



## Lunch & Learn Technology Series

From the smart phone in your pocket to smart home thermostats, assistive technology is everywhere! But it can sometimes feel hard to know how or where to start exploring all the options and putting them into practical use. We're here to help people with and without disabilities explore high, low, and no-tech solutions. In easy-to-understand 'bite size' lunchtime conversations, we'll show how to use these solutions in the home, the office, and in the community! Each 45-minute session will highlight one specific topic, demonstrate tools, and leave plenty of time to answer your questions.

**When:** This series will be held on the 2<sup>nd</sup> Wednesday of each month at noon, beginning July 12 and ending December 13. Participation is free but registration is required.

Register here: <https://www.njaaw.org/events/>

### **October 11: Universal Design + Accessible Communities**

*All around me, I see bad design...* Most houses and other buildings were not built with changing needs in mind. All members of a household may experience changes as a result of aging, illness, a disability, or a combination of all three. See what can be accomplished in order for everyone to have access to the best experiences possible while residing in their homes and communities.

### **November 18: AT for Medication Management**

Many times, our lives are so hectic that we overlook important daily tasks like taking our medications, which can have disastrous consequences. Learn about some of the ways we can use augmented reality to help you remember!

### **December 13: ADL – Low-tech AT examples**

Participants in this session will gain knowledge about a variety of low-tech devices and technology aimed at making daily tasks simpler, such as aids for eating, conversing, using the restroom safely, moving about, cooking, dressing etc.

*Previously covered topics can be seen on at*  
<https://www.njaaw.org/event/lunch-learn-technology-series/>

### **Agency Roundtable - Learn About Community Resources**

Learn about and explore the many resources that NJ has to offer. For example, there is a Technology Lending Center where you can try before you buy free of charge, and Goodwill Home Medical gives you that much-needed wheelchair, stander, etc. at a discounted price?

### **August 9: Smart Home Technology**

Smart home devices and voice assistants have become omnipresent. Watch to learn how to use smart home technology to meet your lifestyle, like access audiobooks, improve personal security, turn on lights, appliances, access music, podcasts and much more.

### **September 13: Telemedicine / Monitoring**

There is nothing worse than providing inaccurate information to a doctor, which prevents them from correctly diagnosing or treating you. Learn about body-monitoring apps so you can report your health conditions more accurately and allow you to share reports with doctors during appointments.