

Assistive Technology For Safer Living: A Smart Home Solution

Urvi Kadakia OTR/L, Certified Aging In Place Specialist

Background:

Aging in place is used to describe a person living in the residence of their choice. An AARP survey found 90% of older adults would like to age in place, in their own home. Occupational therapists (OT) can enable aging in place through assistive technology (AT).

Assistive Technology (AT) includes products and software that improve functional capabilities of individuals with disability and has shown to decrease caregiver's burden.

Contact Information:

For additional information on Rehabilitation medicine visit www.siuhs.edu or call The Department of Rehabilitation Medicine at 718-226-9460 ukadakia@northwell.edu

Drivers:

1. **Fear:** lack of supervision at home
2. **Dependence:** Loss of autonomy and independence at home
3. **Caregiver burden:** Change in family dynamics, e.g., Helicopter caregiving, anxiety, physical and emotional stress
4. **Expense:** Costs associated with home health services and assisted living



Solution:

Inpatient Assistive Technology - Smart Home Solution

In 2017, an interdisciplinary team was started to enable the patient's discharge to home by launching new initiatives:

1. **Virtual Visits:** Regular family education sessions are conducted and the therapist goes on a virtual tour (pictures/videos) of the patient's home to identify any possible obstacles.
2. **Interactive Display:** A smart home display was constructed for patient and their family to have hands on experience with innovative technology e.g. smart door locks, smart doorbells, Wi-Fi video monitors, smart pill dispensers, smart light switches and bulbs, etc.
3. **Educational Handouts:** Information on resources for products available, their purpose, and where to acquire them.

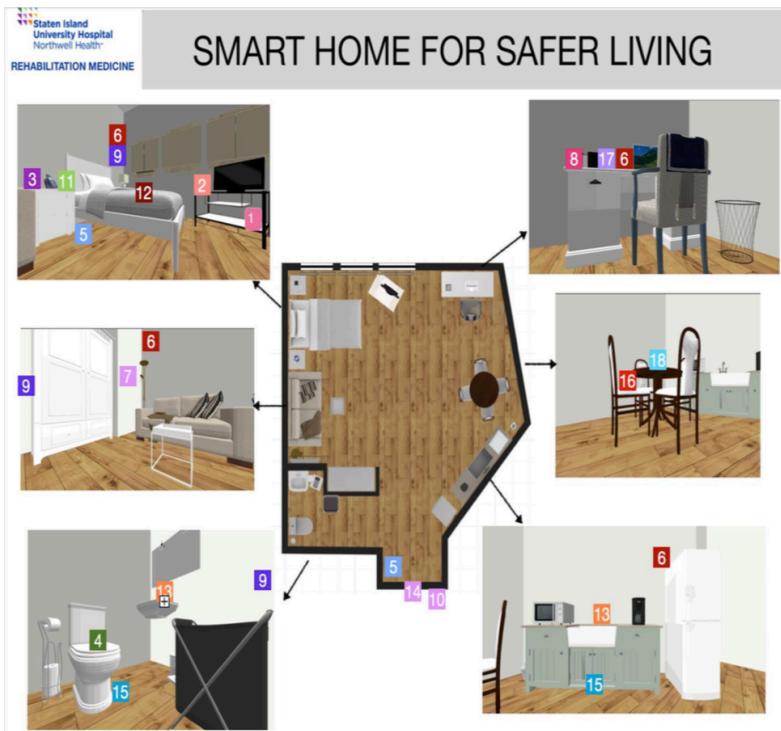
Findings:

This departmental initiative helped increase discharges to home by 4.8 % when comparing Q3 2018 to Q3 2017.



Assistive Technology For Safer Living: A Smart Home Solution

Urvi Kadakia OTR/L, Certified Aging In Place Specialist



Key	Product
1	Universal HUB
2	Voice Controlled Assistant
3	Smart Pill Dispenser
4	Bidet
5	GPS Tracker - Smart Sole
6	WiFi Video Monitors
7	Smart Thermostat
8	Fall Alert/ Detector
9	Motion Sensor Light
10	Smart Doorbell
11	Smart Phone
12	Bed Alarm
13	Smart Faucet
14	Smart Doorlock
15	Flood Detector
16	Seat Assist
17	WiFi Modem
18	Smart Spoon