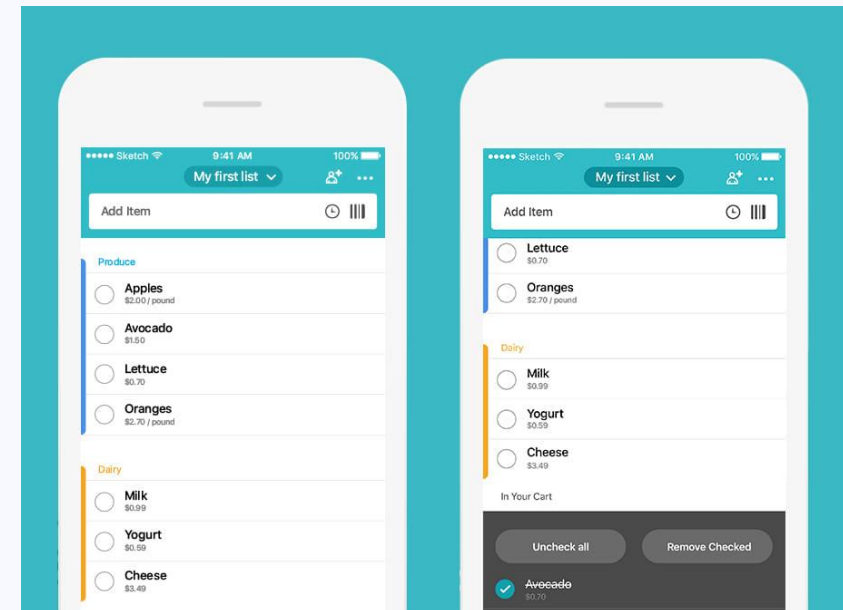
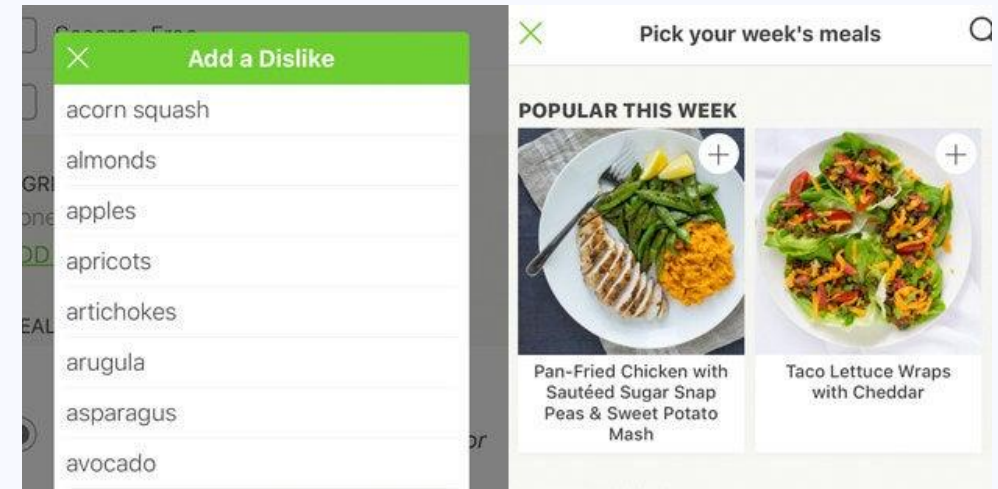
Grocery Apps

- Out Of Milk
- Your preferred grocery store most likely has an app too!

Voice Commands

- Siri
- Alexa

Magnifiers and Lights on your Phone



Technology to support IADL

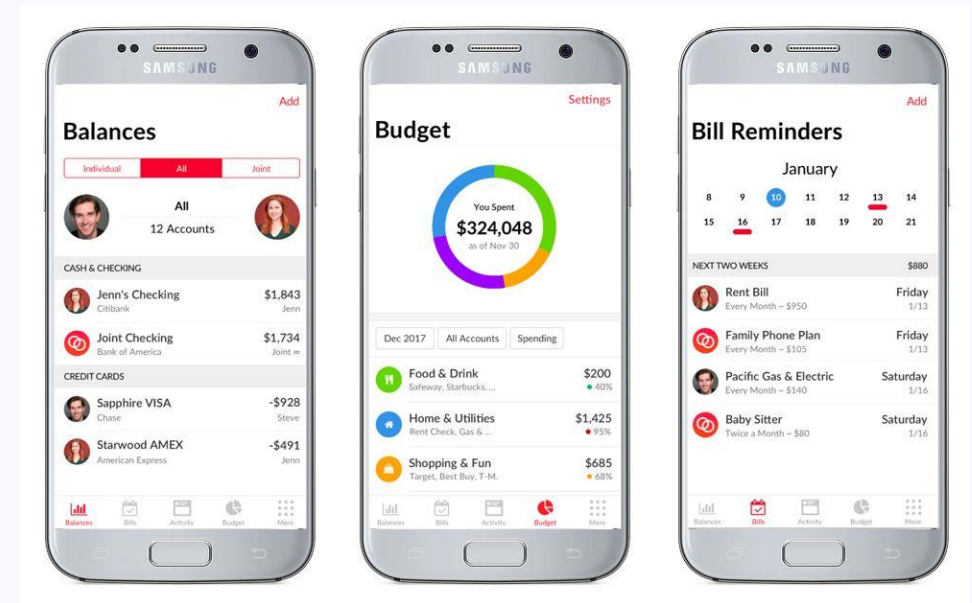
➔ Finance Management

Finance Apps for Budgets

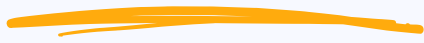
- Honeydue
- GoodBudget (envelope system)
- PocketGuard

Online Banking through Personal Banks or Credit Unions

- Cash checks
- Make payments
- Track and manage balances



Technology to support IADL



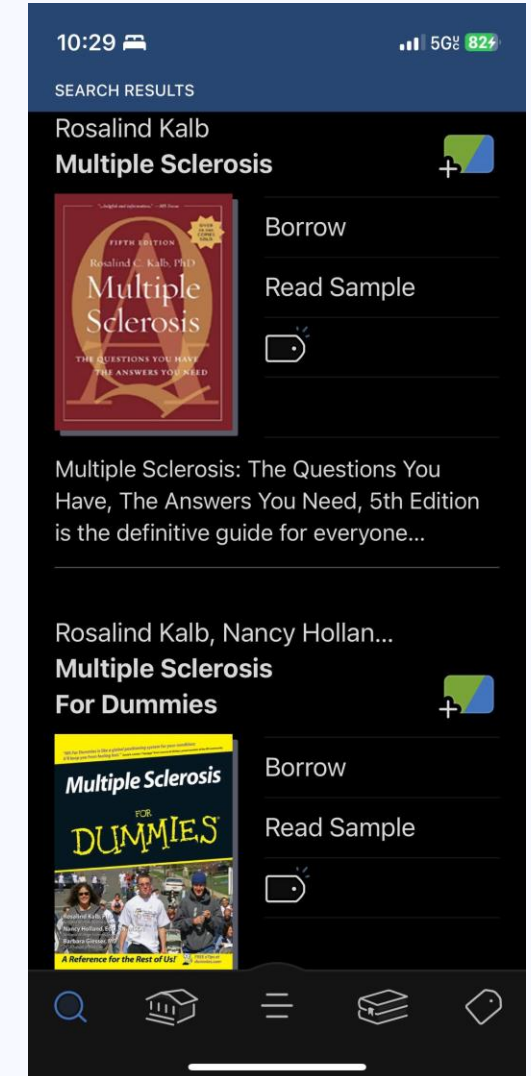
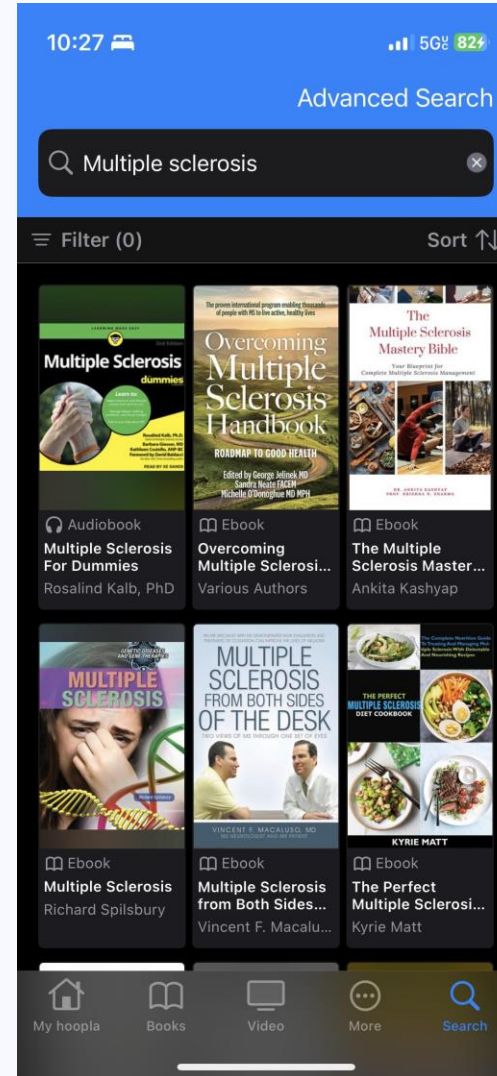
➔ Leisure

Audio and E-books

- Libby
- Hoopla

Jooay app

- Find adaptive leisure activities in the USA and Canada.



HEALTH MANAGEMENT

Health Management

- Taking responsibility for doing what it takes to manage your health effectively (includes physical, mental, emotional and spiritual health)
- You can be healthy despite a diagnosis of a chronic illness



Tools To Assist With Health Management

- Wearable Sensors/Trackers/
Smart Watches
- Artificial Intelligence (AI)
- Apps



What Can “Trackers” Track?

Physiological data

- Heart Rate
- Heart Rate Variability
- Blood Pressure Wave
- Blood Oxygenation
- Skin Temperature

Behavioral data

- Physical activity
- Steps

Motor Performance

- Tapping task

Sleep

- Sleep duration/quality



What Are Some Functions Smart Watches Can Do?



- **Notifications and Alerts**
Messages, calls, emails and app alerts
- **Fitness and Health Tracking**
Can monitor heart rate, sleep tracking, step counts, blood oxygen level
- **Voice Control and Virtual Assistants**
Can set reminders, control smart home devices, ask a question
- **Navigation and GPS**
Can provide turn-by-turn directions, track your location, find your phone

Examples of Smart Watches and Trackers

- Fitbit
- Oura Ring
- Apple Watch
- Garmin

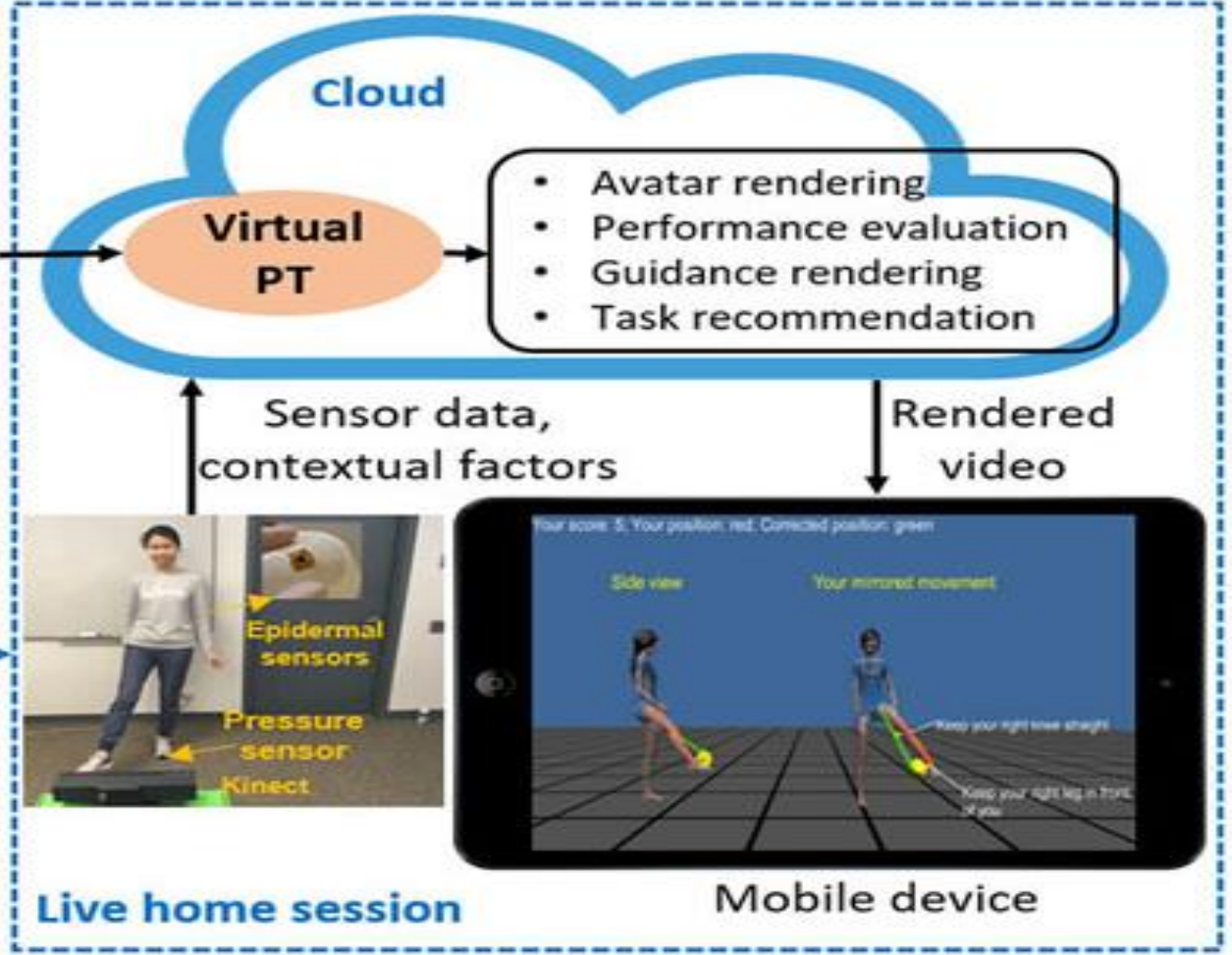


Artificial Intelligence/Real Time Monitoring

PT Clinic: Offline data collection



Training (ML/DL)



Live home session

Mobile device

Apps for Health Management

- Numerous apps specific to MS and general health management issues
- Apps can track or assist with various aspects of your diagnosis
- Choose an app that meets your specific needs or goals
- Your healthcare team can often assist you to determine what information may be most important to track or where you may need some support



App for Managing Your MS

My MS Manager <https://mymsaa.org/msaa-community/mobile/>

Features: Track symptoms, create reports for health care team, get medication reminders, read MS-related news, find your nearest emergency room

Created by the Multiple Sclerosis Association of America (in partnership with @Point of Care); scientifically validated metrics



Track Your Physical and Cognitive Function



Floodlight MS <https://floodlightms-us.com/>

Features: Simple tasks test your hand function, walking ability, and mental processing. The app can share information with your doctor. Tracks how your abilities change over time.

CogniFit <https://www.cognifit.com/>

Features: Variety of activities to address specific aspects of cognition, monitors/tracks progress, available in multiple languages

Staying on Top of Your Meds

Medisafe Medication Management

<https://www.medisafe.com/download-medisafe-app/>

Features: Pill reminder/alarm, automatic time zone detection, drug interaction checker, refill reminders

MyTherapy <https://www.mytherapyapp.com/>

Features: Notifies you when to take your medications



Managing Multiple Conditions

Care Clinic <https://careclinic.io/>

Features: Health tracker/reminder app includes symptom tracker, medication tracker, caregiver reminders and alerts, food and drink database, store vaccination records

Developed in consultation with medical advisors, supported by several medical groups.



Finding Your MS Community

BelongMS <https://ms.belong.life/>



Features: A social network for people with MS and their caregivers. Join groups based around similar interests, chat with experts, share your experiences, keep track of appointments, organize health records, and find clinical trials

Exercise Support

- Recommend an evaluation by an MS specialist to determine which exercises are best for you to attain your functional goals
- Exercise programs should include:
 - Stretching
 - Strengthening
 - Aerobic conditioning
 - Balance
- Some exercise considerations:
 - Other medical conditions
 - Heat sensitivity
 - Fatigue
 - Current level of functioning
 - Safe performance



Apps/Websites for Exercising with MS

Can Do MS - MS Moves <https://cando-ms.org/>

National MS Society <https://www.nationalmssociety.org/managing-ms/living-with-ms/diet-exercise-and-healthy-behaviors/exercise>

<https://www.drgretchenhawley.com/the-msing-link-program>

<https://www.msworkouts.com/>

<https://www.themsgym.com/>

Key Take Aways

- **Assistive technology (simple and more complex) can assist in the management of MS**
 - **Use reputable sources and consult with your healthcare providers for recommendations, particularly if you are going to use your insurance benefit**
 - **Be open to trying something new!**
 - **There's an app for that!**
- 

Q+A



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