

WEBINAR & TELELEARNING SERIES



Managing Your MS Symptoms with Technology



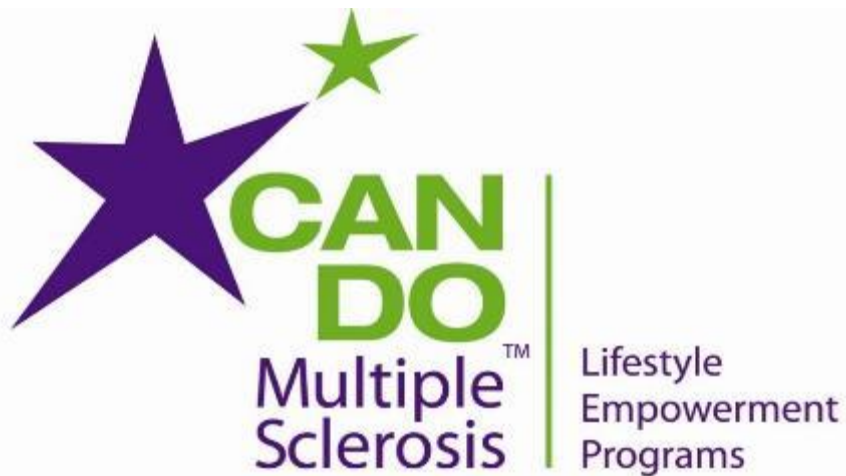
February 9, 2016

Presented by:



EMD Serono | Teva Pharmaceuticals

Acorda Therapeutics | Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases



THE **POWER** TO BE MORE THAN YOUR MS
www.mscando.org | 800-367-3101

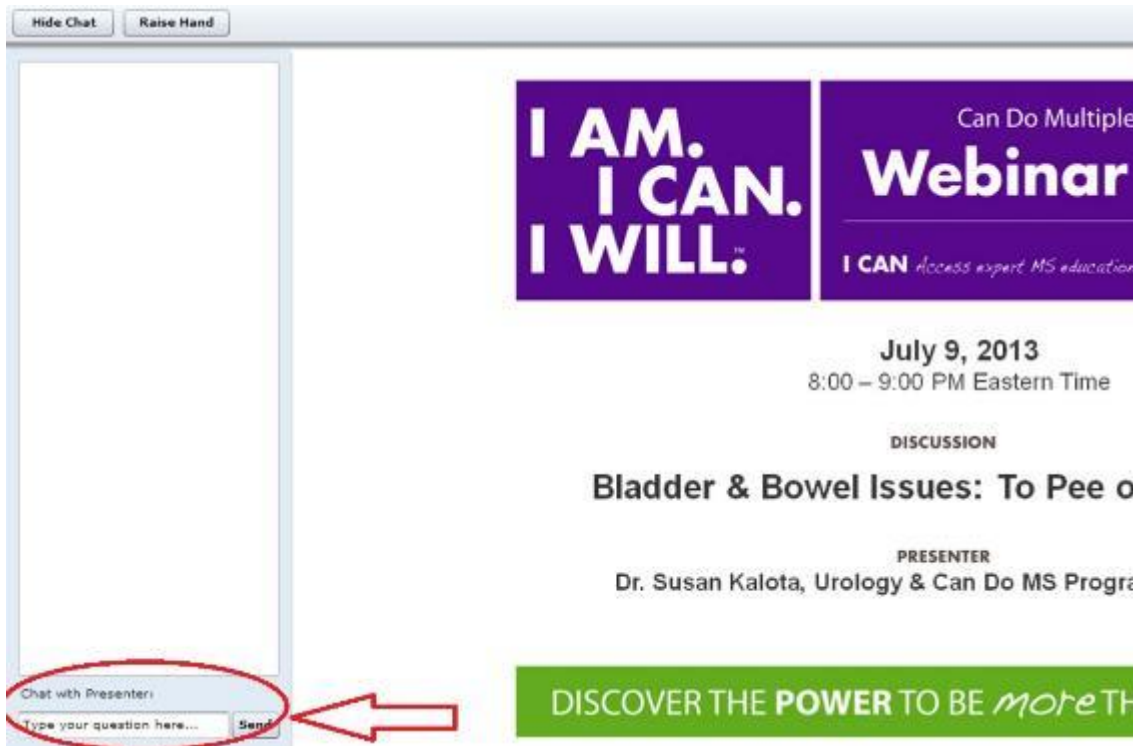


**National
Multiple Sclerosis
Society**



How to Ask Questions During the Webinar:

- **Chat Feature** – Type in your questions using the chat box on the lower left hand side of your screen.



The screenshot shows a webinar interface. On the left is a large chat box with a 'Hide Chat' and 'Raise Hand' button at the top. At the bottom of the chat box, there is a text input field labeled 'Type your question here...' and a 'Send' button. A red circle highlights the input field, and a red arrow points to it from the right. To the right of the chat box is a purple banner with the text 'I AM. I CAN. I WILL.' and 'Can Do Multiple Webinar'. Below the banner, the date 'July 9, 2013' and time '8:00 – 9:00 PM Eastern Time' are displayed. The topic 'Bladder & Bowel Issues: To Pee or Not to Pee?' is shown under the heading 'DISCUSSION'. The presenter is listed as 'Dr. Susan Kalota, Urology & Can Do MS Program' under the heading 'PRESENTER'. At the bottom, a green banner reads 'DISCOVER THE POWER TO BE more THAN'. The 'CAN DO' logo is visible in the bottom left corner of the chat box area.

Mark Edward Surabian



**Founder of ATHelp.org
New York, NY**

Anna Lenhart



**Program Manager, AbleData
Falls Church, VA**



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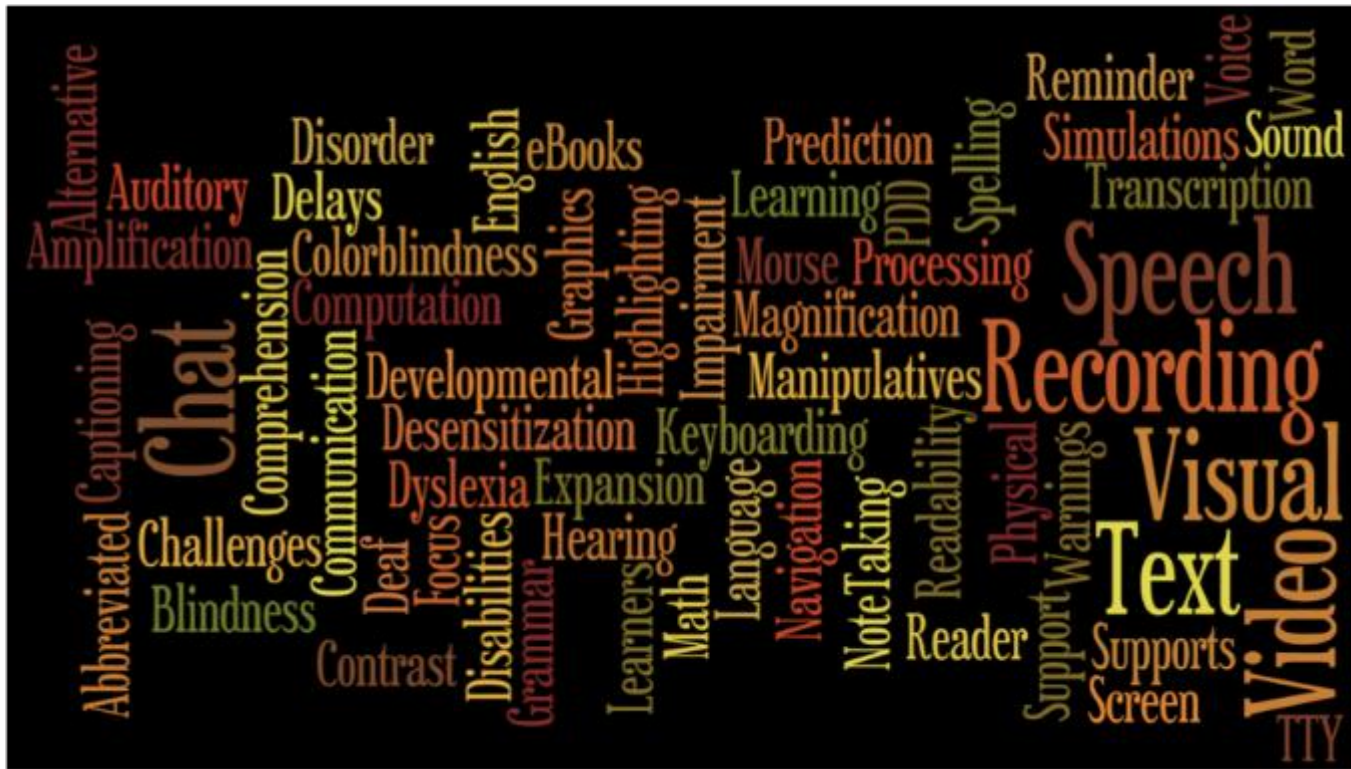
Acorda Therapeutics | Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases

Agenda

- **What is AT, Who is it for and How can it help.**
- **Which AT is right for you?**
- **Types of AT for various MS symptoms.**
- **Services and Resources to find AT products.**

What is Assistive Technology (AT)?

- *Any item which increases, improves, or maintains the functional capabilities of a person with a disability at home, school, or at work*



Who are the Users of AT?

- AT products for any challenge or disability.
 - Physical Access and Mobility
 - Cognitive and Neurological Supports
 - Learning Disabilities
 - Vision Impairments
 - Hearing Challenges
 - Augmenting Communication

AT Fixes Access for People

- AT arose from individual desire/need to access community
- AT can improve interaction between person and environment
- AT can increase opportunities for participation
- AT is anything that achieves these goals

Determining What AT is Effective

- An AT Search begins with asking questions like:
 - What environment do you want to make accessible?
 - What task do you want/need to complete?
 - What interactions with others require support?
 - What daily tasks do you need greater control over?

Then ask yourself, “what technology do I wish existed to help with such a need?”

It most likely exists...

Goal: Find the Right Technologies:

- Ask a confidant to participate in a conversation about the challenges you encounter daily - outside feedback is essential
- Log the environments and tasks that prove to be difficult where a technological support could be beneficial
- Use this list of daily challenges to find the tools which could meet those exact needs (many links below)
- Be a good consumer--one size does not fit all

Areas in Where AT Has Value

- Supports for Activities of Daily Living (self care, memory supports)
- School and Workplace Accommodations (computer access, note-taking)
- Access to Leisure (home, sports, hobbies, entertainment)

The AT Field Addresses

- Adaptive Aids for Daily Living Needs **
- Augmentative Communication Systems *
- Environmental Control Systems **
- Home/Worksite Modifications **
- Prosthetics and Orthotics
- Seating and Positioning (Wheelchairs)
- Computer Technologies *

* Primary Topic for Lecture 1

** Primary Topic for Lecture 2

Topic 1: Computer-Based AT

- Device-based Tools (built-in to computers/phones)
- Cloud-based Tools (follows user across the Web)
- Dedicated Tools (Invented to serve a disability)
- User-designed Tools (innovative uses of tech)



Assistive Technology: Means to Participate
We stand by the premise that a disability only exists as a description of a person's level of participation in the world around them. It does not reside in the person, it does not define the person, it is the result of a lack of foresight on behalf of those who built the community in which that person resides, plays,

Contact Us For Help
AT Twitter Feed
Local AT Resources
NYC Schools AT Support
AT Blogs & Projects
AT Defined
AT General Info
AT In The Cloud
AT In Your Computer
AT For iPad/Android
AT For Literacy
AT For Learning
AT For Communication
AT For Vision Needs
AT For Hearing Needs
AT For Physical Access

Types of Computer-Based AT

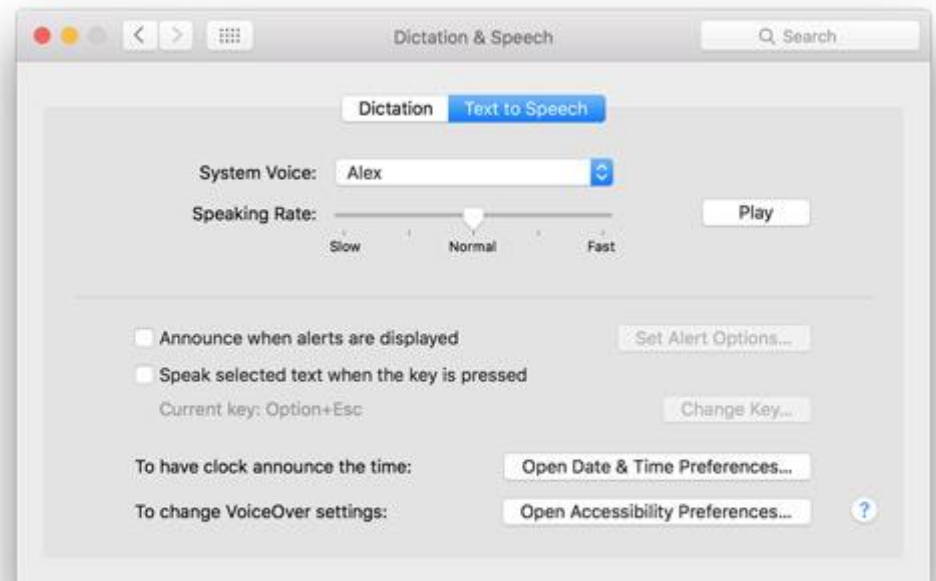
- Literacy Supports (for readers and nonreaders)
- Visual Supports
- Hearing Support
- Writing/Note-Taking Supports
- Time Management/Organization
- Memory Supports
- Communication Supports
- Physical Access to Technology

Literacy Supports in Devices

Found in all phones, tablets, & computers

- Built-In Support Text-to-Speech (text read aloud to you)

- iOS
- Android
- Macintosh
- Windows



Links: <http://athelp.org/page84/page84.html>

Literacy Supports on Web

Example: Chrome Browser Apps & Extensions

- Text to Speech in Google Docs
 - ReadWrite
 - Co:Writer Universal
- Text to Speech on Webpages
 - SimpleHighlighter
 - ATbar
 - Snap & Read Universal
 - Select and Speak
 - SpeakIt!
- Article Summation
 - CruxLite
 - Clipped
- Reading Support
 - Readability
 - Reading
 - Readline
 - BeeLine

Literacy Supports: Dedicated

Example: Chrome Browser Apps & Extensions

- App & Software Supports



- DreamReader



Notes



CoWriter



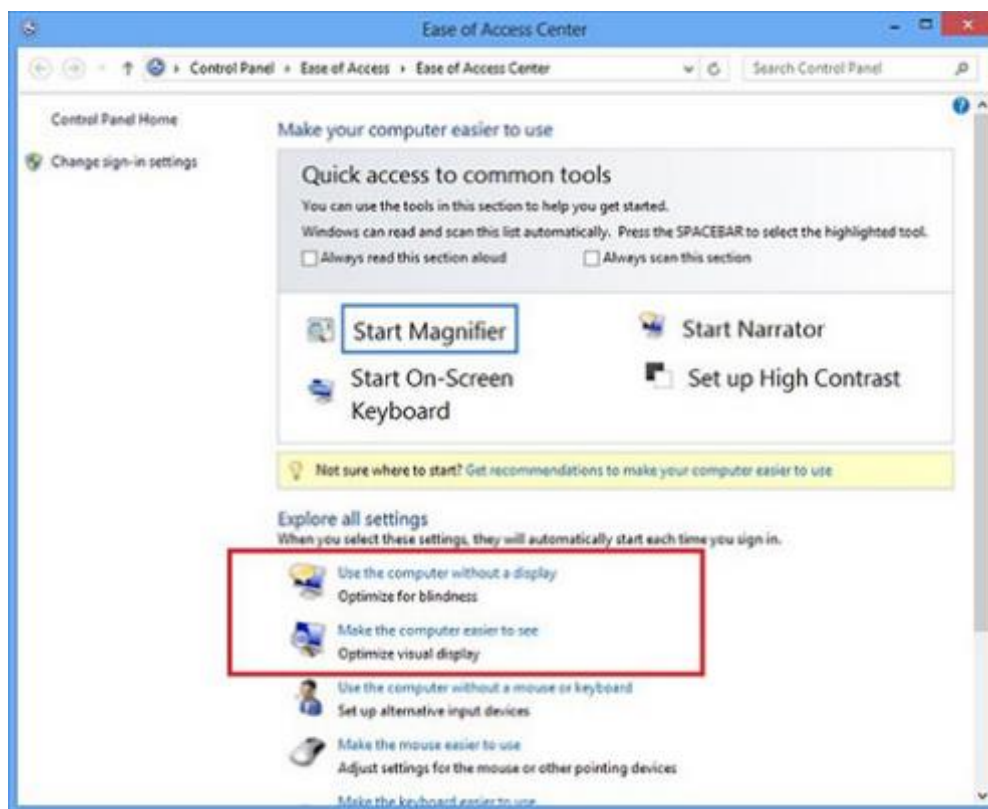
iReadWrite

- Dedicated AT Devices



Visual Supports

- Device-based Tools (built-in to computers/phones)



Visual Supports

- Cloud-based Tools (follows user across the Web, built-into all browsers)
- Google
- Firefox
- Safari
- Opera
- Internet Explorer

Visual Supports

- Dedicated Tools (Invented to serve a disability)



Super Keys



Claro Magnifier



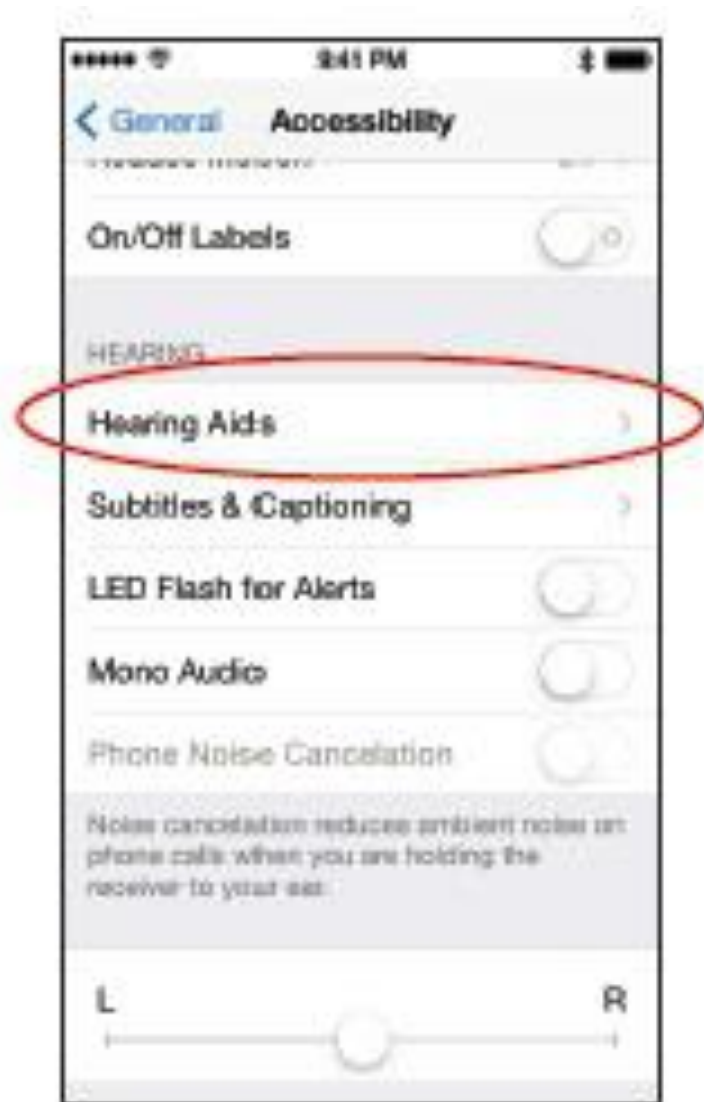
KNFB Reader



Be My Eyes

Hearing Support

- Device-based Tools (built-in to computers/phones)



Hearing Support

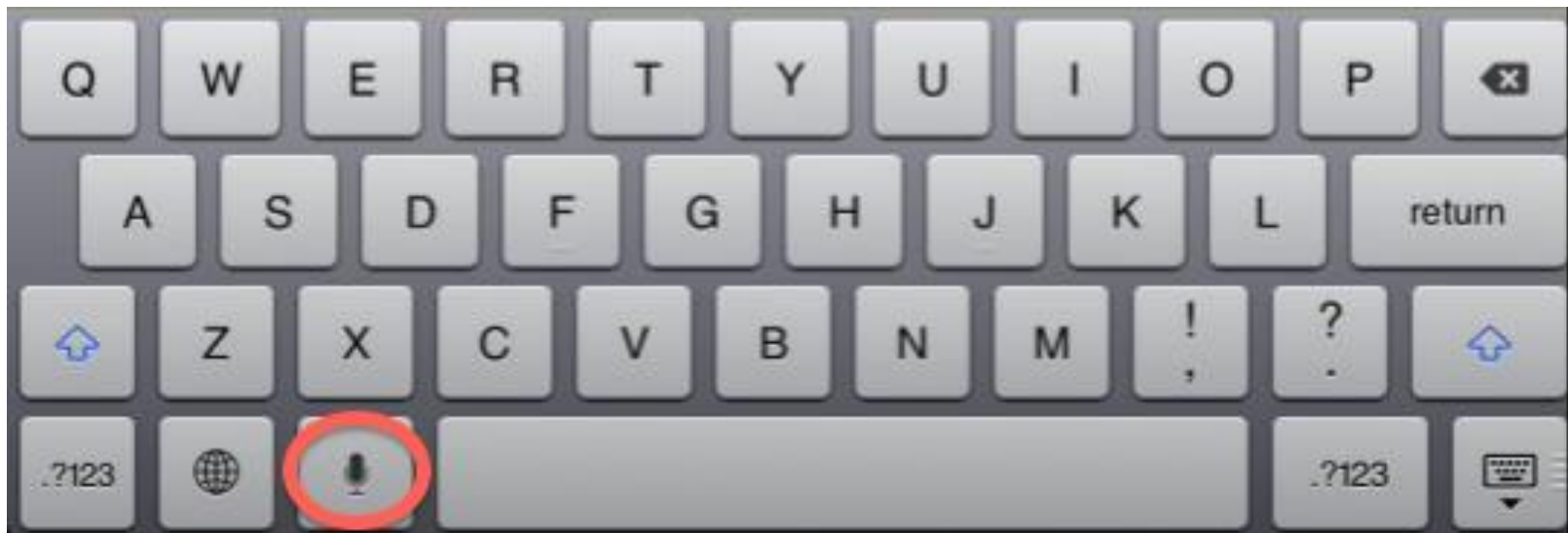
- Dedicated Tools (Invented to serve a disability)

- AVA App – Follow group conversations



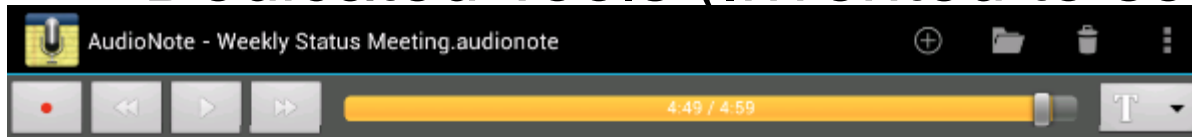
Writing/Note-Taking Supports

- Device-based Tools (built-in to computers/phones)

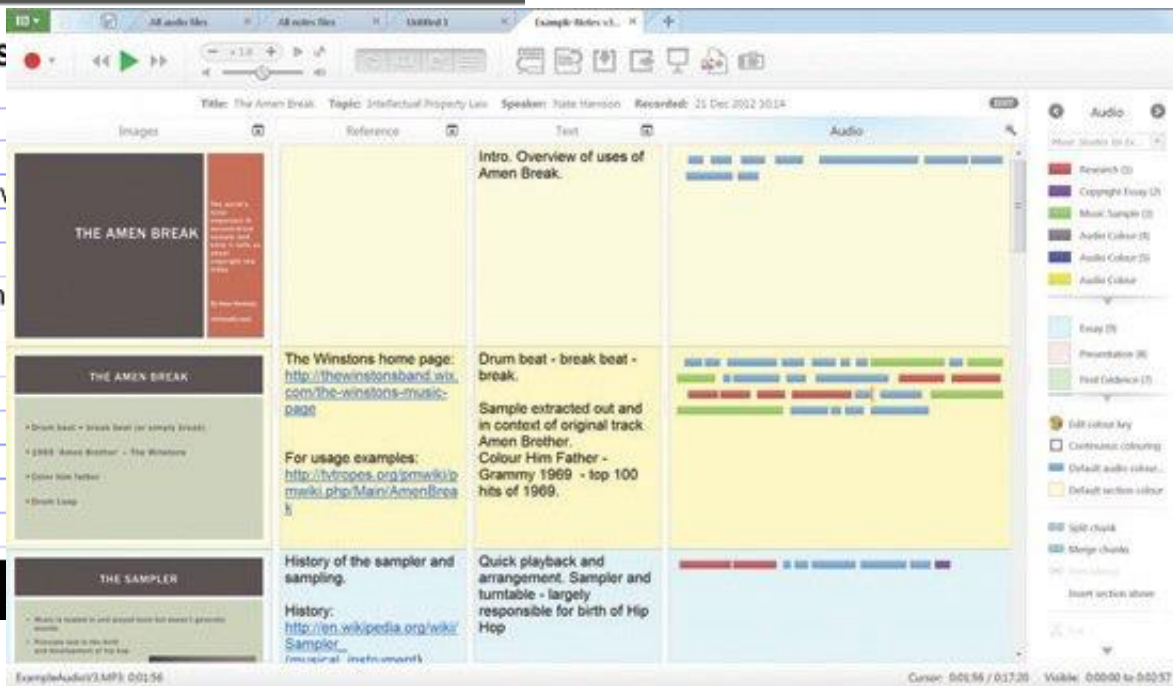


Writing/Note-Taking Supports

- Dedicated Tools (Invented to serve a disability)



Time	Text
0:02	Welcome
1:15	Status - on schedule, under budget so far. Deliv
2:30	Action Items
2:37	1. Talk to client, get buy-in on final UI design
3:23	2. Review documentation
4:24	3. Coordinate with Ma



AudioNote

Sonocent

Writing/Note-Taking Supports

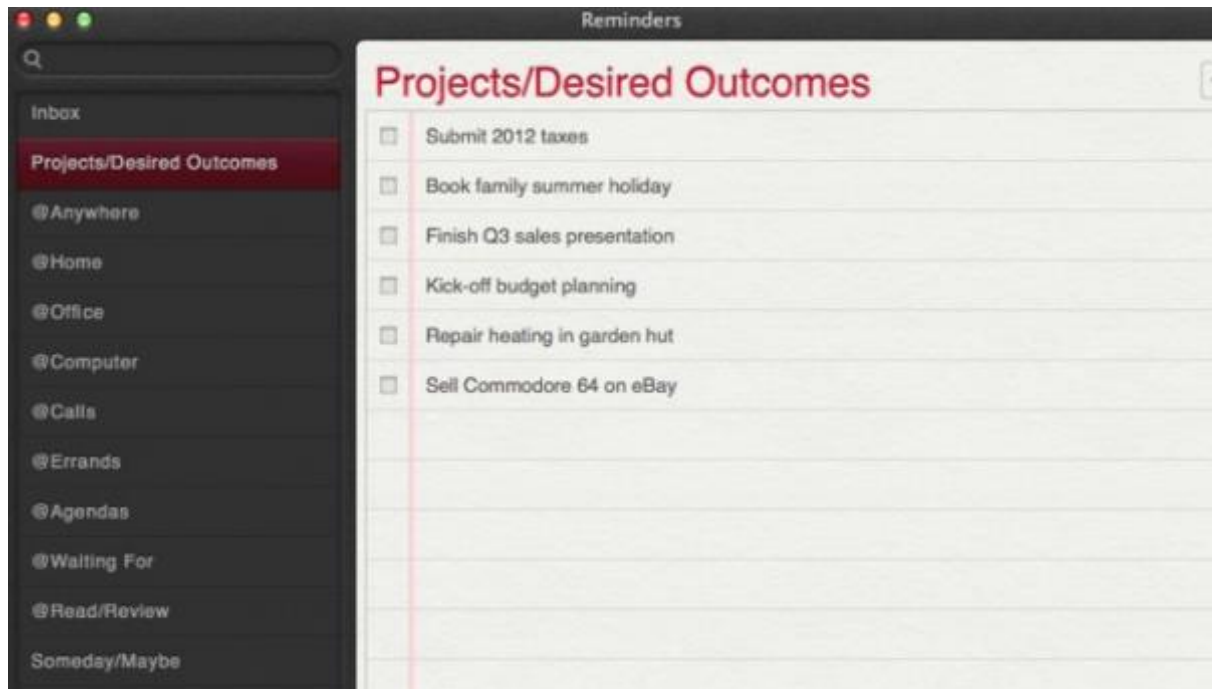
- User-designed Tools (innovative uses of tech)



LiveScribe Smart Pen

Time Management/Organization

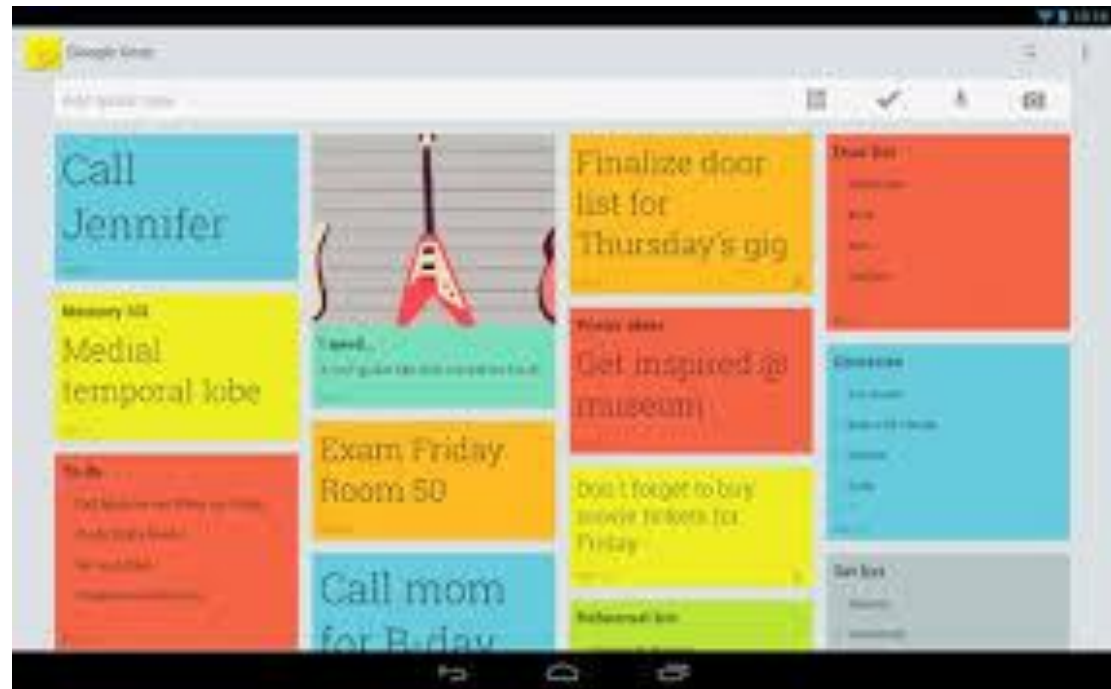
- Device-based Tools (built-in to computers/phones)



Reminders
By Apple

Time Management/Organization

- Cloud-based Tools (follows user across the Web)



Free Google Keep plays on all devices

Time Management/Organization

- Dedicated Tools (Invented to serve a disability)

The image displays four screenshots of the Inspiration.com software interface, each illustrating a different view for organizing information:

- Diagram View:** Shows a complex flowchart with various icons and text boxes connected by lines, representing a conceptual map of energy habits and their impacts.
- Outline View:** Displays a structured list of text, organized into sections and sub-sections, suitable for writing and editing.
- Map View:** Features a central node with multiple branches radiating outwards, each containing text and icons, used for visualizing thoughts and relationships.
- Presentation Manager:** Shows a slide titled "Reduce Usage" with a list of bullet points and a small diagram, designed for presenting the organized information.

Labels for each view:

- In Diagram View, grasp concepts with graphic organizers
- In Outline View, organize and structure writing
- In Map View, visualize thoughts with mind maps
- With the Presentation Manager, demonstrate and communicate knowledge

Inspiration.com: 2 views of same app

Memory Supports

- Device-based Tools (built-in to computers/phones)



Reminders - Apple

Memory Supports

- Dedicated Tools (Invented to serve a disability)



Evernote

Communication Supports

- Dedicated Tools (Invented to serve a disability)



Physical Access to Technology

- Device-based Tools (built-in to computers/phones)



Physical Access to Technology

Dedicated Tools (Invented to serve a disability)

- What Movement Can Be Used for Access?
- Anything! (that's all you need to know)
- Any body-part
- Any degree of movement
- Any degree of control
- Breath, eye-blink, muscle twitch, eye-gaze, speech (and eventually brain-waves)

Physical Access to Technology

Dedicated Tools (Invented to serve a disability)



Physical Access to Technology

Dedicated Tools (Voice Dictation)



Who Can Help? AT Service Providers

- Professionals who have experience matching individuals with AT; typically OT's, PT's, Speech Therapists, ATP's, Rehab Workers, Educators, and anyone with proven experience.
- Vision, hearing, speech, OT, and PT professionals are all helpful, but only those people with true AT experience (check RESNA.org for people) are ever more helpful.

Resources

- My Website: ATHelp.org
- Chrome Website: www.ChromeToolBox.com

- Best AT Conferences & Websites
 - www.atia.org
 - www.csun.edu
 - www.abilitiesexpo.com
 - www.resna.org
 - www.closingthegap.com

Free Support in NYC



AbleData: Resources

- An online database of assistive technology (AT) products – over 44,000 products from over 4,800 companies. For each product:
 - brief description
 - manufacturer and distributors
 - indexed by function & ISO 9999
- More than 3,600 other disability resources.



AbleData: Services

- All AbleData resources of information on AT products and companies, AT programs and more are available for free and fully searchable at www.abledata.com.
- Information services available toll-free by phone, fax, TTY and email.

The screenshot shows the AbleData website homepage. At the top, the logo reads "AbleData" with the tagline "Tools & Technologies to Enhance Life". Navigation links include "Send Us Your Feedback" and "Send Us a Product to Add to AbleData". A welcome message states: "Welcome to AbleData! We are the premier database for unbiased, comprehensive information on products, solutions and resources to improve productivity and ease life's tasks." The main section is titled "Search AbleData" and includes a search bar with the prompt "What are you looking for?". Below the search bar are tabs for "Products", "Product Makers and Sellers", and "AT Resources". The search bar also includes fields for "Search Products" (with a placeholder "Enter Product Name or Keyword"), "Product Status" (set to "- Any -"), and "Items per page" (set to "20"). A "Search" button is located to the right of the search bar. To the left of the search bar is an image of a robotic hand holding a globe. Below the search bar, there is a link to "Or browse by Product Category." A section titled "Sample Products on AbleData" displays five small images of various assistive devices. At the bottom left, there are social media icons for Facebook and Twitter, with the text "Connect with us for the latest news on". On the right side, there are two vertical sections: "AbleData Publications & Guides" with a list of guides and a "more publications" link, and "News & Blogs" with a list of news items and a "more news" link. At the bottom right, there is an "Events" section with a list of upcoming events and dates.



NARIC: Resources

- Onsite library of disability and rehabilitation research literature
 - 70,000+ journal articles, research reports, manuals, and consumer materials
- Online databases
 - REHABDATA - Index of disability and rehabilitation literature
 - The NIDILRR Program Database - Information and publications from active and completed projects funded by NIDILRR since 1986.
 - Knowledgebase – Agencies, organizations, and information resources for consumers and professionals.
- Online publications
 - Guiding the consumer - Librarian's Picks, Research Spotlight, Frequently Asked Questions, Disability Resources, reSearch

NARIC: Services

- Self-Service Web Site
- Information and Referral Services
 - Phone, email, live chat
- Library Services
 - Custom database searches
 - Document delivery

Alert & Literature Awareness Services

- News and Notes from the NIDILRR Community and Beyond/NIDILRR Announcements for funding and agency news
- REHABDATA Connection

The screenshot displays the NARIC website interface. At the top, the logo for NARIC (National Rehabilitation Information Center) is visible, along with social media icons for Facebook, Twitter, YouTube, and LinkedIn. Below the logo, the text reads "National Rehabilitation Information Center" and "Information for Independence". A navigation bar includes links for "HOME", "DISABILITY RESOURCES", "OUR PUBLICATIONS", "KNOWLEDGEBASE", "ARTICLES, BOOKS & REPORTS", and "RESEARCH PROJECTS".

The main content area is divided into several sections:

- IN THIS SECTION:** A list of links including "About NARIC", "Submit an Information Request or Order Documents", "Frequently Asked Questions", "NARIC Staff Page", and "Database of Events".
- What can we help you find today?:** A search bar with the text "For advanced search options, see below". Below it, a list of search criteria: "I'm searching for" followed by "Journal articles, books, and reports from the NARIC library.", "Projects conducting research", "Citations, appendices, and online resources that support people with disabilities.", and "A NARIC publication (including News and Notes)". A "Search" button is located below the list.
- WHERE DO I START?:** A section titled "Use this site map to decide where to start your search." with a link to the site map.
- LIFE SKILLS MANUAL:** A section titled "Order your copy of the Life Skills Manual" with a link to the manual.
- WELCOME TO THE NATIONAL REHABILITATION INFORMATION CENTER!** A paragraph of text: "The National Rehabilitation Information Center (NARIC) is the library of the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR). We collect, catalog, and disseminate the articles, reports, monographs, guides, and other publications and products of the research projects funded by NIDILRR. NIDILRR funds more than 250 projects each year that conduct research on a wide range of issues including technology, health and function, independent living, and capacity building. Learn more about NIDILRR." Below this text is a link to "News and Notes from the NIDILRR Community and Beyond".
- SIGN UP FOR EMAIL ALERTS:** A section titled "We add 250+ documents to our collection every month. Sign up for our monthly literature awareness service, our weekly News and Notes for grantee news, and NIDILRR Announcements for..." with a "Sign Up" button.
- NIDILRR STAFF & GRANTEE:** A section titled "Get the latest updates on your projects information or send us your news! publications" with a link to "NIDILRR Staff & Grantees".

Product Search Results

Send Us Your Feedback Manage Your Alerts Send Us a Product to Add on AbleData

[Home](#) | [Go to Previous Page](#)

Product Search Results

Search Products: **Product Status:** **Items per page:**

Enter Product Name or Keyword

Search

1 2 3 4 5 6 7 8 9 ... [next](#) [last](#) »



Hand Gym Exercise Unit (Model 70900)

The Hand Gym Exercise Unit, model 70900, is a therapeutic hand exerciser designed for use by individuals with rheumatoid arthritis, osteoarthritis, partial paralysis after stroke or who have had...

Maker: Ableware (Formerly Maddak, Inc.)

Seller(s): Dignity Medical Supplies

Product information last updated: 1 month 4 weeks ago



Jig For Emptying A Leg Bag

CUSTOM ADAPTATION PURPOSE: To enable an individual with multiple sclerosis to empty a leg bag independently. The user, who lives alone, has limited hand strength and was unable to empty her leg...

Maker: Technical Aid To The Disabled (Ted)



Sheep/Goat Tilt Table

Sheep/goat Tilt Table is designed for farmers or workers with back, shoulder or arm disabilities, ankle pain, arthritis, back injury, poor balance, cancer, fused vertebrae, knee pain, lower...

Seller(s): Disability Work Tools

Product information last updated: 1 week 1 day ago

You Searched for:

"multiple sclerosis"

Showing 1 - 20 of 207 products

Selected Filters:

Filter by category:

- Aids for Daily Living (73)
- Blind and Low Vision (14)
- Communication (26)
- Computers (20)
- Controls (13)
- Disability Terms (193)
- Environmental Adaptations (27)
- Housekeeping (14)
- Orthotics (10)
- Recreation (5)
- Seating (4)
- Therapeutic Aids (46)
- Universal (107)
- Walking (4)
- Wheeled Mobility (16)

Filter by who sells it:

- Easierliving.com, Llc (8)
- Disability Work Tools (7)
- Do It Yourself (7)
- Murray's Medical Equipment (6)
- Custom Prototype (6)

Product Categories (counts)

- Aids for Daily Living (10,594)
- Blind and Low Vision (6,161)
- Communication (6,102)
- Computers (6,208)
- Controls (1,721)
- Deaf And Hard of Hearing (2,118)
- Deaf Blind (177)
- Education (3,882)
- Environmental Adaptations (3,772)
- Housekeeping (2,745)
- Orthotics (1,794)
- Prosthetics (194)
- Recreation (5,073)
- Safety and Security (693)
- Seating (2,229)
- Therapeutic Aids (5,510)
- Transportation (1,250)
- Walking (2,166)
- Wheeled Mobility (4,097)
- Workplace (1,368)



How to Contact AbleData & NARIC



103 W. Broad Street, Suite 400
Falls Church, VA 22046
Telephone: 800-227-0216 or
703-356-8305 (Se habla español.)
TTY: 703-992-8313
Fax: 703-356-8314
Email: abledata@neweditions.net
www.abledata.com

AbleData is managed and operated by
New Editions Consulting, Inc. (www.neweditions.net).



8400 Corporate Drive, Suite 500
Landover, Maryland 20785
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301-459-5900 (Se habla español.)
TTY: 301-459-5984
Fax: 301-459-4263
Email: naricinfo@heitechservices.com
www.naric.com

NARIC is managed and operated by
HeiTech Services, Inc. (www.heitechservices.com).

Both AbleData and NARIC are funded by National Institute on Disability,
Independent Living, and Rehabilitation Research (NIDILRR)



Connect with AbleData & NARIC



Twitter

https://twitter.com/AT_Info

Facebook

<https://www.facebook.com/abledata>

Twitter

- @naricinfo
- @naricenespanol

Facebook

- www.facebook.com/NationalRehabilitationInformationCenter
- <https://www.facebook.com/NARICenEspanol>

Pinterest

- NARICInfo

Wordpress

- naricspotlight.wordpress.com

Google+

- <https://plus.google.com/+Naricinfo>

Thank You!

**Questions?
Comments?**

Can Do MS Resources

e|NEWS
your best life update

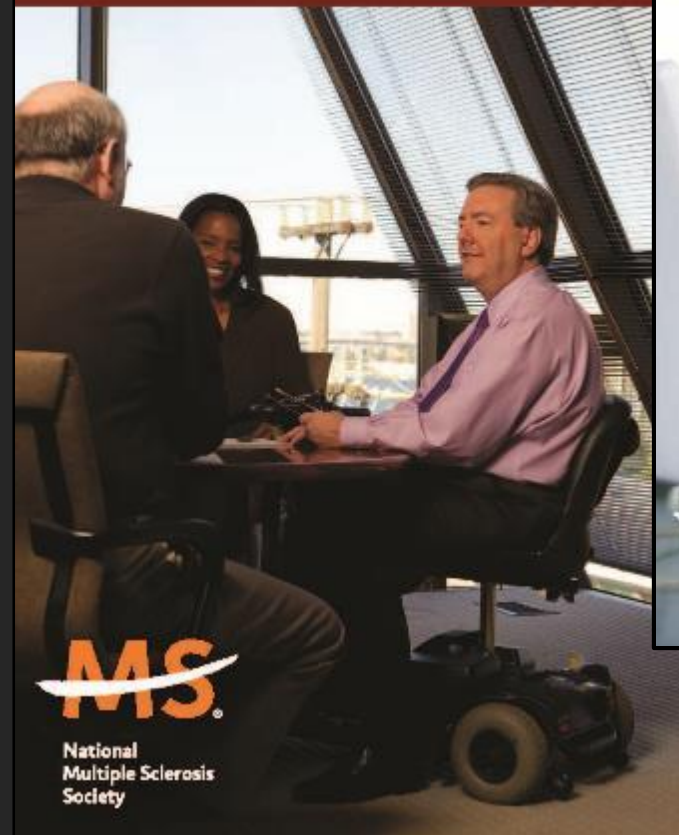
Q&A

Can Do Library

Find these resources at www.MSCanDo.org.

National MS Society Resources

The Win-Win Approach to Reasonable Accommodations



Should I Work? INFORMATION FOR EMPLOYEES LIVING WITH MS EMPLOYMENT ISSUES



EMPLOYMENT MATTERS

MANAGING MS IN THE WORKPLACE



FEATURED VIDEO SERIES

Employment Matters: Managing MS in the Workplace

Learn how to navigate the complexities of managing work and MS through this six part video series and companion toolkit.

Part 1- Thinking Proactively About Employment

Part 2- Recent Changes to the Americans with Disabilities Act (ADA)

Part 3- Disclosure in the Workplace

Part 4- Managing Fatigue in the Workplace

Part 5- Managing Cognitive Challenges in the Workplace

Part 6- Assistive Technology and the Workplace

nationalMSSociety.org/employment

National MS Society Benefits and Employment Services

If you have an employment-related question
that was not answered during tonight's
webinar, please feel free to email

EmploymentQuestions@nmss.org

or call 1-800-344-4867.

Thank you.

WEBINAR & TELELEARNING SERIES



Mind and Body: A Winning Team in Stress Management

March 8, 2016

Presented by:



EMD Serono | Teva Pharmaceuticals

Acorda Therapeutics | Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases

FOR **SKI** OR **RIDE** **MS** 2016



2016 EVENT DATES

Loon Mountain, NH - Feb. 6

Norway Mountain, MI - Feb. 13

Hunter Mountain, NY - Feb. 20

Crystal Mountain, WA - Feb 26 & 27

Vail Mountain, CO - Feb. 27

Squaw Valley, CA - Feb. 27

Schweitzer Mountain, ID - Mar. 5

7 MOUNTAINS. 1 CAUSE.

REGISTER TODAY!
mscando.org/verticalexpress

