Technology Showcase

Guidebook

COMMUNITY VISION

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About this Guidebook

Thank you for joining our Technology for Independence Showcase! This Guidebook is a summary of all information from the presentation. There are several stations to visit after the presentation to see product demonstrations. Many of the products are listed at the end of this guide

This guide is also available online at:
https://cv-atlab.org/learn/free-technology-showcase

Financial disclosure: This Guidebook is NOT sponsored by any vendor companies. Community Vision has no financial or business ties to the product companies mentioned. We have received short-term free trials for some of the devices when available.

COMMUNITY VISION

What is Technology for Independence?

Technology for independence is any tool that can help keep people **living safely and independently in their own homes**. These tools include motion sensors, fall detection, video doorbells, two-way virtual support, medication dispensers, and more. This is just one area of technology solutions that can help people with disabilities live a full life. Explore ideas in this Guidebook!

Why technology for independence is important:

- Promotes independence
- Opportunities for someone to live on their own
- Provides more choices for independence and safety
- Privacy – less people in your space especially during passive/down-time
- Addresses workforce shortage
- Allows familes and caregivers to feel connected

Overview of Tech Solutions

Tech Solutions are anything that help people with disabilities participate in life. Tech is more common than ever and can often make everyday tasks easier. Tech solutions include off-the-shelf items, built-in accessibility settings, assistive technology, or adaptive devices.

Tech Solutions include the Tech and Tools, but it also includes simple solutions such as Strategies and how the Environment is set up.

Download our free **Tech Solutions Toolkit** to learn more! Use the kit to follow along with our free video series: Technology Solutions Training for Support Professionals. Both can be found at: https://cv-atlab.org/learn/tech-training

Smart Home

Definition: Internet-connected household devices that can:

- Be monitored, controlled remotely, and automated via a mobile device or voice assistant.
- Add convenience, enhanced security, and energy efficiency to everyday living.

Examples

- Video doorbell to see visitors
- Remote door locks to let visitors in
- Control lights, shades, fan, etc. from a mobile device or with voice commands
- Smart speakers for timers, reminders, checking the weather, calendar, etc.

Questions to ask before getting started

- Do you have reliable and secure WiFi?
- Do you have a mobile device? If so, Apple or Android?
- What do you want to achieve with smart home tech?
- Accessibility and convenience?
- Security and monitoring?



Smart Home Ecosystems

First, pick your Ecosystem. Apple, Amazon Alexa, and Google Home are popular. Each are a bit different:

Ecosystem	Pros	Cons
Apple	• Good for iPhone/Apple users • Products tend to sync easier when setting up • Best privacy protections	• Cost is higher • Less options for accessories • Daily usage can be finicky
Alexa	• Can be used with any phone that can download the app • Most accessories pair with it • Daily usage is pretty reliable • Overall costs are lower than Apple	• Smart speaker often tries to sell you something • Privacy concerns
Google	• Can be used with any phone that can download the app • Most accessories pair with it • Overall costs are lower than Apple	• Privacy concerns

What about privacy?

- Smart home speakers are connected to the internet and privacy concerns are valid.
- The benefits may outweigh these concerns, it is a personal decision.
- Safety measures: Use strong WiFi passwords and login credentials with all smart accessories.

Smart Home Resources

Community Vision: Come visit our Smart Home Demonstration Room. Schedule a tour or video tour on a Thursday afternoon during our lab hours, 12-5pm. Call or email us for appointment.

Pennsylvania AT Foundation: Download this amazing free Guide which includes a free Self-Assessment tool!



https://patf.us/what-we-do/smart-homes-made-simple/

Medication Dispensers

These tools can often help someone be more independent in taking their meds. The dispensers can take the guesswork out of managing meds and can increase medication adherence, making sure they are taken as prescribed. For many caregivers, family members, and staff medication dispensers can offer peace of mind.

Different types of med dispensers:

1. Manual Pill Organizers
2. Electronic Pill Dispensers: flashing light or alarm to alert
3. Automatic Pill Dispensers: locked, programmable
4. Smart Dispensers: hold lots of multiple medications, connect to apps, and track adherence in real-time



Low tech to high tech examples



MedCenter, Hero, Pill Drill, and more!

Considerations: Fine-motor skills required, comfort level with tech, cost (some have monthly subscriptions), tech skills of support people, and which one someone is most drawn-to. Show photos and videos of each item online to person and see which one interests them.

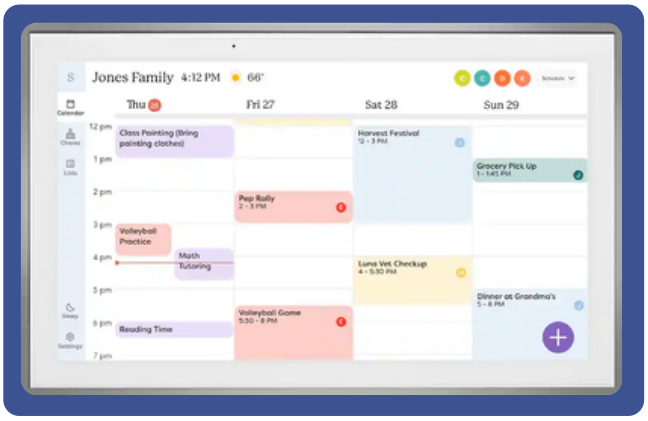
Calendars and Reminders

Keeping track of time is big part of building independence. Large paper calendars, dry-erase boards, and sticky notes are a great place to start. Tech can help if more organization, more functions, and/or auditory sound cues are needed



Large talking alarm clock: There are many large talking alarm clocks on the market. One idea is Talking Madi.

Digital calendars with additional features: There are also many digital calendar options, including Apple or Google calendar. If more functions are needed such as meal planning, task lists, digital photo album, and chore chart, check out Skylight. There is also the new Skylight Buddy for kids.



Remote Supports

Remote supports are a combination of Remote Monitoring and Virtual Support. This does not mean video surveillance, but includes both passive (monitoring) and active (virtual) support:

Remote Monitoring

- Tech-enabled monitoring
- Connects sensors, etc. in the home with off-site support
- 24/7 on-call response
- Emergency dispatch protocols when alert received
- Does not replace in-person support
- Passive support
- Goal: Safety, fall detection, promoting independent living with a safety net.



Virtual Support

- Person-to-person virtual interactions
- Scheduled or on-demand meetings
- Two-way video calls
- Active support
- Goal: Virtual coaching, life skills development, social interaction, and mental health support



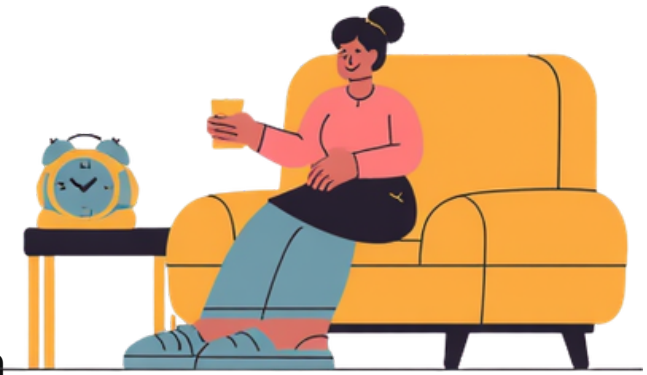
Remote Supports Benefits & Examples

Remote supports can:

- promote independence
- provide opportunity to live on own
- allow for more privacy – less people in your space especially during passive/down-time
- help address workforce shortage

Examples:

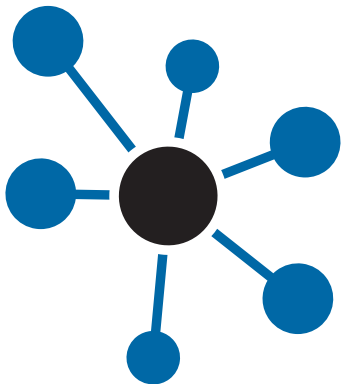
- Medication Administration
- Fall & Seizure Detection
- Wandering Alerts
- Health & Wellness
- Overnight Support
- Visitor Detection & Support
- Community Support & Connection
- Engagement & Skill Building
- Home Safety
- ADLs



Remote Supports: Where to Start

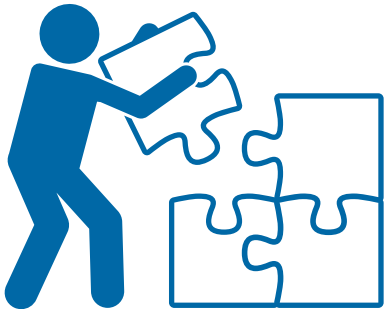
Once a tech assessment has been completed and everyone agrees to trialing remote supports, consider which type of system. In general, there are two options:

Comprehensive Hub and Spoke System: These systems run through a dashboard and the remote monitoring and sensors are connected to the hub system. These require paid subscriptions. Some examples of companies include GrandCare or Simply Home.



Off-the-Shelf System:

You may chose to build your own system. You may choose an off-the-shelf tablet for your virtual support, such as an iPad or Alexa Show. You may choose separate apps for different functions such as calendar, monitoring sensors, medication dispensers, smart home, etc. These apps will all be managed separately, either individually or through a management app such has Google Home, Alexa, Apple Home, or Home Assistant.



Remote Supports Comparison Chart

Here is a comparison of the GrandCare hub system and Off-the-Shelf systems:

Feature	OFF THE SHELF	GRAND CARE HUB
Tablet	iPad, Skylight, Alexa Show,...	Grand Care
Overall Cost	Less	More
Dashboard	No central dashboard. Use different apps.	Central dashboard on desktop browser (some items in app)
Product Support	Individual companies	GrandCare, good support
Calendar	Apple, Google, etc.	GrandCare (desktop only)
Number of Apps	Multiple to manage	Less to manage
Video Calls	FaceTime, Alexa Show, etc.	GrandCare Tablet or app. Or Zoom links on GC tablet.
Smart Home	Any brand	Limited selection, see product list (Zooz, Reolink, ...)
Uploading Photos	Scroll back indefinitely in camera roll to upload	Limited to scrolling back a few hundred

Motion Sensors

Motion sensors are automated tools that detect movement to trigger actions such as:

- Turning on lights
- Opening doors
- Sending alerts
- They can be corded (plugged in), battery-operated, or hard-wired.
- They allow people to interact with their environment independently or alert caregivers if they need assistance.

There are many brands and types of motion sensors. Here is an occupancy sensor that shows motion or “no-motion” in a room. It can send an alert to a caregiver if no motion is detected by a certain time. This could indicate that some is hurt, sick, or maybe just over-slept. This one is called Hello Everyday:



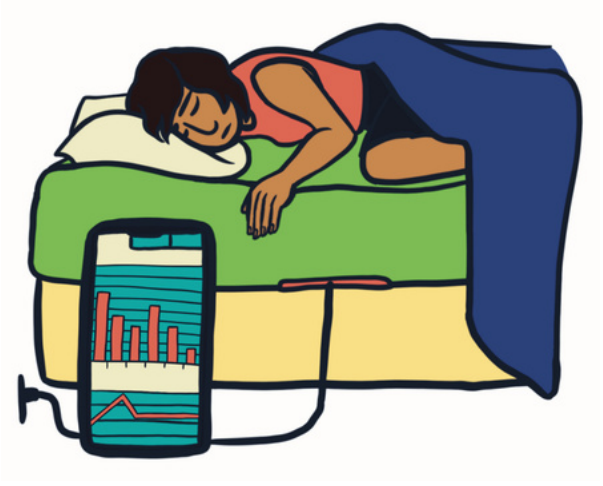
Health and Wellness Monitoring

Monitoring health and wellness can help prevent medical issues from occurring or escalating. Monitoring devices can track subtle changes over time that may be missed. Some symptoms can even be dismissed as behavior.

When to monitor: Pre-existing conditions (diabetes, high BP, heart issues, etc.), communication disorder (may not be able to express symptoms), decreased sensory awareness (interoception), desire for more autonomy, unexplained behaviors (could be undiagnosed health issue.) **Important:** Please get consent before monitoring!

Devices can monitor:

- Sleep
- Blood sugar
- Body Composition/ Weight
- Room Temperature and Body Temperature
- Dental Hygiene
- Vitals (BP, heart rate, respiration, pulse ox)
- Activity level and steps



Health Monitoring Devices

Wearables

Devices such as Apple Watch, FitBit, Google Watch, and Garmin can monitor sleep, respiration, heart rate, blood oxygen, etc. These are generally more reliable for vitals than for falls.

Sensors

Contactless sensors may be good for someone averse to wearing devices or difficulty managing devices. Examples:

- Withings Sleep Mat
- Forsite Bed Sensor
- Xandar Kardian XK300-H (measures vitals with radar)
- Hello Everyday (motion sensor)
- Nomo Smart Care (motion and falls)

Therap Connected Devices

Therap electronic health record software can now connect to devices. As of 2026, Therap Connect subscription is $12/year per person to connect one or more devices:

- FitBit and Google Watch (Steps, Heart Rate, Sleep)
- Withings Smart Scale (Body Composition - Muscle, Bone, Fat, Hydration)
- Arlyn Wheelchair Scale
- Watchdog Room Temperature and Humidity Monitor
- Withings Sleep Mat
- Vitals: iHealth Pulse Ox, Withings Smart Thermometer, Withings BP Monitor

Fall Detection

Fall detection devices can alert a caregiver when someone has fallen. There are also devices that help predict if someone is likely to fall by collecting medical data over time and analyze if someone is at risk for a fall. These devices collect data such vitals, mobility, sleep quality, etc.

Wearables versus External Devices



Wearable: There are devices that can be worn such as a watch, lanyard, or button attached to clothing. One example is Apple Watch which does not require a subscription for fall alerts. These are not fully reliable (especially with slow falls) but may be better than having no device. Some devices have paid subscriptions that are more reliable such as Bay Alarm Medical and similar companies.

External: These devices are not worn but rather have sensors that are installed in the home. These can include wall mounted sensors, bed sensors, and a hub plugged in a central location. Some examples inlcude Nomo Smart Care or Foresite Healthcare.



Community Navigation and Safety

There are tools to help someone get around town safely and with more independence. First consider some **questions**:

- How much support would someone like getting around town?
- Are they open to using tech to help?
- Are there communication barriers?
- What is the safety profile of the community? Are there specific safety concerns in this community to consider?
- What are backup transportation and “rescue” plans?

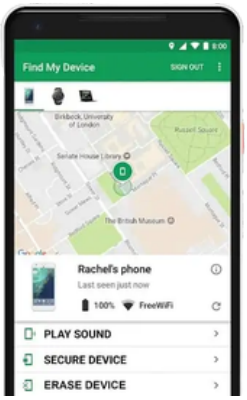
Terminology:

- **GPS (Global Positioning System)**: Satellite-based navigation, uses signals from space to pinpoint exact location on Earth.
- **Real-Time Tracking**: “Live Location Sharing” without history.
- **Location History Tracking**: Shows where you have been.
- **Geofencing**: Virtual boundaries that can trigger alerts upon entry/exit.

Community Navigation Examples

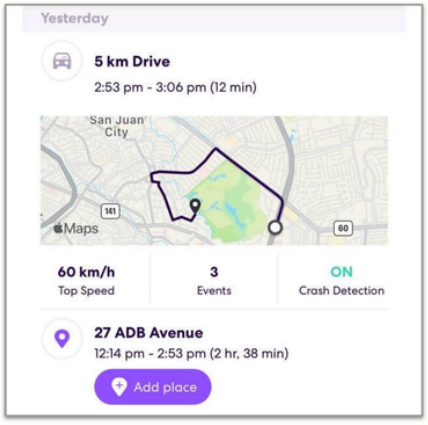
Live Location Sharing

- Apple “Find My”
- Google “Find My Devices”



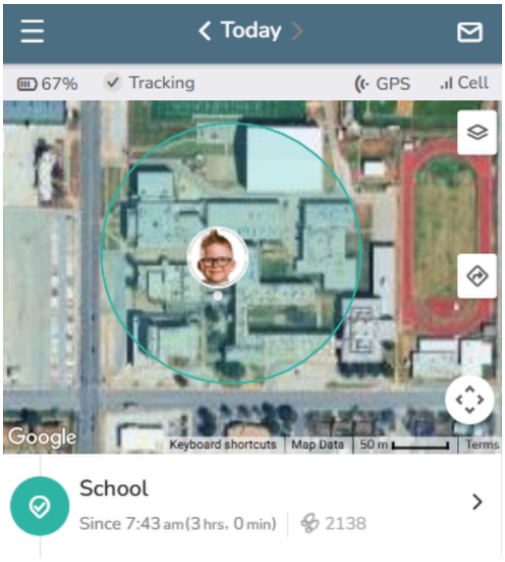
Location History Tracking

- Life 360 (app)
- Angel Sense (wearable)
- Bark Watch
- Garmin Bounce 2 Watch
- Boundary Care Watch



Geofencing

- Life 360 (app) = “Places”
- Angel Sense (wearable) = “Safe Places”
- Bark Watch = “Safe Zones”
- Garmin Bounce 2 Watch = “Boundaries”
- Boundary Care Watch = “Safe Zones”

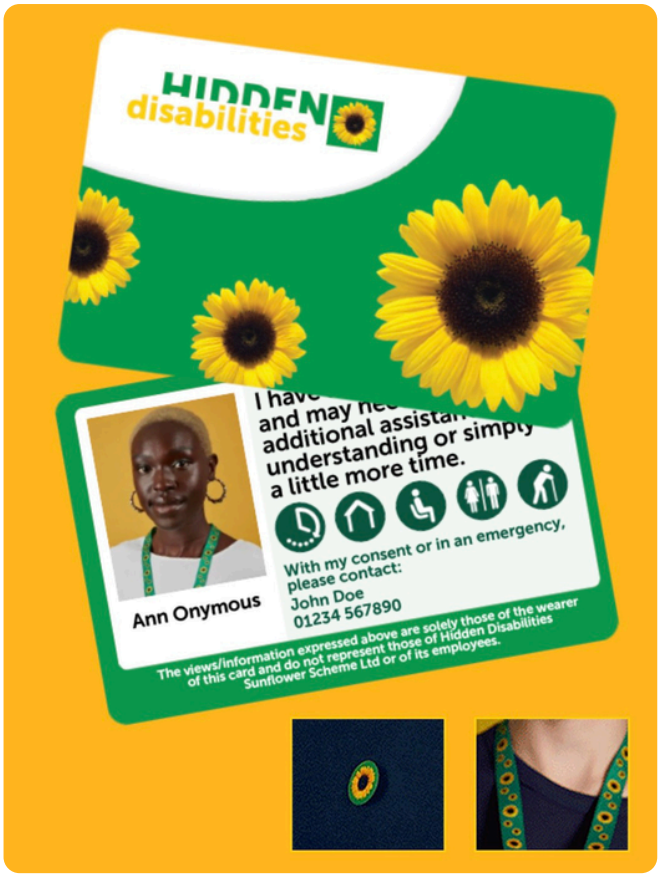


Community Navigation ID Tags

It can be helpful to wear ID when out in the community for anyone who has difficulty speaking or answering questions, especially in high stress situations. Some ideas include a simple name tag with brief explanation or ordering a free **Hidden Disabilities Sunflower lanyard**. The lanyard is available free at most airports or they can be ordered online and shipped for a fee.





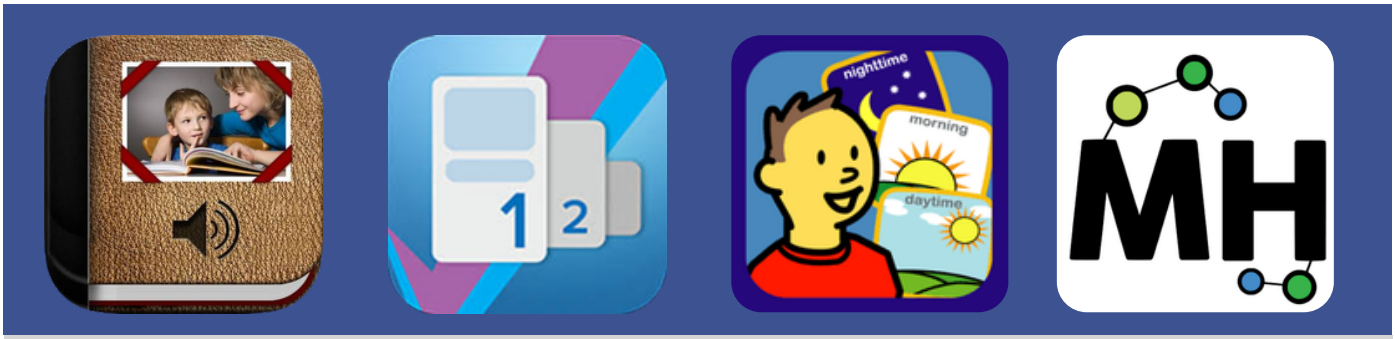


Learning New Skills Using Tech

Tech tools can help someone learn new skills, such as: cooking, gardening, laundry, greetings, how to use Google Maps, asking for help, respecting personal space, and more. Start here:

- Identify skills to learn, pick one to start.
- Try paper-based visuals first, if appropriate.
- Use a strengths-based approach.
- Use preferred methods and topics.

If more than paper visuals are needed to help teach skills, try some high-tech tools. Custom how-to videos can be created in the the GrandCare remote support hub system. Or here are some **examples of apps that can help teach skills:**



Pictello	**CanPlan**	**Choiceworks**	**MapHabit**
$20	$0-15	$30	$0-50/mo

List of Product Ideas

Smart Home	
Product	**Description and Price**
Alexa Speaker or Show + App	$40 to $500
Apple Home Pod + App	$99 to $349
Google Home Speaker + App	$45 to $100
Home Assistant App	Open source, free
Smart plugs, video doorbells, smart shades, door locks, and sensors, etc.	Many brands online, prices vary
Medication Dispensers	
Product	**Description and Price**
MedCenter	$60 to $140
Pill Drill	$199 for full kit
Hero	$30 to $60 monthly subscription
Calendars, Reminders	
Product	**Description and Price**
Talking Madi	$70
Skylight	$170 to $600 - Digital Calendar, photo album, chore chart, tasks, meal planning.

List of Product Ideas, Continued

Remote Supports	
Product	**Description and Price**
GrandCare	Monthly subscription
Simply Home	Monthly subscription
Motion Sensors	
Product	**Description and Price**
Hello Everyday	$220/year
Many brands online	prices vary
Health Monitoring - Wearables	
Product	**Description and Price**
Apple Watch, FitBit, Google Watch, Garmin, etc.	Prices vary
Boundary Care Watch	Used by consumers. Also used by Medicaid waiver programs in other states.
Health Monitoring - Hand-held	
Product	**Description and Price**
Y-Brush	Electric toothbrush - $40 to $130

List of Product Ideas, Continued

Health Monitoring - Sensors	
Product	**Description and Price**
Whitings Sleep Mat	Sleep quality tracking
Foresite Bed Sensor	Sleep quality tracking
Xandar Kardian XK300-H	Measures vitals with radar
Hello Everyday	$220/year
Nomo Smart Care	Detects motion and falls
Health Monitoring - Therap Connect	
Product	**Description and Price**
Connected devices: FitBit, Google Watch, Withings Smart Scale, Arlyn Wheelchair Scale, Watchdog Room Temperature and Humidity Monitor, Withings Sleep Mat, iHealth PulsOx, Withings Smart Thermometer, Withings BP Monitor	Contact your Therap Connect rep for more information and pricing. As of 2026, subscription is $12/year per person to connect one or more devices. Device cost is separate.
Fall Detection - Wearables	
Product	**Description and Price**
Bay Alarm Medical	Electric toothbrush - $40 to $130
Many brands online	Prices vary

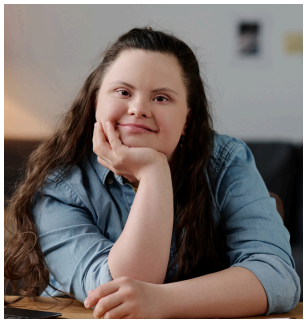
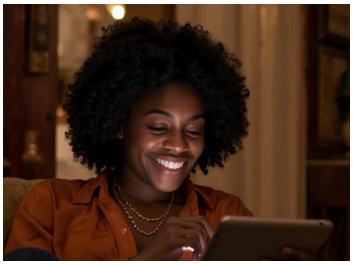
List of Product Ideas, Continued

Fall Detection - External Devices	
Product	**Description and Price**
Nomo Smart Care	$200 items + $20/mo subscription
Foresite Healthcare	$450 and up for devices. $75-120/month subscriptions
Community Navigation and Safety	
Product	**Description and Price**
Apple “Find My”, Google “Find My Devices”, Apple AirTag, other tracking tiles, etc	Made for consumers rather than providers
Life 360 App	Made for consumers rather than providers
Garmin - Bounce Watch	Made for consumers rather than providers
Angel Sense	Made for consumers rather than providers
Bark - Watch and Phone	Used by consumers. Also used by Medicaid waiver programs in other states.
Boundary Care Watch	Used by consumers. Also used by Medicaid waiver programs in other states.
Hidden Disabilities Sunflower Lanyard	Free ones available at PDX Airport Travel Center or at most ticket desks

List of Product Ideas, Continued

Learning New Skills	
Product	**Description and Price**
Pictello App	$20
CanPlan App	$0 to $15
ChoiceWorks App	$30
MapHabit App	$0 to $50/ mo

Technology Stories

	**Terrell** has a seizure disorder and is at risk for falls. His staff were suspecting that he was not sleeping well. He does not have overnight staff. He trialed a sleep mat that showed he was absent from bed frequently and for long periods. His team his adjusted sleep schedule and now Terrell is less tired and more interested in going out.
	**Alina** has a smart speaker with a digital assistant and can ask questions like “What is the weather today?” and “What time does the post office open?” They learned some strategies such as: talk slowly and clearly to the speaker, take a deep breath before speaking to increase speech volume, decrease background noise, and place the speaker in a central location.
	**Maya** is able to control lights in her house with smart home equipment. She has an iPad, adaptive stylus, smart plug, and iPad mount to attach to her bed frame. She remembers to ask her support staff for help when her smart home tech does not work. She keeps a trouble-shooting cheat sheet next to her bed.
	**Orlando** uses supports for planning and keeping track of time. He has a large digital wall calendar for important events and color codes each one. He also uses a daily to-do list that hangs on the refrigerator. Before he goes to bed each night, Orlando checks his calendar and makes a to-do list for the next day.
	**Brad** recently moved into his own apartment. He and his family wanted more peace of mind now that he is living on his own. He has daytime staff and no overnight care. He has sensors and a remote monitoring hub system in his apartment which has given everyone reassurance. The built-in calendar and reminders have helped Brad be more independent with chores and activites.

Funding Tech in Oregon

For details on funding tech, visit: cv-atlab.org/learn/at-funding
The primary funding sources in Oregon include:

- Medical Health Insurance
- Medicaid K-Plan funds through County Developmental Disabilities Programs
- State programs: Vocational Rehab, Oregon Commission for the Blind, and the Telecommunications Devices Access Program
- School-based programs
- Low-interest loans through NW Access Fund
- Grants from charitable organizations such as Oregon Special Needs Trust, Zetosch Fund, and others.

To see the complete guide on AT that is covered by Medicaid K-Plan, see the ODDS AT Worker Guide. Community Vision made an easy-to-follow video that explains this Guide. Scan the QR code or click the link below!

https://youtu.be/D3lC5MDe8yI

Resources

- **Community Vision Assistive Technology Lab**
- **Access Technologies Inc.** Oregon's Statewide AT Program
- **Understanding Assistive Technology: Simply Said** - Short video made by The PACER Center
- **Getting to know Assistive Technology** - Minnesota's Tech Resource Center
- **Smart Homes Made Simple Guide** - Pennsylvania Assistive Technology Foundation
- **SHIFT Technology First** - Tennessee's education and certification program
- **Tennessee Enabling Technology Model Homes** - Video tours
- **Tennessee Enabling Technology Video stories** - YouTube Channel

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