

SCI Awareness Month

In recognition of SCI Awareness Month, FFAST Central is highlighting a variety of AT devices that can improve quality of life for individuals living with a Spinal Cord Injury.

Sometimes really simple things can make really big differences. In the past we have highlighted simple ADL devices to help with food preparation. How about devices to help when eating? Dining with Dignity utensils, designed by a quadriplegic, has loops attached on each side to assist with grasping. Or how about a scooper dish or bowl to keep food where it belongs, and not on the table!

Out and about? Try the Car Ease to more easily transfer in and out of the car to a wheelchair or standing. And the new GoSteady Combo Cane offers features beneficial to some cane users. With a palm grip and flexible foot tip, it provides assistance with gait but also can stand alone and be retrieved from standing if dropped, using its 'kick up' ability.

Need to make a phone call? Use the RC Ameriphone speakerphone to place and receive calls totally hands free. Plug in the Voice Dialer and access your phone book and place calls to any stored numbers using voice alone. With the BlueAnt Bluetooth speaker, you can answer and place calls on your cell phone using your voice whether at home, in the car, or out shopping. With the attached lanyard and included charger, it can be by your bed at night ready for use.

Most people are familiar with typing aids and trackballs for improving computer access. But we're always being asked about accessibility and apps for the iPod and iPad. For those who cannot access directly with finger touch, several stylus options are available that include capacitive touch. The Pogo Sketch, for example, can be placed in a Klick holder. Others are specially designed as a mouthstick or T shape stylus with a conductive sock on the end. BlueTooth switches are now available to access scanning enabled communication apps for those with both speech and physical impairments.



Use of voice recognition makes the Dragon Series of apps a great convenience. Dictate text or search the web by voice on your device. Word prediction apps such as ZenTap and Typ O cut down on key strokes when keyboarding. And there are several mounts available now to allow an iPod or iPad to be connected directly onto a wheelchair.

These are just a few ideas to think about. To learn more about the many assistive technology options available for individuals with a Spinal Cord Injury, contact us at faastcen@tgh.org or call 813-844-7591 to schedule an appointment to come in or chat via Skype or Facetime.

