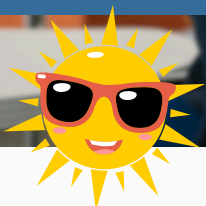


TECHNOLOGY TODAY

ODP Technology Taskforce Newsletter



Summer is the perfect time to kickback with the latest edition of the ODP Tech Taskforce's newsletter: *Technology Today*. We understand accessibility is key and strive to support individuals with disabilities, family members, and providers with resources, events, and other important updates in the assistive technology world.



Call for Personal Stories



Our Taskforce is always looking for more individuals with disabilities to provide personal stories. We want to know how supportive technology has made a positive impact on people's lives. These personal stories can be in the form of videos, blogs, or written essays. They will be highlighted in our future newsletters.

If you're interested or want to know more, reach out to: ra-PWODP_Outreach@pa.gov

This Issue

New Technology Library
PAGE 02

Move Your Way!
PAGE 02

Mobile Apps
PAGE 03

Tech Corner
PAGE 03

Accessibility in the
Summertime
PAGE 04

Events
PAGE 04



Arc Human Services Launches New Technology Library in Western Pennsylvania

At [Arc Human Services \(AHS\)](#), we believe that technology can be a powerful enabler for people with disabilities, helping them live life on their terms. However, finding the right solution for everyone is crucial and can be tough. There are always neat gizmos and gadgets that could be helpful, but how do we help people find what works for them? Understanding this, AHS is thrilled to announce the launch of our new Technology Library at our Canonsburg office, open Monday through Friday, 9:00 am to 5:00 pm, or by appointment.

The Technology Library is a welcoming space where people of all abilities, their families, and the community can explore a variety of assistive technologies. From virtual reality glasses to medication dispensers, visitors can experience hands-on interactions with innovative tools designed to enhance everyday living. This initiative allows individuals and families to discover solutions tailored to their unique needs, helping to reduce the overwhelming fears and anxiety that come with new experiences and focusing on how technology can help them live independently and confidently.



*** NOW OPEN ***

Arc Human Services

TECHNOLOGY LIBRARY

The Arc Washington County

Visit us at 111 West Pike Street, Canonsburg, PA 15317
Monday to Friday 9:00 am to 5:00 pm
-or- Contact us to Make an Appointment
info@archumanservices.org

We invite everyone to stop by the Arc Human Services [Canonsburg office](#). While you're here, enjoy our café, visit our art gallery, and immerse yourself in the Technology Library. AHS is excited to provide these opportunities and is committed to bringing technology to life for the people, families, and communities we serve.

Stay tuned for more exciting developments this year at AHS, including the upcoming smart living classroom and smart living space. These additions will offer even more opportunities to learn about, experience, and try out technology in meaningful ways. Join us in this journey towards a more inclusive and technologically empowered future.



Move Your Way!

Move Your Way is the physical activity campaign that offers tools and resources for individuals and professionals to learn about the Physical Activity Guidelines, share its key messages and encourage individuals to become more active. Recognizing the health disparities and co-existing medical conditions experienced by many individuals with intellectual disabilities, developmental disabilities and autism, ODP is promoting Move Your Way in cooperation with the Office of Disease Prevention and Health Promotion of the U.S. Department of Health and Human Services. Becoming more physically active can help lead to happier, healthier lives. [Visit the Move Your Way site](#) to learn more.



Mobile Application Resources: Summer Traveling

Wheelmap: This is a user-generated map of wheelchair-accessible places that allows users to locate and mark accessible spots around the world, making travel planning easier for wheelchair users, as they travel to public places such as restaurants, museums, and cafes.

Accomable and **Handiscover:** Airbnb-like websites where users can filter accommodations according to their visual, auditory, mobile, or other impairment needs, so that they are able to find accessible vacation properties and helpful traveling tips.

Medisafe Pill & Med Reminder: An app that reminds travelers when it is time to take their medication and alerts them to when they need to order refills. The **Hidrate App** and accompanying water bottles help an individual keep track of their water intake and remind them of when they need to hydrate.

Fuel Service: This app allows an individual to search for gas stations that are close by. The app will then contact the gas station to see if an attendant is available to assist the individual and will then notify the gas station once the individual has arrived.

TECH CORNER: AT for Staying Hydrated

Staying hydrated is essential for everyone. Dehydration can lead to various health issues, so it's crucial to find ways to encourage water intake. Here are some gadgets and tips that can help you stay hydrated:

- **Smart Water Bottles:**
 - These bottles come equipped with sensors that remind you to drink water at regular intervals. Some even have LED lights that flash when it's time to hydrate.
 - Consider using a water bottle that paces your water intake throughout the day. For example, the **HydroMATE** water bottle reminds you to refill and calculates how much water you need based on the time of day.
 - **Hidrate Spark TAP Smart Water Bottle**
- **Smart Home Assistants:**
 - Devices like Amazon Echo or Google Home can be programmed to remind you to drink water. Set up voice commands to receive hydration reminders throughout the day.
- **Flexible Straws or Hoses:**
 - For people with limited mobility, using a long, flexible straw or hose can make it easier to position the straw close to their mouth. This way, they always have direct access to their beverage. **Giraffe Bottle Drinking Solutions**
- **Innovative Smart Cups:**
 - Some smart cups accurately monitor fluid intake, sip by sip. These cups integrate with care plans and patient software, ensuring that all hydration data is in one place.

Aquarate - Hydrcare Smart Cup for Reducing Dehydration

Remember that staying hydrated is essential for overall health.





Accessibility In the Summertime

The summer season can bring about thoughts of getting outdoors and traveling. This can have both physical and mental health benefits for everyone, including individuals with disabilities. Consider some of the accessibility tips below to help ease the process of participating in summer activities.

Staying well hydrated is crucial at all times, but this is something to pay particularly close attention to during the heat of the summer season. Spending time outdoors can be exhausting, which is all the more reason to stay on top of getting enough water to drink. For someone who is often on the go, it may be helpful to use a hands-free water bottle with a clip attachment. This could benefit wheelchair users or anyone with limited hand mobility. When looking for the right water bottle, also consider the type of straw that would be most helpful to the user. There are also a number of apps to download that can generate reminders to continue drinking water throughout the day.

Another potential hazard of the summer season is the added exposure to the sun. While this can be great for mental health, protecting the skin is equally important. One common way to protect the skin is with sunscreen. However, for someone with sensory-sensitivities to certain smells, consider a fragrance-free sunscreen or opting to wear sun-protective clothing.

If the summer season is also a time for a vacation or another reason for travelling a long distance, it is important to plan ahead. Check online or call ahead at any place you are visiting or service you might use to understand what accommodations they offer and how to access them. This would include checking with hotels, airlines and airports, and other destinations to learn about options for things like showering, beds, parking and ramp locations. Having this information ahead of time will help ease the overall stress of travel.

With travel also comes a change in routine. Consider using a mobile app to set reminders to do things that may be easily forgotten during travel. This could be reminders to take certain medications or eat meals at appropriate times. Summer and travel can be fun and exciting – planning ahead can be an important step in making sure the fun is had by everyone participating!

Upcoming Events

PA TECH ACCELERATOR WEBINAR SERIES

What: A webinar series about how assistive technology (AT) can change lives by increasing access to employment, social interaction, and everyday life.

- **When:** Third Thursday of every month, 12 p.m. **AND** 4 p.m.
 - July 18, 2024: *AT Essentials*
 - August 15, 2024: *Built-in Accessibility of Everyday Tools*
 - September 19, 2024: *A Day in the Life: Work, Home, and Community*
- **Location:** Zoom
 - [Registration & More Information](#)

