

Technology: Wisdom and Warnings

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What is a Generation?

- Biologically a generation is generally 20-30 years, depending upon average life expectancy
- Socially a generation is 15-18 years.
 - Children are divided into groups based on age and school status.
 - Working age adults are divided into groups based on social generation
 - Gen X
 - Millennials
 - Centennials
 - But everyone over 55 is considered a “Senior Citizen”

We are talking about 3 social generations of people, with vastly different life experiences and attitudes

Senior Experiences with Technology

- The 55-70 group
 - May have used electronics for work
 - May have strong technical skills
- The 70-85 group
 - May have used some electronics for work, but work was very paper oriented
- The 85-100 group-
 - Most likely never used a computer
 - Typically not interested in electronics

Attitudes Toward Technology

- Lack of experience with electronics



Attitudes Toward Technology

- Disconnect between product designers and end users
 - Small print instructions
 - Hard to open packaging
 - Confusing instructions



Perhaps The Most Important Factor

PREFERENCE FOR PERSONAL CONTACT RATHER THAN USING A DEVICE

- Often referred to as “secondary gain,” the desire to interact with people should never be underestimated or dismissed



Technology Can Contribute to Quality of Life- Enough Said!



Intended Benefits

- An intended benefit is the positive purpose for which a technology is designed to be used.



Unintended Consequences

Sometimes we inadvertently cause as many problems as we solve

- AT can create vulnerability
- Our IT systems can create opportunities for breaches of confidentiality
- Increased independence can mean increased exposure to risk



Common Mistake

Failure to see “the bigger picture”



Example of Culture Clash

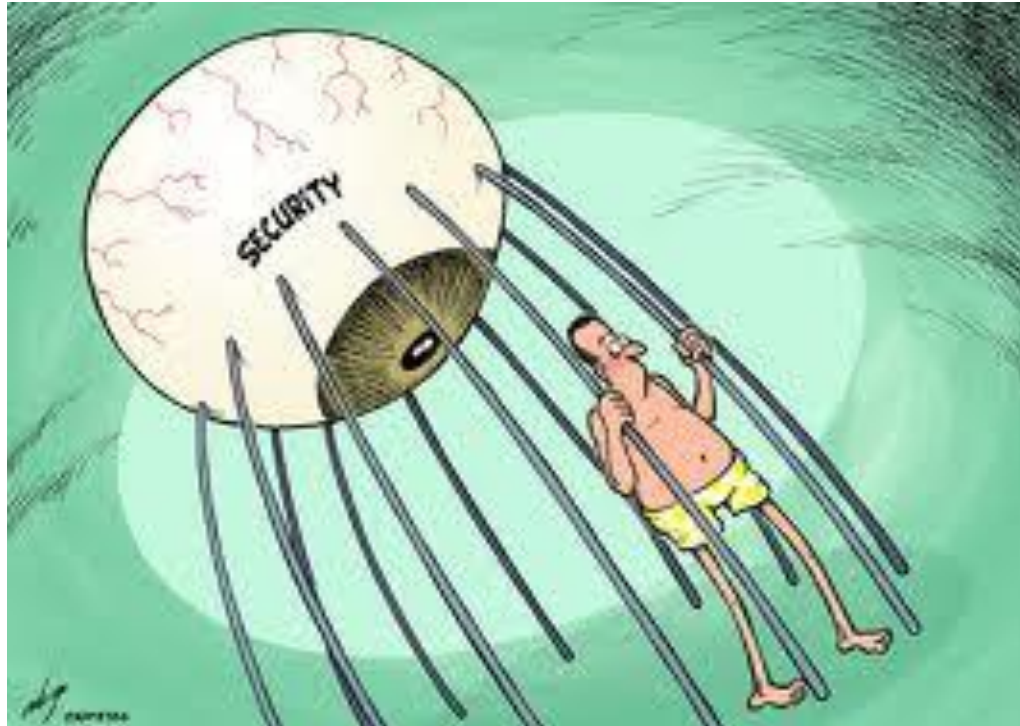
This is what adult children fear



We may react by introducing home monitoring

Example Of Culture Clash

This is how the person being monitored may feel.



Keep in mind - there may be things the person wants to keep to themselves.

Medicare Part B Coverage For Durable Medical Equipment

- Certain medical equipment, ordered by a doctor for use **in the home**.
- Used for a medical reason
- Not usually useful to someone who isn't sick or injured
- Has an expected lifetime of at least 3 years



So What Equipment Qualifies For Medicare Reimbursement?

- Blood sugar monitors and test strips
- Commode chairs
- Continuous passive motion (CPM) machines
- Crutches, Canes
- Hospital beds and other support surfaces
- Infusion pumps and supplies
- Manual wheelchairs and power mobility devices
- Nebulizers, oxygen/CPAP/apnea devices & supplies
- Patient lifts
- Prosthetics and orthotics
- Suction pumps
- Traction equipment



www.medicare.gov/Pubs/pdf/11045.pdf

What's Not On The List?

- Ramps
- Vertical platform and stair lifts
- Home Modifications
- Bathroom Equipment
- Grab Bars
- Air Conditioners
- White Canes and Most Other Devices Used By People Who Are Blind
- Hearing Aids and Most Other Devices Used By People Who Are Deaf
- Adaptive Phones
- Transportation and Driving Aids



Danger Will Robinson

Danger Zones

- Entry
- Bathroom
- Kitchen



Fall Risks

- Physical concerns
 - Weakness
 - Balance
 - Cardiac history
 - Diabetes, etc
- Slippery floor surfaces
- Tripping hazards-rugs, furniture

Balancing Safety and Independence Can Be Challenging



How To Find The Good Stuff

Misconception that all accommodations need to be “special”

- Some of the most useful items are easily found in “regular” stores
- Shopping Tips
 - Shop hardware stores and department stores during the day on weekdays when “mature” staff are present
 - Look for younger staff in electronics stores, 20s & 30s



Some Of Our Favorite Home AT Bathrooms

- Mangar Bath Cushion
- <https://mangarhealth.com/us/store/product/bathing/bathing-cushion/>
- Snap N Save Sliding Bath Bench
- Trough Drains



More of Our Favorites

Transfers and Fall Prevention

- Super Poles- can be installed anywhere
- Milford Lift- can be wall mounted or car mounted



The Math of Ramps

- 1 foot long for every inch of rise=1:12 pitch=ADA
- 1:20 is ideal
- 1:8 can be done in a residential setting with a variance from the city

Magic Numbers for Residential Ramps

- **3**-portable ramps are NEVER safe on more than three stairs
- **5**-homes with more than five stairs typically can't be ramped

Does This Person Need a Ramp?



Objective

Or Deep Tread Low Rise Stairs?

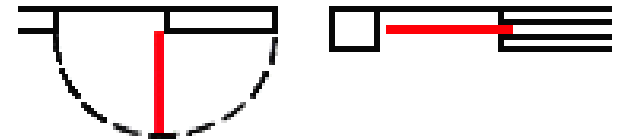


Good example of high contrast

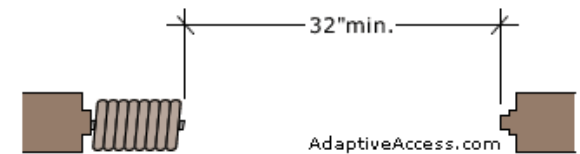


Objective

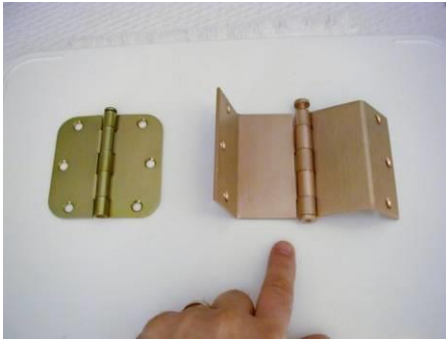
Door Options



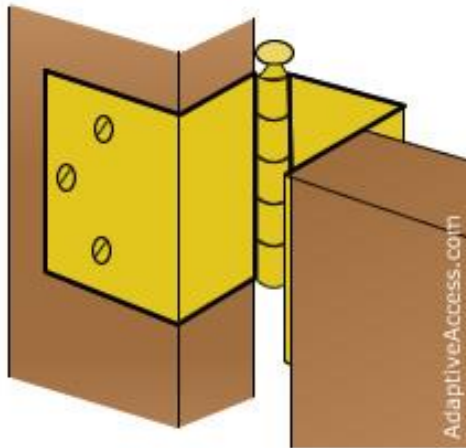
- Accordion Doors
- Pocket Doors
- Barn/Shed Style Doors
- Automatic Door Opener



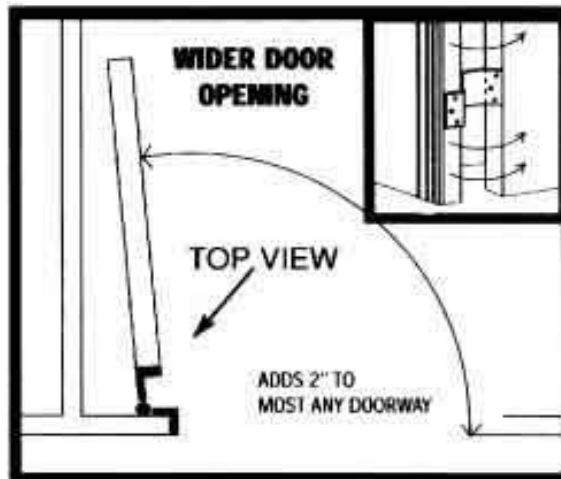
Something Contractors Will Probably Not Recommend



Typical vs offset
hinges



Bi-Directional Hinges



Self Closing or
Lift Hinges

Safety In the Home

- Lighted grab bars can make entries safer.
- Fold down grab bars can be installed at most exit doors.
- Make sure that everyone who can make a phone call has a phone they can actually use.
- Rope lights can be used for way finding



Flip A Grip
Grab Bar



Home Automation

- Amazon Echo
- Wink
- Insteon
- Apple Home Automation
- And more.....



Pros and Cons

- Pros
 - Can control lights, appliances, and perform surveillance
 - Control by voice or by mobile device
- Cons
 - Security has not caught up with these devices
 - Most require wi-fi, which is an ongoing cost

Caution-Security & Privacy

- Hackers can target you specifically and get into your smart home controls. (very unlikely)
- Hackers can disable an entire smart home vendor's infrastructure, with no thought for how it would affect individual users. (unlikely)
- Providers may sell your information to interested companies as a revenue source.

Best Defense? – Use strong passwords for your home network. Make sure you understand your device's security features. Look for providers who have strong privacy guidelines regarding how they use your data

Resources For Home Mod Ideas

- AARP- www.aarp.org- Personal Technology Section
- Center for Universal Design- www.ncsu.edu/ncsu/design/cud/
- Centers for Independent Living- www.ilru.org
- Pinterest

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