



## You Are Not Alone

Being a parent is the coolest and hardest job anyone can have. And being the parent of a child with challenges, makes that job even harder. When you are coming to grips with what is going on with your child (Is this normal? Do other kids do this? What do I do about it? Is it just me?), you may feel quite alone.

Even after getting a diagnosis, you may have questions that a physician or other professional may not be able to answer. That’s where parent support groups come to the rescue. Talking with other parents going through the same thing helps.

A support group can help fill in some of the gaps. Just knowing someone else is going through some of the same things that you are can be reassuring. It can help you feel more grounded and secure in your journey.

Parent support groups help you feel less alone. You find out that there are other kids out there like yours. These parents deal with the same (mostly) well-meaning, but ignorant comments: “But she looks fine!” or “You must be a saint.” In a support group, you find folks who understand and do not offer stupid platitudes.

Parent support groups can help you locate resources. Maybe you have a great speech therapist but need an occupational therapist. Someone is bound to have a name. Maybe you have not thought about using assistive technology, but someone else suggests a gadget. (Go to ATI to find the right one for you and how to use it!). Maybe someone else, dealing with the same behavior in her kid as you are, has a great strategy that works with her family. Try it out!

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## Exciting Times

Access Technologies, Inc.  
is expanding!

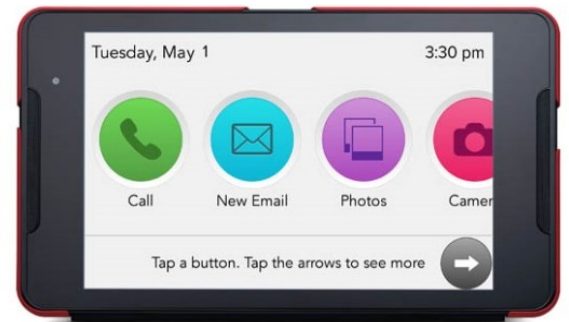
We encourage you to stop  
by and see the progress –

You are even welcome to  
help us shuffle furniture or  
... play in the dust!

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## Introducing the GrandPad!

New to our Demonstration Center, the GrandPad is designed to allow your parents, grandparents, or other loved ones to have the ability to connect to family and friends with ease. The customized table allows users to send messages, browse the Internet, make video calls, stream music, and play games. For added security, a Family Administrator can manage security settings, contacts, and content for the GrandPad user.



The GrandPad comes with a wireless charging cradle and smart case, a setup guide, and a handy stylus for navigation. A monthly subscription through Consumer Cellular provides the convenience of unlimited data use, unlimited video calling, unlimited ad-free music streaming, customizable content, Internet browsing, as well as remote access for caregivers.

### Key Benefits:

A chosen Family Administrator can use the web portal to invite family and friends and add personalized content to the device to ensure the GrandPad user remains engaged and secure.

Family and friends can use the free mobile companion app to upload photos and messages or video chat with the GrandPad user.

For more information, or to see a demonstration of the GrandPad, contact an ATI Specialist at 503-361-1201, or visit [GrandPads online](http://www.grandpad.net) (www.grandpad.net). Let them know you learned about the GrandPad through your local Statewide Assistive Technology Program and save money on your purchase.

### Mom & Dad's Experience

- ✓ No dialing or typing required—just touch the screen.
- ✓ Large fonts and buttons make GrandPad easy to see and navigate.
- ✓ The smart case turns off the screen when GrandPad is not in use.
- ✓ There are no wires—the charging cradle is simple to use.



# Assistive Technology MarketPlace

**Oregon's**

**Statewide Assistive  
Technology Program**

**January 2020**

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## Canes / Crutches

<p><b>Cane – Adjustable</b> Designer Adjustable Canes. Derby handle, T-handle, Offset handle, Pistol Grip Gel, Pistol Grip Wood. Folding &amp; Non-Folding. \$17</p>	<p><b>Cane – Crookneck</b> Standard aluminum cane with round vinyl hand grip, locking ring ensures added safety after adjustment. Weight capacity 300 lbs. \$12</p>	<p><b>Cane – EZ Rise</b> Combines rising assistance with a walking cane. Second soft grip handle is positioned approx. 8-inches below offset grip handle. \$33</p>
<p><b>Cane – Quad Base</b> Quad base cane with offset padded hand-grip. Large or Small base style.  Small Base: \$20 Large Base: \$22</p>	<p><b>Cane – Tall and Large</b> Cane has 1-inch steel tubing, offset handle with vinyl grip and wrist strap. Weight capacity 500 lbs. \$22</p>	<p><b>Crutches – Forearm or Underarm</b> Leg &amp; forearm adjust independently, ergonomic contoured arm cuffs, vinyl hand grips, extra-large tips for added stability. Adult Forearm: \$45 Tall Forearm: \$50 Underarm Style: \$20</p>

## Hospital Beds

<p><b>Bed Assist Rail</b> Easy, quick, no tool assembly. Comes in two pieces. Safety strap wraps around mattress or box spring to ensure a secure fit. Fits single, twin, double, queen or king size bed. Handle with multiple crossbars creates easy grip for multiple height use. Rail Dimensions: 11.5-inches (W) x 20.75-inches (H) x 21.5-inches (D). Weight Capacity 250 lbs. \$48</p>	<p><b>Table – Pivot Tilt C Base</b> The mast of the table pivots and can be locked in one of three positions from flat on the floor to 90 degrees. Pivot feature allows table top to be positioned closer to individuals in a bed, sitting in a wheelchair, or folded for storage. Four 2-inch casters (two locking) Tabletop adjustment 28-37 inches. Tabletop Surface Dimensions: 25-inches (W) x 28-inches (D) \$85</p>
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*Bath Transfer Bench*



*Bath Chair w/ Back and Arms*



*Rubber Threshold Ramp*





*Walker Glides*



*Terry Sock Aid*


**Lifts and Transfer**

<p><b>Transfer Board</b> Bridge gap between two transfer points making patient transfers easy and safe. 29.5-in. x 7.5-in., solid pine with two hand slots to assist the caregiver in the placement and removal of the board. Weight limit 440 lb. \$40</p>	<p><b>Car Caddie</b> For those needing help from a sitting position to standing when exiting a vehicle. No-slip handle, easy installation, adaptable to fit most framed windows, adjustable in height. \$17</p>	<p><b>Gait Belt – Quick Release</b> Sturdy buckle makes it easier to put on belt and take off. Size the belt and never have to re-thread! Buckle snaps closed, opens with a squeeze. Choice of 54 or 72 inch. \$25</p>
<p><b>Leg Lift</b> A simple way to help lift your leg. 36-inches long with hand and foot loops. \$12</p>	 <p><i>Round Bath Stool</i></p>	 <p><i>Six Piece Rehab Kit</i></p>




**Personal Care / Dressing**

<p><b>4 Piece Rehab Kit</b> Kit includes 1 of each: Light weight Reacher, long-handled bath sponge, choice of terry cloth or semi-rigid sock-aid, and plastic heavy duty shoehorn. Kit w/ Semi rigid sock aid \$20 Kit w/ Terry sock aid \$22</p>	<p><b>5 Piece Rehab Kit</b> Kit includes 1 of each: Light weight Reacher, long-handled bath sponge, choice of terry cloth or semi-rigid sock-aid, dressing stick, and plastic heavy duty shoehorn. Kit w/ Semi rigid sock aid \$25 Kit w/ Terry sock aid \$27</p>	<p><b>6 Piece Rehab Kit</b> Kit includes 1 of each: Light weight Reacher, long-handled bath sponge, choice of terry cloth or semi-rigid sock-aid, leg lifter, plastic heavy duty shoehorn, and a pair of elastic shoelaces. Kit w/ Semi rigid sock aid \$32 Kit w/ Terry sock aid \$34</p>
<p><b>Cold Pak – Gel Reusable</b> Apply cold therapy to localized areas. Remains cold for approximately 30 min. Easily conforms to body contour. Reusable, heavy duty design, 11x14. \$15</p>	<p><b>Grabber / Reacher</b> Lightweight, Locking plastic grabber claw with magnetic tip or non-slip rubber grabber suction cups. Claw style \$10 Suction style \$17</p>	<p><b>Elastic Shoe Lace</b> Tie shoes once and never tie again. Reduces pressure points in shoes, Black, Brown, Tan, or White, \$3 per pair.</p>
<p><b>Dressing Stick</b> A simple way to help those needing assistance dressing. 27-inch wooden handle with “S” hook on one end and “?” shape on other end. \$5</p>	<p><b>Easy Opener</b> Provides support with minimum strength to easily open bottles, bottle caps, pull tabs &amp; box tops. \$5</p>	<p><b>Long Handled Bath Sponge</b> The bath sponge has a long handle to assist with washing the hard to reach areas. \$5</p>
<p><b>Long Reach Comfort Wipe</b> Toilet tissue holder reaches where you can't. Curved design to put pressure where you need it. Flexible head with secure grip and easy release button. No touching, No mess. \$10</p>	<p><b>Shoehorn Metal or Plastic</b> Sturdy metal with rubber handle or Sturdy plastic for those needing assistance putting on shoes or who have arthritis or trouble grasping. Metal style \$12 Plastic style \$5</p>	<p><b>Sock aid Semi Rigid or Terry</b> A simple way to help put socks on when bending is an issue. Semi-rigid plastic, cord with foam handles. Or Terry Cloth with loop handles. Semi Rigid style \$10 Terry Cloth style \$12</p>

## Ramps


<p><b>Threshold Ramp - Aluminum</b>          Lightweight, free standing ramp, full-width design 34 inches wide seam-free surface. For doorways, raised landings, single steps, and sliding glass. Weight capacity 600 lbs.          1-inch (H) \$50          2-inch (H) \$60</p>	<p><b>Threshold Ramp Rubber.</b>          Slip-resistant, from recycled tires. Weight capacity 850 lbs.           1.5-inch (H) x 36-in. (W) \$90          2.5-inch (H) x 48-in. (W) \$120</p>	 <p><i>Advantage Trifold Ramp</i></p>
<p><b>Advantage Trifold Ramps.</b>          Access vans, steps, and raised landings. Skid resistant surface, 29.5-inches wide, supports up to 800 lbs.          6-foot length: \$263          7-foot length \$303          8-foot length \$386          10-foot length \$516</p>	<p><b>Signature Suitcase Ramp 6 Foot</b>          Ultra-strong, single-fold, portable, non-skid tread, and self-adjusting bottom transition plate. \$249</p>	<p><b>Top Lip Extensions</b>          Extends the Advantage Trifold, Suitcase Advantage, and Signature ramps. These optional plates increase the standard 3-inch ramp lip to 9, allowing the ramp to clear the rear bumper of SUVs and vans. Attaches to the top lip. \$40 (per pair)</p>

## Shower / Bath

<p><b>Bath Chair without Back or Arms</b>          Lightweight, durable, and corrosion proof. Legs are height adjustable in 1-inch increments, and angled with suction style tips; providing additional stability. Seat Height 15.5 - 19.5 inches. Seat Dimensions: 19.25-inches (W) x 11.5-inches (D), Weight capacity 400 lbs. \$30</p>	<p><b>Bath Chair with Back without Arms</b>          Aluminum frame is lightweight, durable and corrosion proof. Legs are height adjustable in 1-inch increments, and angled with suction-style tips to provide additional stability. Seat dimensions: 19.25-inches (W) x 11.5-inches (D), Weight Limit 400 lbs. \$35</p>	<p><b>Bath Chair Heavy Duty with or without Back</b>          Frame has width/depth cross braces attached, Blow molded bench. Euro-style clip for leg height adjustment. Height adjusts in 1-inch increments. Seat Height 14 - 19 inches. Weight Limit 500 lbs.          Without back \$60          With back \$80</p>
<p><b>Bath Mat</b>          Adds safety by providing a large slip proof surface. Held securely by multiple suction cups. Mold resistant, latex free rubber. Size 15.75-in. x 35.5-in. \$20</p>	<p><b>Bath/Shower Transfer Bench</b>          A-frame construction provides stability. Durable blow-molded plastic bench and backrest. Height adjusts in 1/2 inch increments with unique (Dual Column) extension legs. Weight Limit 400 lbs. \$60</p>	<p><i>Threshold Ramp</i></p> 
<p><b>Bath Chair Round</b>          Compact round shower stool for tight spaces. \$35</p>	 <p><i>Walker Glide Skis</i></p>	 <p><i>Walker Glides</i></p>




## Shower / Bath

<p><b>Commode Standard 3 in 1</b>          Gray powder-coated, steel-welded construction. Durable plastic Snap-on seat with lid, removable tool-free back. Plastic arms for comfort, 12-quart bucket with metal handle, cover and splash shield. Width between arms is 18 inches. Weight capacity 350 lbs. \$50</p>	<p><b>Commode Standard 3 in 1 With Drop Down Arms</b>          Has 12-quart pail, sleeve &amp; lid, adjustable legs, molded plastic arms that drop down for easy transfer. Weight capacity 300 lbs. \$74</p>	<p><b>Commode Heavy Duty 3 in 1 Folding</b>          Gray powder-coated, steel-welded construction, Durable plastic 16 ½ inches deep. Snap-on seat with lid, removable tool-free back, plastic arms for comfort, 12-quart bucket with metal handle, cover and splash shield. Width between arms is 24 inches. Seat width: 13.5 inches, Seat depth: 16.5 inches. Weight capacity 650 lbs. \$98</p>
<p><b>Rolling Shower Chair / Commode</b>          Lightweight and durable, padded, open front, vinyl toilet seat, 4 non-skid, rust resistant, swivel casters (2 rear locking). 12-quart. bucket and cover. Weight capacity 300 lbs. \$120</p>	<p><b>Toilet Safety Rails</b>          Make the bathroom safer for individuals needing assistance in raising from a seated position. Adjustable arm width and height 25.5 - 29.5 inches, attaches to standard toilet. Weight capacity 300 lbs. \$40</p>	<p><b>Raised Toilet Seat Hinged</b>          Two piece, hinged seat riser. Allows the ring to be lifted for cleaning. Elevates by 3.5 or 4 inches. Hardware kit included. Standard or Elongated Styles. 3.5-inch rise: \$50          4-inch rise: \$55</p>
<p><b>Raised Toilet Seat Locking Round with removable arms</b>          A universal design that fits most toilets. Heavy-duty molded plastic construction provides additional strength and durability. Locking device has larger, heavy-duty worm screw and locking plate to ensure a safe, secure fit. Raises toilet seat height 5 inches. \$68</p>	 <p><i>Commodes</i></p> <p><i>Bath Chair with Back</i></p>	


## Walker / Accessories

<p><b>Cup Holder – Universal</b>          Universal Cup Holder easily attaches to most wheeled walkers, wheelchairs and rollators. \$19 (pair)</p>	<p><b>Glide Caps</b>          Allows walker to slide smoothly over most surfaces. These replace existing rubber tips for smoother and easier gliding, Ideal for indoor use. \$9 (pair)</p>	<p><b>Glide Covers</b>          The glide cover can easily be added to the walker, for use over existing rubber tip. The glide covers increase the life of the walker tips. \$9 (pair)</p>
<p><b>Glide Skis</b>          The glide skis can easily be added to the walker back legs to help “glide” the walker. \$10 (pair)</p>	<p><b>Glides – Bunny Slippers</b>          Stylish Slippers allow walker to glide easily &amp; smoothly over most surfaces. (Colors: Blue, Pink, or Purple) \$10 (pair)</p>	<p><b>Glides – Sandals</b>          Stylish Sandals allow walker to glide easily &amp; smoothly over most surfaces. (Colors: Blue, Pink, or Purple) \$10 (pair)</p>


**Walker / Accessories**

<p><b>Glides – Sneakers</b> Stylish tennis shoes allow walker to glide easily &amp; smoothly over most surfaces. (Blue, Pink, or Purple) \$10 (pair)</p>	<p><b>Glides – Tennis Ball</b> Provides a quiet, smooth and durable glide when used with walker. \$18 (pair)</p>	<p><b>Walker Basket</b> Used with most 1 inch folding walkers. Includes plastic insert tray and a cup holder; makes transporting personal items a cinch. \$24</p>
<p><b>Walker Tray Universal</b> Fits most manufactured walkers. Easy to clean, durable plastic with a cup holder. \$35</p>	<p><b>Walker Rear Glide Brakes</b> For use on back of wheeled walkers. Nylon tip glides along surface until weight is applied to hand grip, which activates the rubber tip brakes. Allows for 8 height adjustments. Comes with or without 3inch wheels. \$25 (pair)</p>	<p><b>Walker Tall Extension Legs</b> Makes height adjustments from 36 to 43 inches on a standard adult walker. \$25 (pair)</p>
<p><b>Walker Wheels 3-inch Swivel</b> These heavy duty swivel wheels allow walker to roll easily and smoothly in any direction and over irregular surfaces; includes rear glide caps. 8 height adjustment settings. \$19 (pair)</p>	<p><b>Walker Wheels 5-inch Non Swivel</b> These heavy duty non-swivel wheels allow walker to roll easily and smoothly in any direction and over irregular surfaces; includes rear glide caps, 8 height adjustment settings. \$18 (pair)</p>	<p><b>Walker Wheels 5-inch Swivel</b> Rubber wheels with rear glide caps allow walker to roll easily and smoothly. Converts folding walker into wheeled walker, 8 height adjustments. 2 sided positioning. \$25 (pair)</p>
<p><b>Walker Adult Double Button With or Without Wheels</b> Deluxe folding walker, double button folding action. Vinyl hand grips. Walker without wheels: \$30 Walker with 5-inch wheels: \$50</p>	<p><b>Walker Adult Double Trigger With or Without Wheels</b> Pull up on extended dual palm trigger release levers, ideal for individuals with limited finger dexterity. Vinyl, ribbed contour handle grips, Weight capacity 350 lb. Walker without wheels: \$40 Walker with 5-inch wheels: \$50</p>	<p><b>Walker Adult Heavy Duty Double Button With or Without Wheels</b> Folding, double button action. This walker is designed with a wider and deeper frame design for larger individuals up to 500 lbs. Walker without wheels: \$50 Walker with 5-inch wheels: \$70</p>
<p><b>Walker Junior Double Button With or Without Wheels</b> Deluxe folding walker, double button folding action. Vinyl hand grips. Weight capacity 350 lb. Walker without wheels: \$30 Walker with 5-inch wheels: \$40</p>	<p><b>Walker Junior Double Trigger With or Without Wheels</b> Pull up on extended dual palm trigger release levers, ideal for individuals with limited finger dexterity. Vinyl, ribbed contour handle grips, 350 lb. weight. capacity. Walker without wheels: \$40 Walker with 5-inch wheels: \$50</p>	 <p><i>Double Trigger Walker</i></p> <p><i>Double Button Walker</i></p>

## Walker / Accessories

<p><b>Walker – Hemi</b> Only 3 inches deep when folded with two-levels. Provides support for standing from a seated position. For one arm use, lightweight side walker combines support and stability. Extra hand grip for ease of folding. \$45</p>	<p><b>Walker Clever Lite</b> The Clever-Lite Walker sets itself apart from other wheeled walkers in that it features a seat with a flexible backrest that can flip up or down, so you to rest when needed. Also, this walker has wheels that can be either set to swivel or fixed positions, giving you more control of how you want to roll. \$126</p>	<p><b>Rollator 2 in 1 – Duet</b> Combines transport chair &amp; rollator into one. Contoured, two position, padded back rest attaches to front or back, large 8-inch casters. Lock prevents accidental folding. Foot rest folds down when being used as a transport chair &amp; folds out of the way as rollator. \$170</p>
<p><b>Rollator 6-inch Casters</b> Four-wheel walker w/seat, height adjustable arms with locking hand brakes, storage pouch. 250 lb. weight capacity. \$130</p>	<p><b>Rollator 7-inch Casters</b> Four-wheel walker w/seat, height adjustable arms with locking hand brakes, storage pouch, Weight capacity 250 lb. \$140</p>	<p><b>Rollator 7.5- inch Casters</b> Four-wheel walker w/seat, height adjustable arms with locking hand brakes, storage pouch. \$145</p>
<p><b>Rollator Oversized Go Lite</b> Extra wide, padded seat is 18 x 13 inches, wire basket hangs under seat or in front of walker; The handles raise to 39inches, has 8-inch casters, weighs 26 lbs. 400 lb. weight capacity. \$160</p>	 <p><i>Duet</i>      <i>Rollator</i>      <i>Go Lite Rollator</i></p>	

## Wheelchair - Manual

<p><b>Folding Transport Chair 17-Inch</b> Weighs only 19 lbs. with 8-inch composite wheels. Back folds down for storage and transport. Standard rear wheel locks. \$115</p>	<p><b>Folding Transport Chair 19-Inch</b> Weighs only 19 lbs. with 8-inch composite wheels. Back folds down for storage and transport. Standard rear wheel locks. \$115</p>	 <p><i>Cruiser III Manual Wheelchair</i></p>
<p><b>Wheelchair: Cruiser III 16-Inch</b> Removable flip back desk arms; carbon steel frame w/silver vein finish. Lightweight Mag-style wheels. Padded nylon seat and back. Your choice of elevating or swingaway legs. Max weight: 250 pounds. \$170</p>	<p><b>Wheelchair: Cruiser III 18-Inch</b> Removable flip back desk arms; carbon steel frame w/silver vein finish. Light weight Mag-style wheels. Padded nylon seat and back. Your choice of elevating or swingaway legs. Max weight: 300 lbs. \$180</p>	<p><b>Wheelchair: Cruiser III 20-Inch</b> Removable flip back desk arms; carbon steel frame w/silver vein finish. Light weight Mag-style wheels. Padded nylon seat and back. Your choice of elevating or swingaway legs. Max weight: 300 lbs. \$185</p>



## BARGAIN BASEMENT

### Gently used equipment available at ATI in Salem

<b>Canes / Crutches</b> Adjustable Cane U6500 \$5	<b>Exercise Equipment</b> Wonder Core U6389 Tone your abs and strengthen your core in no time. Zeros in on your upper middle, lower abs and obliques. Adjustable resistance to build and tone muscles. \$40	<b>Hearing</b> In-Line Phone Amplifier U569LL Walker W10 is universally compatible and designed to increase incoming signals with up to 26 decibels of gain above the normal level. Works with most standard or electronic phone, single or multi-line \$5
<b>Bed Accessory</b> Bed Rail U6461 Invacare 6630 Half Length Bed Rail. 32-inches heavy duty steel, dual flat channel crossbraces secure with wing nut clamps. Adjustable height 4.75 to 15 inches. \$50	<b>Health</b> Blood Pressure Cuff U6521 Automatic Blood Pressure Monitor \$20  Chair Sensor Pad U6522 Sensor pad \$20	<b>Mobility</b> Quantum Q6 Edge Power Chair U6525 Mid wheel 6 drive design, 16 x 22 foam cushion, swingaway joystick mount, flip up foot plate, ATX Suspension, 20 inch turning radius. \$75
<b>Pediatric</b> Standing Frame U6346 Pneumatic, 4 locking wheels, adjustable support pads, headrest, knee, foot, heel, and toe straps. Maximum weight 150 lbs. <b>FREE</b>	<b>Ramps</b> Threshold Ramp 2-inch Aluminum U6419 For doorways, sliding glass door, single steps, and raised landings. 34 inches wide. Supports up to 600 lbs. \$45	<b>Technology</b> Cordless Phone U6430 RadioShack brand amplified cordless phone. Amplified up to 35 decibels. Large backlit keypad, adjustable tone control. <b>FREE</b>

**Independence is Priceless ...but the technology to support independence has a pricetag!**

*Access Technologies, Inc. (ATI), strives to make low cost assistive technology available for varied needs.*

*Shop ATI's Assistive Technology MarketPlace for new items*

*Peruse our Bargain Basement for gently used items*

[www.accesstechnologiesinc.org](http://www.accesstechnologiesinc.org)

*Donate your gently used items at ATI in Salem (All donations to ATI are tax deductible)*

*Advertise your gently used items on our website for free*

[www.accesstechnologiesinc.org](http://www.accesstechnologiesinc.org)

(Not Alone - continued from page 1)

Parent support groups give you a safe place to vent (If I have to do...one more time, I am gonna scream). You can talk about your real feelings. Nobody there claims sainthood nor will they expect you to have a halo. It is also a great place to share triumphs—some that only these folks will appreciate but are still really big!

And finally, parent support groups can help you maintain your sanity! All parents get tired (Can I just have 10 minutes to myself!?), confused (the doc says one thing and the therapist says something else), guilty (shouldn't I be doing more?). Talking with others can help you recharge your batteries so you keep going. And laugh—at yourself, at the situation, at the dumb lady at the store who said what she did, at a silly joke that someone saw on Facebook. Laugh. And breathe, and celebrate. Support and be supported.

There are face-to-face support groups—aha, a time out of the house! And there are on-line groups. These are ideal for folks who may not have local support groups. They are great for times when travel might not be possible. They are great for times when you just need to vent—right now. They are great for times when you have a question (like in the middle of the night or right after a minor crisis, or trying to head off a crisis!). They are great for times you are doing ok and someone else has a question you can answer! They provide resources, links, and a way to connect with people you would never meet otherwise. And sometimes, it helps to be able to read something and have time to just think about how that fits your family; you do not need to respond right away. The more you know, the more choices you have. They are all good for making connections, gathering information, helping you understand, and most importantly, serving you as you serve your family.

Here are a few places to look for groups. And remember ATI is always here to serve. You are not alone! Provide your list of support groups to ATI and we will compile them on our website for others to quickly access.

### **Face-to Face Groups**

*CATO (Coalition for Assistive Technology of Oregon)*

Resources for parents--help with IEP (Individualized Education Plan) meeting, identifying appropriate assistive technology Contact CATO at 541-445-2047.

*FACT Oregon (formerly Family Action Coalition Team)*

Peer-delivered support. Advocacy, education, mentoring. Phone 503-786-6082 or 1-888-988-3228 to contact FACT.

*Oregon Family Support Network*

Education, referral and advocacy. Staff are mainly parents or family members who have raised children with mental, behavioral, or other significant health issues. They also organize support groups. Call 503-363-8068 to contact Oregon Family Support Network.

And don't forget about online resources too. Here are few to consider:

***“For people without disabilities, technology  
makes things easier.***

***For people with disabilities, technology  
makes things possible.”***

1. *Parent to Parent*

Their motto is “because I have been where you are”

Call 1-800-727-2706 or click Parent to Parent ([www.parenttoparent.org](http://www.parenttoparent.org))

2. *United Cerebral Palsy*

In Oregon call 503-777-4166 or visit their website ([www.ucpaorwa.org](http://www.ucpaorwa.org))

3. *Autism Speaks*

Their motto is “A Brighter Life on the Spectrum”

Go to AUTISM SPEAKS ([www.autismspeaks.org](http://www.autismspeaks.org)) to learn more.

4. *Muscular Dystrophy Association*

Peruse the MDA's website ([www.mda.org](http://www.mda.org)) for more information.

5. *Spinal Muscular Atrophy*

Did you know Spinal Muscular Atrophy is the leading genetic cause of death in infants? Go to Spinal Muscular Atrophy ([www.curesma.org](http://www.curesma.org)) for support and resources.



**ACCESS TECHNOLOGIES, INC.**

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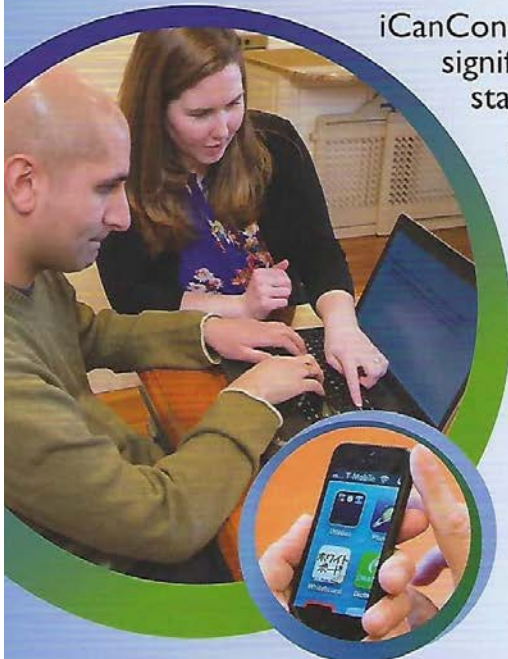
E-mail: [info@accesstechnologiesinc.org](mailto:info@accesstechnologiesinc.org)

## **Combined hearing and vision loss? Learn about a FREE equipment program.**

iCanConnect provides equipment and training to people with significant combined hearing and vision loss so they can stay connected to friends and family.

Sending email or chatting on the phone can be difficult without access to the right equipment. iCanConnect puts that technology into the hands of these individuals to enhance their independence.

Contact us to learn more about the program's income and disability guidelines, refer someone you know, or to apply for the program.



**iCanConnect**

The National Deaf-Blind Equipment  
Distribution Program

[www.icanconnect.org/USA](http://www.icanconnect.org/USA)

503-361-1201 • TTY 800-677-7512