



The resource for the  
disability community

## By Steven Nguyen

Assistive technology (AT) devices and durable medical equipment (DMEs) are proven to be an important part of a person's quality of life and independence! AT devices are defined as any item, piece of equipment or product system, whether acquired commercially off the shelf, modified, or customized, that is used to increase, maintain, or improve the functional capabilities of individuals with disabilities. (Example: hearing aids) DMEs are defined as any equipment that provides therapeutic benefits to a patient in need because of certain medical conditions and/or illnesses. (Example: Wheelchair)

Recently, I had an opportunity to attend the Abilities Expo in Houston, Texas. This annual expo showcases some of the latest in DMEs and AT devices. From portable e-stim machines to augmented communication devices, to modified vehicles for wheelchair users; there was just about anything you could imagine! Along with the plethora of equipment, there were sessions throughout the day that covered a wide range of topics including accessible travel, yoga for caregivers, and even demonstrations of different adaptive sports! This was my first time attending such an event and I must say, I was really impressed with all that it had to offer. I enjoyed going around and trying out all the equipment and networking with a group of people that I could relate to.

If you have an opportunity to attend, I definitely recommend it! The expo itself is free and goes on for 3 days. In addition to the Houston Expo, there's one held in Chicago, Los Angeles, Boston, Bay Area (California), D.C. Metro, New York Metro, and Toronto (Canada). For more information, visit: [www.abilities.com](http://www.abilities.com)

To see a few pictures that I took from the Expo, visit: <http://bit.ly/AbilitiesExpo16>



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