

- Suggestion to ask the person of their interest in using technology in assisting them in living their lives. Prompt people with relatable examples of common technology in today’s society (probably already using technology if they have a smart phone or if they or their family uses a Ring doorbell etc.)
- Suggestion to discuss 1) interests 2) strengths that can be enhanced with technology and 3) any identified barriers to using technology that the ISP Team can help problem-solve.
- Suggestion to focus on ‘minimizing complicated solutions’ to help with engagement and follow-through with implementation.

LifeCourse LIFE DOMAIN	LifeCourse Prompt	Technology Guiding Questions	Examples of Technology
Daily Life Employment	<p>What do I think I will do or want to do during the day in my adult life? What kind of job/career might I like?</p> <ul style="list-style-type: none"> • Micro-enterprises • Careers • Competitive employment • College or tech school • Supported employment • Job coaches • Volunteering • Inclusive college programs • Online classes or training • Day habilitation supports • Vocational training • Work Crews or Enclaves 	<p>How would a person use technology to get a job?</p> <p>What are your goals/direction? Do you have an email account? Do you have internet access? Do you have a device to access the internet? Computer/tablet/smartphone</p> <p>Do you need help to search for or research a job online?</p> <p>If you have job goals, is there information online that could help you?</p> <p>If you have specific job goals, are there specific skills or education that could help you get or maintain that job?</p> <p>How can technology help:</p> <p>How can you find local groups or clubs or activities? Websites, Facebook pages, connecting with others, looking for engaging options, volunteer activities.</p> <p>Have you ever used Uber/Lift? Other transportation?</p>	<p>Schedules and sequence prompting systems – audio and visual. Resume building Job seeking websites. Travel apps Video-assisted training (used for job training and job skill development and to teach complex skills for appropriate job behavior and social interaction)</p>

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Community Living	<p>Where would I like to live in my adult life? Will I live alone or with someone else?</p> <ul style="list-style-type: none"> • Co-ops • Adapted living space • Environmental technology • Shared living/ host family • Companion living • Public transportation • Home ownership • Independent Living Center • Group Homes • Independent Supported Living (ISL) 	<p>What would make your life easier at home?</p> <p>What would help you in moving around the house?</p> <p>Do you have a communication method or system to express wants and needs that others can understand?</p> <p>Do you need support to achieve a greater level of independence by using a computer or technology device to control your surroundings? Can technology assist to overcome any physical limitations? Can technology assist with your personal care?</p> <p>How can you navigate your community as independently as possible? What would help you to “get around” and go to the places you like either by yourself or with less staff?</p> <p>If applicable: What can a service animal/dog do? Would that help you with getting around, either at home or in the community?</p>	<p>Alexa Google home Apps – prompting, cooking, reminders, budgeting. Alexa to provide information like the weather etc., control lights, set schedule and reminders etc. other areas are iPad or notebooks that read to people, email that helps folks stay connected, access to ASERT and HCQU web sites that have a lot of resources.</p> <p>Time management/organization apps such as timers, reminders and alarms, visual schedules, and access to visual supports for learning new skills and task completion.</p> <p>Difficulty with memory / organization / math</p> <ul style="list-style-type: none"> • Meal planner, shopping list organizer • Medication organizer or dispenser • Adapted calendars (e.g., large print) • Adapted calculators (e.g., talking, large button, large display) <p>Difficulty with self-care, gripping, reaching, typing</p> <ul style="list-style-type: none"> • Long handled comb • Dressing aids (e.g., button hook, zipper pull, sock donner) • Reachers • Adapted light switches and lamp knobs. • Adapted stove knobs, faucets, universal turner tool. • Ergonomic or adapted mouse pointers and keyboards • Ergonomic gardening tools <p>Difficulty getting around (mobility)</p> <ul style="list-style-type: none"> • Walker, cane • Sit-to-stand seat lift

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			<ul style="list-style-type: none"> • Shower chair • Glow-in-the dark tape for stairways, thresholds • Grab bars and railings <p>Medication delivery systems Prompting and scheduling systems - audio and visual Step by step guides (e.g., Pictello app) for self-instruction, menu etc. Video-based instructional materials (help people learn functional life skills such as grocery shopping, writing a check, paying the bills, or using the ATM machine)</p>
<p>Social & Spirituality</p> <p>Our Terminology: Communication/ Connection/Social</p>	<p>How will I connect with spiritual and leisure activities, and have friendships and relationships in my adult life?</p> <ul style="list-style-type: none"> • Friendships • Dating/ relationships • Parks and Recreation • Inclusive faith community • Service/social club/groups • Special Olympics • Line passes • Social groups • Video chat or calls • Separate or special church service • Special group outings & activities 	<p>Do you have a communication method or system to express wants and needs that others can understand?</p> <p>Do you keep in touch with friends/family over the phone? Online?</p> <p>Do you “keep up” with your friends/family online or through social media? Do you like to know what is happening in people’s lives, maybe when you can’t see them in person so often?</p> <p>If applicable:</p> <ul style="list-style-type: none"> • Are you interested to have a pet? Have you looked at pets online? • What can a service animal/dog do? Would that help you with getting around, either at home or in the community? • Would a therapy animal help with anxiety/stress? 	<p>Difficulty with communication (includes hearing, seeing, speaking, writing)</p> <ul style="list-style-type: none"> • Low-tech communication system • Amplified or captioned telephone • Voice amplifier • Handheld magnifying glass • Talking pill bottle • Pencil grips, pens with large grip • Signature guide <p>Communication Board or Communication Devices - Computerized voice output communication aids and synthesized speech. (Should work with Speech professional) Note- any communication device should include ability and tasks to connect with smart devices. Social Media Facebook, Zoom, Facetime “Next Door”, neighborhood apps or groups on Facebook</p>

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Healthy Living	<p>How will I live a healthy lifestyle and manage health care supports in my adult life?</p> <ul style="list-style-type: none"> • Gym membership • Community Health Centers • Health fairs • Family practice providers • In-home or community-based therapies • Family member or school staff implements therapy • Tele-Medicine • Personal fitness devices or apps • Center-based therapies (PT, OT, Speech, etc.) • Specialized medical care 	<p>Do you like exercise? Would you want to try it in a new way? Do you like to “see” your progress, how many steps or miles you walked, how many calories in a meal?</p> <p>Do you schedule doctor appts through websites? Is that easier than talking on the phone?</p> <p>Do you look at your test results online?</p> <p>If you are feeling anxious, would you like to try guided meditation or white noise apps?</p> <p>Would you like to track your mood/feelings using an app?</p> <p>Would you like to connect online (social media, Facebook) with support people or groups?</p> <p>Would you like to find healthy recipes online?</p> <p>Would you be interested to talk to a Health Coach on a regular basis? Someone to check in with you to see how you are doing, are you working on healthy goals?</p>	<p>Wearables – tracking personal fitness – activity tracker, Fitbit, tracking anxiety.</p> <p>Self- management Apps – menu planning, recipes, weight loss, diabetes, coaching, biofeedback (e.g., apps - Habits Pro, Goal Streaks, Time timer, Microsoft “To Do”)</p> <p>Workout equipment – with coaching/feedback/variety apps</p> <p>Social Media – groups, games</p> <p>Meal planner, shopping list organizer</p> <p>Medication organizer or dispenser</p>
Safety and Security	<p>How will I stay safe from financial, emotional, physical or sexual harm in my adult life?</p> <ul style="list-style-type: none"> • Supported decision making • Bank account, automatic bill pay 	<p>Caregivers, Family Members, Significant Others: Is there a need to help monitor the safety of your loved one?</p> <p>What would help you feel safe at home?</p>	<p>Video Doorbells (ring)</p> <p>Motion lights, voice-controlled lights, timed lights</p> <p>Stove Shut offs</p> <p>Water sensors</p> <p>Fall sensors – movement sensors.</p> <p>Panic Buttons</p> <p>911 calls using Alexa/Google home.</p>

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	<ul style="list-style-type: none"> • Personal contract/agency agreement • Personal safety devices • Remote monitoring • Special Needs Trust • Abuse/neglect hotlines 	<p>Who is coming to the door? How do you get deliveries?</p> <p>Would you like to try spending more time at home by yourself? How could you do that while being as safe as possible? What would you need?</p> <p>Would it help to have medication dispensers or prompts for medications? Do you worry about missing your medications?</p>	<p>Med dispensers</p>
<p>Citizenship & Advocacy</p>	<p>What kind of valued roles and responsibilities do/will I have, and how do/will I have control of how my own life is lived?</p> <ul style="list-style-type: none"> • Voting • Neighborhood group or organizations • Self- Determination • Visiting your legislator • Self-Advocacy groups • Advocacy training • Legislative advocacy events <p>Paid advocate or having someone else advocate on your behalf.</p>	<p>Are you interested in participating in a group for self-advocacy? How would you connect with them?</p> <p>Are you interest to vote? Are you registered and would you like to do it online? Would you want to request a mail-in ballot online for election?</p> <p>Do you know how to reach someone for advocacy help? Your Supports Coordinator? A Self-Advocacy organization? Would you need technology to help you do that?</p> <p>Keeping up with your local and State representatives? Your government officials?</p>	<p>Internet Device to connect. Local or State representative websites/ Twitter/ apps</p>

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Supports for Family	<p>How do I want my family to still be involved and engaged in my adult life?</p> <ul style="list-style-type: none"> • Social Media • Technology • Blogs • Family & friends • Parent-to-parent/Peer Support • Face-to-face support groups • Online Support Groups • Sib-shops • Sibling networks • Disability specific groups 	<p><i>To be developed: Guiding questions around different perspectives about technology decisions</i></p> <ul style="list-style-type: none"> • Families and Self-Advocates may have different opinions, priorities and knowledge of how technology could help <p>Does your family want to learn more about how “technology” can help?</p> <p>Do they have concerns about using technology? Do they have concerns about Privacy rights?</p> <p>Let’s have a discussion about Choice and Control and how that applies to technology options.</p> <p>Having privacy and safety in social media accounts, online access</p>	<p>Training for self-advocates in online safety</p> <p>Training for families in how technology can open opportunities for independence.</p>
Supports & Services	<p>What support will I need to live as independently as possible in my adult life, and where will my supports come from?</p> <ul style="list-style-type: none"> • Self-Directed Supports • Caregivers • Systems supports • Provider and agency staff 	<p>Question for Service Providers: Can this individual be supported to achieve a greater level of independence by using a computer or technology device to self-control their surroundings? Can technology assist to overcome physical limitations? Can technology assist with personal care?</p> <p>What services and supports do you have? Do your service providers have resources and skills and options for using technology? Do your providers need training or technical assistance or technology resources?</p> <p>Do you have technology or assistive devices, is it working, what is needed to help with that?</p>	<p>Difficulty with memory / organization / math</p> <ul style="list-style-type: none"> • Meal planner, shopping list organizer • Medication organizer or dispenser • Adapted calendars (e.g., large print) • Adapted calculators (e.g., talking, large button, large display) <p>Difficulty with self-care, gripping, reaching, typing</p> <ul style="list-style-type: none"> • Long handled comb • Dressing aids (e.g., button hook, zipper pull, sock donner) • Reachers • Adapted light switches and lamp knobs • Adapted stove knobs, faucets, universal turner tool • Ergonomic or adapted mouse pointers and keyboards

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		<p>Do you have technology or assistive devices that are not addressing your need?</p> <p>How does technology impact my other services? How can services (including tech-specific providers) work together to best support the person?</p>	<ul style="list-style-type: none"> • Ergonomic gardening tools <p>Difficulty getting around (mobility)</p> <ul style="list-style-type: none"> • Walker, cane • Sit-to-stand seat lift • Shower chair • Glow-in-the dark tape for stairways, thresholds • Grab bars and railings <p>Medication delivery systems</p> <p>Prompting and scheduling systems - audio and visual</p> <p>Step by step guides (e.g., Pictello app) for self-instruction, menu etc.</p> <p>Video-based instructional materials (help people learn functional life skills such as grocery shopping, writing a check, paying the bills or using the ATM machine)</p> <p>Remote Supports – sensors, communication devices, call-center staff to assist the person remotely</p>