



## **Telehealth: Transforming Healthcare. Transforming Lives.**

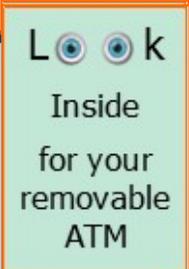
(by **Dr. David A Wanner, EdD**, Chief Administrative Officer & Executive Vice President at i360 Healthcare)

The term “Telehealth” has been around since the early 1990’s. It is only now that it is getting a lot of “air play” with the spread of the COVID-19 virus. eVisits allow both the individual and provider to connect via the secure Internet and allows them to do much of the same assessment as they would if they were face to face.

Inside this Issue:	
Telehealth	1, 10-11
Accessible Voting	2, 11
ATM - MarketPlace	3 – 8
Bargain Basement	9
iCanConnect-Oregon	12

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

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



Telehealth helps to keep patients safe by keeping them out of waiting rooms, urgent care and away from possibly contagious people, which reduces their chances of getting a virus. These visits are typically as straightforward as a patient chatting with their service provider over a video call. Because these consultations require a layer of privacy and security, there are regulations in place to protect the patient’s protection. Using Telehealth from home also saves you from having to drive or travel to your appointment. Combine this with remote patient devices like a blood pressure cuff, thermometer, O2 sensor and glucometer it allows many of your visits to be done remotely (at home or family residence).

*(Continued on page 10 –Telehealth)*



## Technology Makes Voting Easier

(By Ester Harlow, Voting Rights Advocate, PAVA)

Many voters including those with low vision, blindness, learning and print disabilities, even physical and dexterity difficulties have found it challenging to cast their vote. But not anymore—now technology will help you regain your independence in voting!

You can use technology to mark your ballot!

After receiving your ballot and envelope in the mail, simply access the online Alternative Format Ballot. It's a web form where you can mark your choices.

You can use a screenreader such as JAWs or VoiceOver to read the Alternative Format Ballot aloud, or you can use a magnifier like ZoomText, or SWIPING on your tablet, to enlarge the text.

Then, simply use your mouse, trackball, switch or keyboard to mark the form.

If you don't have the technology, your local elections office does! Each election office has a Surface tablet that allows you to use a screenreader, enlarge the text, and plug in the switch, trackball, or any controller of your choice. If you are not able to travel to your local elections office, they can even bring the technology to your home.

Once you have filled out your ballot, print it, then sign the envelope between the two punch holes. If you are completing a ballot at your local elections office, they even have a printer available.

If you aren't able to sign the envelope, your local elections office can help you get a Signature Stamp Attestation. This allows you to use a stamp or other mark on your ballot envelope to prove your identity.

To check your voter registration and get access to your ballot go to:

[www.oregonvotes.gov/myballot](http://www.oregonvotes.gov/myballot). Once there, type your name and birthday. Click submit and you will go to your voter registration page. During an active election, there will be links below for an accessible ballot. The link to your ballot is titled "Mark My Ballot".

Each county can also provide an easier-to-read large print paper ballot. Contact your county office to get on their distribution lists. Additional instructions and guidelines are

*(Continued on page 11 –Voting)*

**Oregon's**

2225 Lancaster Dr. NE

**Statewide Assistive  
Technology Program**

**May 2020**

Salem, OR 97305

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

[info@accesstechnologiesinc.org](mailto:info@accesstechnologiesinc.org)

## 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>
--	--



*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 style="text-align: center;"><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><b>Cruiser III Manual Wheelchair</b></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

<p><b>Canes / Crutches</b> Adjustable Cane U6500 \$5</p>	<p><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</p>	<p><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</p>
<p><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</p>	<p><b>Health</b> Blood Pressure Cuff U6521 Automatic Blood Pressure Monitor \$20  Chair Sensor Pad U6522 Sensor pad \$20</p>	<p><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</p>
<p><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></p>	<p><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</p>	<p><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></p>

**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)

(**Telehealth** - *continued from page 1*)

in the comfort of their own home, rather than in the hospital. This is being accomplished through the convenience of Telehealth.

Long term care facilities, including nursing homes and assisted living facilities are expensive and are not always appealing to the aging parent who still wants to remain in their own home. However, Telehealth services with remote patient management (RPM) options allows individuals to live safely and independently in their homes. With RPM, patients have informed consent as to what is being monitored and at what times, so Big Brother is not watching your every move. This ensures they receive the care and attention necessary, while also providing peace of mind to family members, especially to the baby boomer generation dealing with this issue right now.

### **What is Telehealth, Telemedicine and Telecare?**

Telehealth includes many facets of healthcare, such as regular patient/provider visits, chronic care management, health education services, remote monitoring of vital signs, ECG or blood pressure and blood sugar levels. Telecare technology, along with RPM, enables people to maintain their independence and safety while remaining in their own homes. Telecare technology includes mobile monitoring devices, medical alert systems, and telecommunications technology like computers and smart phones. Continuous remote monitoring of individuals enables Telecare to track lifestyle changes over time as well as receiving alerts relating to real-time emergencies. It also allows families to have access to a *dashboard* to check in on their family member especially after a procedure.

Telehealth is an important part of what is occurring in today's world. Telehealth is the perfect solution when social distancing is encouraged in today's pandemic; it can be a video call on your phone or tablet with your physician, case manager, vocational rehabilitation counselor, health counselor, or wellness coach.

Telehealth allows you to connect to a clinician, but when you think about RPM, it is a truly holistic process. "At i360 Healthcare ([www.i360healthcare.net](http://www.i360healthcare.net)) **we are connecting from the patient to the clinician with diagnostic devices, as well as, to the extended team, and especially to the family caregiver who is such an integral part of the patient's health.**"

## How Does Telehealth Work?

It is truly a very simple process. An application (app) is installed from the Google or Apple Store onto your smartphone or a provided tablet. Once the app is installed, it is then a simple process to use your cellular or internet network to meet with your provider by video.

If remote devices, such as a blood pressure cuff or O2 sensor are prescribed, a simple Bluetooth connection is used to pair each device, and you are on your way. We even have smart pill bottles that will remind you via a text message to take your medicine and also count the pills in the bottle to make sure you are taking the appropriate dose. With advances in smart technologies, you can remind Mom or Dad to turn off the stove, or to let them know that their package has been delivered. Alexa or Siri can play a big part by allowing voice reminders and commands instead of working the small keys on a smart phone.

Remote Patient Devices include all types of monitors. From simple devices such as the ones mentioned above all the way to 12-lead heart monitors, which allow patients to go home to recover instead of staying in the hospital.

Telehealth is not about replacing the provider instead it transfers much of the services into the home. It also allows family members to be as involved with their loved one's care as wanted or needed.

Learn more about Telehealth solutions for you, or your family member by contacting Access Technologies, Inc. at [info@accesstechnologiesinc.org](mailto:info@accesstechnologiesinc.org) or 503-361-1201.

**(Voting - continued from page 2)**

available at: <https://sos.oregon.gov/voting/Pages/instructions-disabilities.aspx>

Remember, ballots are due by 8pm on May 19.

Try your hand and tech at an accessible practice ballot available at:

[http://www.fivecedarsgroup.com/99\\_AFB\\_Demonstration\\_Ballot.html](http://www.fivecedarsgroup.com/99_AFB_Demonstration_Ballot.html)

If you need help contacting your local elections office, call 866-ORE-VOTE or email [elections.sos@state.or.us](mailto:elections.sos@state.or.us). If you have any problems or questions about your voting rights, call Disability Rights Oregon at 800-452-1694 or send an email to [droregon.org](mailto:droregon.org).



**ACCESS TECHNOLOGIES, INC.**

**2225 Lancaster Dr. NE - Salem, OR 97305**

Phone: 503-361-1201 or 800-677-7512

Fax: 503-370-4530

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

