

Inside this issue:

**Words from Tammy** 

**What Sarah Has to Say** 

**Question of the Month** 

**Training Tips** 

**Shout Outs** 

Issue 26, July 17, 2014

# TM COMMUNICATOR

#### **WORDS FROM TAMMY**

Assistive technology is considered "the great equalizer". It gives people with disabilities better opportunities to communicate, learn, participate, and achieve greater levels of independence. New technologies can also enable people with disabilities to perform competitively in the workplace. Assistive technology includes any item, piece of equipment, or product system that is used to increase, maintain, or improve the functional capabilities of individuals with disabilities. While Idaho Medicaid will pay for some limited assistive technology through the durable medical equipment path, Idaho Home Choice can provide some additional assistive technology resources with proper referrals from healthcare professionals.

An additional resource for assistive technology is through the Idaho Assistive Technology Project (IATP). The IATP is a federally funded program administered by the Center on Disabilities and Human Development at the University of Idaho. The project provides information and referral services, lending of assistive technology, an alternative financing program for assistive technology, computer distribution programs, computer exchanges, and on-line training. You can find them at http://www.idahoat.org/. They are also hosting the Assistive Technology Institute which is a two day training in Boise on August 11 and 12, 2014. There is no fee to attend. As you are in the community working with Idaho Home Choice participants, please remember the valuable resource of assistive technology and thank you for all you do for Idaho Home Choice!



Click for flyer

## WHAT SARAH HAS TO SAY

Is it just me or does it seem a lot harder to be patient in today's society? With the vast opportunities for instant gratification, I know I have a hard time waiting for things to happen at what seems like a snail's pace. Right now seems like the perfect time to reflect on patience and why it is so important in our lives.

In order to reach our goals, to have successful relationships, and to achieve personal peace we need to be patient with ourselves and with the people around us. Achieving patience has wonderful benefits: it helps us reduce stress levels; it can result in better decision making; it helps develop understanding, empathy, and compassion; and it helps us to understand and appreciate the process of growth. I know when I lack patience my body gets tense, my heart beats faster, my breathing gets shorter, I am irritable, and I snap at others more easily. How can this be good for my mind, body, or soul? Of course, I know it isn't but sometimes it is hard to center myself and understand that patience really is a virtue.

How can we manage symptoms?

- Take deep, slow breaths and count to 10. This helps to slow down our heart rate and relaxes our bodies.
- Remember, we have a choice in how we react in every situation.
- Force yourself to slow down.
- Practice active listening and empathic listening.
- Remind yourself that your impatience rarely gets others to move faster.
- Try to talk yourself out of your impatient frame of mind.

Remember to breath and that anything worthwhile and of importance cannot take place right away.

Thank you, Sarah

## **TRAINING TIPS - 12 Steps for Aging in Place**

By Sheena Jaffer

Last month was National Safety Month, let's review some simple and practical tips to keep elders who are aging in place safe so we can help contribute to their well-being.

According to the Centers for Disease Control and Prevention, more than a third of adults ages 65 and older fall each year. Statistics show that every 18 to 20 seconds an older adult ends up in the emergency room because of a fall, many of which happen in their own homes.

Data suggests that only about 15 percent of those aging in place take proactive steps to safeguard their homes. As caregivers and professionals, it is a good practice to regularly assess a home's safety.

Here are 12 useful tips. While this list may not encompass every potential hazard, it will serve as a good, practical start.

- 1. Keep a printed list of emergency and family phone numbers in large font, inserted in a clear plastic sleeve close to the telephone, in the bedroom and kitchen.
- 2. Place lamps and a cordless phone within easy reach of the bed or often-used chair.
- 3. Ensure there is a clear pathway between the bedroom and bathroom.
- 4. Set up nightlights in the bedroom and bathroom.
- 5. Keep a flashlight close to the bedside and another in the kitchen in case of emergencies.
- 6. Discard all throw rugs.
- 7. Ensure suitable chair heights, including tub and toilet seats.
- 8. Double check shoes for proper fit, preferably they are low heels and slippers with non-skid soles.
- 9. Ensure there is a long-handled shoehorn to assist putting on footwear.
- 10. Organize clothes and necessities so they are within easy reach.
- 11. Maintain assistive devices such as walkers, canes, wheelchairs, and others in good working order
- 12. Explore the latest safety and security assistive technologies that might facilitate an optimal quality of life.

\*\*Source: http://www.asaging.org/blog/12-simple-safety-and-security-tips-aging-place



## Question of the Month:

What are the signs of heat exhaustion?

Heavy sweating, weakness, cold, pale and clammy skin, fast/weak pulse, nausea or vomiting, fainting.

## **SHOUT OUTS!**

**Natalie Peterson (BLTC Bureau Chief)** - Thank you for all you have done for Idaho Home Choice and having the dedication you do to help our participants. This program has grown with your guidance and humor.

As of 7/17/2014 We have transitioned...

190

