Assistive Technology: A Key Ingredient for Community Living

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Session Objectives

• Learn about assistive technology that helps people maintain independence with activities of daily living and functional needs

• Describe the Assistive Technology Act and how it can enable trial use and access to the type of technology that meets individuals’ needs.

• Share ideas on how to expand access to assistive technology through partnerships throughout the aging and disability network and private industry.
Questions To Run On

• What strategies can we use to increase awareness of Assistive Technology?
• How can we accelerate the adoption of assistive technology?
• What Long Term Care policies changes could be made to increase the adoption of Assistive Technology?
Agenda

• Demand and Opportunity for Technology for Older Adults
• What is Assistive Technology?
• How is AT a Key Ingredient for Community Living?
• The Nationwide Assistive Technology Act Program
• Strategies Underway to Increase Awareness and Access to AT
• Discussion
Opportunity

- Approximately 34% of Medicare beneficiaries, or 20 million, have functional limitations that could potentially benefit from assistive technology

- By 2029 there will be 14.4 million middle-income seniors, 60 percent of whom will have mobility limitations and 20 percent of whom will have high health care and functional needs at risk for institutional care and spend down to Medicaid

- Assistive technology can address functional needs and improve ability to thrive at home and in the community

- Pace of innovation in technology is impressive and will be transformative
Transformation to Person Centered

No Wrong Door System

Veteran Directed Care

Assistive Technology Awareness & Adoption

Inclusive Community Transportation

Person Centered Planning Training Program

LifeCourse™ by Shelly Reynolds, Ph.D.

Stanford’s Chronic Disease Self-Management Program
What is Assistive Technology?

Assistive Technology is defined as any piece of equipment, product system, or service used to increase, maintain, and/or improve functional capabilities of individuals with disabilities or limitations (PL 108-364).

Assistive Technology can range from low-tech to high-tech depending on the need and implementation.
AT addresses needs re:

- Vision
- Hearing
- Speech communication
- Learning, cognition, and developmental
- Mobility, seating, and positioning
- Daily living
- Environmental adaptations
- Vehicle modification and transportation
- Computers and automated home
- Recreation, sports, and leisure
Types of Assistive Technology Supporting Independence & Community Living

- Apps
- Voice activated Technologies
- Sensors
- Technologies that address functional limitations with Activities of Daily Living
- Autonomous Vehicles
- Telemedicine
Apps

**ALL VETERANS APPS**

**ACT Coach**
In ACT with a therapist and want added support? Find it here.
(iOS) Android

**Airborne Hazards and Open Burn Pit Registry**
Deployment-related exposures information for Veterans.
(Web)

**Anger and Irritability Management Skills (AIMS)**
Track, address and manage anger better with AIMS.
(iOS) Android

**Annie App for Veterans**
Meet Annie, she sends Veterans self-care messages.
(Web)

**CBT-i Coach**
Engaged in CBT-i and want extra support? The Coach is here.
(iOS)

App for Veterans:  
https://mobile.va.gov/appstore/veterans

Bridging Apps:  
https://search.bridgingapps.org/dashboard
Seeing AI App
Annie App

Check your blood sugar before driving, and never drive when your blood sugar is low.
Voice Activated Technologies
Digital assistants

- Amazon Echo & Echo Show & Echo Connect, Google Home

- Voice control of your computer or smart device: Siri, Cortana
Sensors

- Thermostats
- Wearables
- Ambulation/Gait Monitoring
- Food Ordering
Mobility

- Fall prevention
- Mobility devices
- Vehicle modifications
Hearing Assistance

- Amplified and captioned phones
- Assistive listening systems
- Streamers/neck loops/Bluetooth receivers
- Apps for speech-to-text
Wyoming’s Project Echo

- Hub and spoke knowledge sharing network
- Uses multi-point videoconferencing to conduct virtual sessions with local education agencies
- Provides access to expert advice in any location
- Does this hold promise for rural areas?
# Assistive Technology Act Program

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tr>
<td>What is the mission of the program?</td>
<td>The mission of the AT Act program is to serve people with all types of disabilities, of all ages, in all environments, and provide an array of services to meet AT needs.</td>
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<td>What are the goals for the program?</td>
<td>The overall goal of the AT Act is to increase access to and acquisition of AT devices and services through comprehensive state level and state leadership activities.</td>
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Nationwide Assistive Technology Act Program

• For FFY 2018
  – Received $28 million
  – Served over 500,000 people
  – Generated close to $63 million in savings and benefits
  – Provided 32,353 short term loans of 49,721 AT devices to individuals or entities
  – Over 59,000 consumers, received a total of 70,673 lightly used devices resulting in a savings of over $28 million

• Find your state AT program: https://www.at3center.net/stateprogram

• Data on your state AT program: https://catada.info/
Strategies Underway to Increase Awareness and Access to AT

• Increasing Partnerships at Federal, State & Local Level
• Assistive Technology Toolkits
• Georgia Tech Integration of Functional Assessment & Assistive Technology Solutions
Partnerships

• Assistive Technology Reuse—Kansas & Oklahoma (State AT program and State Medicaid Agency)
• Agrability-North Carolina (State AT program and State Department of Agriculture)
• Serving Warriors In Transition—Virginia and North Carolina AT programs and U.S. Army
Assistive Technology Toolkits

• Developed through State No Wrong Door partnership entities (AAA’s, CILs, AT programs).
• Created locally to include Assistive Technology solutions for common issues experienced by older people in those communities.
• Cross training staff
• Available in Senior Centers, Centers for Independent Living, and Area Agencies on Aging
• Delaware, Georgia, New Hampshire, Vermont, Washington State are some examples
Participants from 51 States & Territories:
- Individuals with Disabilities (end users)
- Practitioners
- Industry Reps
- Researchers
- Designers
Role of Medicare and Medicaid

- Medicare and Medicaid policies can also expand access to assistive technology.
- Medicare Advantage plans offering supplemental benefits may offer home environment improvements. AT could be considered a supplemental benefit.
- State Medicaid waivers are enabling access to AT as a part of home and community based services. As more states develop approaches to address the social determinants of health, AT can address social and functional needs of individuals with disabilities.
- It’s a tool in states’, health plans’, and health care providers’ tool box to support people with disabilities function more independently. In value based care, AT will become an increasingly valuable to address functional limitations in complex patient populations.
Questions To Run On

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Thank You For Your Ideas
&
We Look Forward to Our Work Together to Expand Awareness & Access to Assistive Technology