

balance

... what it's all about

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Our 2022/23 Board

By Ruth Marzetti

I would like to take this opportunity to introduce you to this year's board. We are very fortunate to be working with a highly accomplished group of people, some of whom have been re-elected – Christine Gordon (chair), Anthony Chan, and Ken Kramer (currently on leave), bringing continuity and understanding of ongoing issues. We are also excited to welcome new board members with many diverse skill sets and from across the province. Our new board members bring lived experience and/or years of working in the field of health service provision. Here is a brief overview of our new board members. You can find out more about them on our website.

Alex Carey: I am a self-professed nerd and work as a game designer and accessibility consultant. I am thrilled to have the opportunity to give back to the community by assisting the Technology for Living (TFL) board in achieving its goals by leveraging my experience in gaming development and technology.

Caleb Harrison: I am a healthcare professional, and I am looking forward to my graduation (MBA) from UBC this December. I get excited about new ideas and their implementation in the real world. After having volunteered with TFL to coordinate an assessment of the Youth Assistive

Technology (YAT) program, I was happy to be asked to join the board of this great organisation.

Chris Marks: I work at Praxis Spinal Cord Institute as the regional community liaison for Vancouver Island, where I reside. I'm excited to add my knowledge of advocating for inclusion and mobility at the provincial, municipal, and personal levels to the board.

Linda McGowan: I am a writer, a nurse, and an advocate for accessibility, among many other things. I am also a long-time volunteer with the MS Society of Canada. One of my greatest passions is travel, which I have done extensively. I am looking forward to many more trips.

Evan Mutrie: I live in Kamloops and serve with the Kamloops Broncos as the Director of Player Operations. Accessibility, technology, and autonomy are huge priorities for me. Being on the board for TFL gives me a chance to be an advocate for people with disabilities.

Jane Stillwell: I am a former administrator in medical education with the University of British Columbia and have been a long-time volunteer with Muscular Dystrophy Canada. Check out the March 2022 Balance issue to learn more about me.

Technology for Living round up



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The 8th Annual Kinsmen Foundation Classic Golf Tournament 2022



From left to right: Steve Archer, Jaden Raffin, Brock Sands and Jeremy Road

Alongside many other players, Dr Jeremy Road, our PROP Medical Advisor, and his team of doctors took a day off work to brave the heat and mosquitoes in support of the Kinsmen's 8th Annual Golf Tournament at Fort Langley Golf Course on 14th June 2022. The funds raised at the Kinsmen Golf Tournament are matched by the BC Rehab Foundation and go to TFL's automatic door program. The goal is to install up to 20 doors per year. For more info visit technologyforliving.org.



Looking for stories and faces of the people we are all about

Each year Technology for Living receives more requests for support. It is our goal to be able to fulfill as many of these requests as possible. In order to achieve that mission we are constantly trying to increase our fundraising efforts. We want to help each and every applicant whenever possible. One way to help reach that goal is by asking our members to support the organization in these efforts. Would you be willing to tell your story about what challenges you face and how TFL's services have been helpful to you? We would use your testimony on our website, in our written materials, and/or videos. Your personal story highlighting your relationship with Technology for Living may lead to us being able to increase assisting applicants with mobility issues.

Contact rharrison@technologyforliving.org for more info

Senior Documentary in production

Technology for Living (TFL) houses three programs, the Provincial Respiratory Outreach Program (PROP), Technology for Independent Living (TIL) and the Peer Program. PROP and TIL represent a combined history spanning many decades. Under the direction and steadfast vision of our peers, they were guided from their humble beginnings into the well-established, life-changing programs we see today. Many of these peers are now seniors gradually retiring from long held positions of stewardship. Of course, they will continue to be part of our lives as friends, acquaintances, and mentors. But, without a doubt, TFL is in a period of transition where one generation is passing the torch to the next. To mark this transition Technology for Living is producing a documentary featuring our senior peers to preserve their wisdom, to show how far we've come as a community, and to hear about their hopes for the future. This documentary will be screened at several events, in-person across the province and virtually, in the spring of 2023. Please follow our social media accounts for information on the events near you!

Technology for Living is grateful to the New Horizons for Seniors Program which has made this documentary possible.



Zosia Ettenberg (left), Executive Director, Langley Pos-Abilities and Taylor Danielson (right), TFL Community Coordinator

Bits & Bytes from TIL

TIL is in the midst of assisting 44 residents move from George Pearson Centre to Cambie Gardens in Vancouver. While we have been involved in the technology planning for several years now, it is exciting to see residents finally move in and use technology to increase their independence at home.

Wireless technologies, allow residents hands free access to building, suite and amenity doors, as well as control over the elevator.

Inside their suite they can control their lights, blinds and thermostat using wall switches, but they also can choose to access these devices via phone/tablet and/or a voice assistant like Google Home or Alexa.

CONTACT US!

*We are always happy to discuss any member's needs. Simply phone us at **604.326.0175** or send an email to info@technologyforliving.org*

TIPS & TRICKS

It is now possible to fully control an iPhone using only your voice. Voice control allows users to make/answer/hang up phone calls; dictate text messages and emails; turn on/off all settings; and operate HomeKit SMART devices. That means switches are no longer necessary to operate the phone. Contact us to find out more about this functionality.

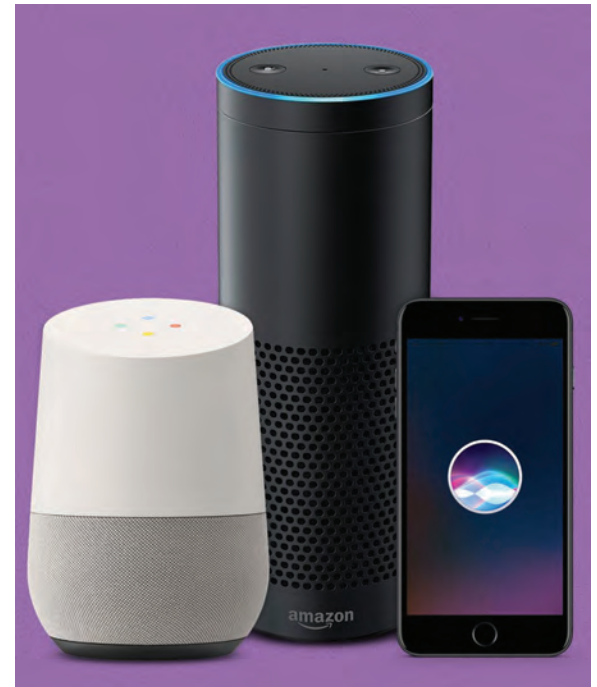
Staying Connected using Voice Assistants

By Wayne Pogue

Assistive technologies are constantly changing and improving functionalities. Here is a brief overview how people can make phone calls using one of these three voice assistants: Amazon's Alexa, Google Home, and Apple's Siri.

Alexa and Google Home do things very similarly. To get started making phone calls with your Alexa or Google Home account, you will need to go into the app settings and follow the prompts to verify your phone number. Once your number is verified and you call someone using your voice assistant, their caller id will show your phone number/name. You will also need to import your phone contacts into the app if you want to be able to call your contacts by name.

Apple has taken a different approach to making phone calls using their HomePod. Instead of setting up communication access on the HomePod itself, Apple has decided to make the HomePod a speakerphone for your iOS device (iPhone or iPad). Once you have completed the setup of your HomePod, it is not necessary to verify your phone number or to import contacts, as Apple uses your actual iOS device to make the call. This does mean you need your iOS device close by make or receive a call.



TYPES OF CALLS

Voice calls are easily executed by all three voice assistants. There is no big difference in how these calls are being made. You can use any of these voice assistants to call anyone in your contact list by name, call anyone by phone number, or call a business by name.

Both Alexa and Google Home can make video calls. Using a voice assistant with a screen, you can make a video call to any similar device (Echo to Echo, Nest Hub Max to Nest Hub Max) or to a smart device that has the appropriate app installed (Echo to Alexa App, Nest Hub Max to Google Meet App).

However, if you use Apple's HomePod, video calls are not available because the HomePod doesn't have a screen or camera. When using Apple Facetime for calls, you will need to use your iPhone or iPad, and can only do Facetime videos calls to other iPhones or iPads. To make video calls to your Android using friends use other messaging apps, like WhatsApp or Signal.

INHALE / EXHALE

Note on Shipping Costs

TFL's shipping costs have increased by 20% since last year. This has had a big impact on our budget. For every single item ordered by our members there is time and effort associated with the request. Checking to see the order is correct, sourcing it off the shelf (or putting a special order in), packaging it up and ensuring that it is sent out in a timely manner — all of this takes a coordinated effort from the TFL team.

To our members who are ordering items like tracheostomy and ventilator provisions: we are asking for your help to develop a plan whereby supply orders are bundled and ordered every 3-4 months instead of several times a month. This would make a huge difference to our budget and ultimately to all members. Thank you!

CONTACT US!

If you need respiratory advice or support please contact the PROP team at
 📞 1.866.326.1245

IDEA CORNER

After hours calls

Please be mindful ❤️

Regular office hours are

Monday - Friday

8:30AM to 4:30PM

On call therapists can assist you with equipment troubleshooting outside regular office hours.

However, calls to order supplies, to check on a delivery etc. should be made during our regular business hours.



The practice of good sleep hygiene? **By Elizabeth Goodfellow**

Getting some healthy sleep is vital to both physical and mental health and can improve our overall quality of life. A key part of being able to achieve good sleep is sleep hygiene. Just like washing your face or brushing your teeth before going to bed, there are things that you can do to help promote a better, more restful sleep. These sleep hygiene practices can be done by anyone and can be easily tailored to an individual's lifestyle. There are also things that can be done during the daytime hours to help with getting a better sleep.

Before Bedtime

Wind down time

Set aside 30 minutes of winding down time before you go to bed. Limiting TV, the usage of electronic devices and bright light during this time is key. Adding relaxation or breathing exercises is also helpful.

Dimming bright lights

Keeping lights low and not exposing yourself to bright lights (a television screen for example) before bed, will send a cue to the brain to get ready for sleep mode.

Alcohol

While alcohol might make it easier to initially fall asleep, it can also cause us to be more wakeful as it leaves the body, making it hard to *stay* asleep therefore preventing a deep sleep.

Keep it cool

While everyone has their own preferences, err on the cooler side (around

65 degrees F / 18 degrees C). The body's temperature drops during the initial stages of the sleep cycle. Being proactive and keeping the bedroom a bit cooler helps us to lower the body temperature and fall asleep faster.

During the Day

Get some sunlight

It's important to soak up sunlight during the daytime hours because it helps regulate the so-called *circadian rhythms* which are responsible for our daily sleep and wake cycles.

If possible: exercise

Regular exercise can make it easier to fall asleep at night while it also affords other health benefits.

Caffeine comes in hidden forms

Watch out for speciality teas and coffees as they can be packed with caffeine. It can take up to six hours to get rid of the caffeine we consume. That can translate into being awake and alert when we are meant to be winding down for a good night's sleep.

Keeping the bed for sleep and sex

Build a strong mental association that tells your mind a bed is for sleep with sex being the one exception.

For more information on sleep hygiene visit <https://tinyurl.com/5ha5rcut>



Geocaching: accessible treasure hunting

By Marnie Essery

Geocaching is an outdoors activity for anyone. It's a treasure hunt for the digital generation. Use any handheld GPS device, like your phone, to locate a 'cache,' which is usually a small waterproof container hidden outdoors which can come in different types and sizes. Some are easy to find; others can be a lot more camouflaged.

There are millions of geocaches worldwide located anywhere you can imagine. Some are likely even close to where you live or places you visit often.

As a person with a disability, I spend a lot of time inside for medical appointments. Geocaching gets me outside and gives me the opportunity to explore new places and see great scenery. When I am successful at locating a cache, I feel excited to find a 'trackable' or a trinket. While the process of finding the cache is the goal, whether you leave or take something from it is optional.

For me, geocaching is beneficial for both my physical and mental health. Being outside allows me to relieve stress and distract myself from my pain. It calms my mind and allows me to refocus and recharge. It reduces blood pressure and improves my heart rate and muscle tension. Something worth knowing health-care professionals in B.C., Ontario, Saskatchewan, and Manitoba are now able to give a nature prescription, a free pass to Canada's national parks, where some caches may be located.

How to start geocaching

Visit geocaching.com to register for free. There is also an option to buy a premium membership which gives you access to more geocache locations. The equipment you need is a GPS device. You can alternatively download a GPS app onto your smartphone. Print out information about geocaches you might be interested in locating from the site. Write down the coordinates/address of the cache and start searching. I recommend taking a pen along to write a note and/or some trinkets you may want to add to

the cache, especially if you take something from it. And just like that you are ready for an adventure.

How to find geocaches

Enter your postal code or your address into geocaching.com to access a list of all the geocaches near that location. You will be surprised how many geocache locations are out there!

Geocaches are categorized from 1-5, according to how difficult it is to find a specific cache. 1 is the easiest and is defined as: *easy to find or solve within a few minutes; the hike is less than 0.8 kms; it is wheelchair accessible; and the terrain is most likely paved and flat.* You can also find icons on individual cache web pages, which tell you if the cache is accessible; is near a bus stop; is child or pet friendly; has parking nearby etc.

Some tips

- › Perform a pre-trip assessment to check out things like tire pressure.
- › Tell someone where you're going and when you will return.
- › Bring a cell phone, extra batteries for your GPS and a first aid kit, extra clothing, food, and drink.
- › Take a friend or family member with you to double the fun. Also, sometimes you may need someone to reach something for you. If a cache is not accessible but has been labeled as such, inform the owner.

I hope this inspires you to get outside, have some fun and explore your community and new places.

RESOURCES

- www.geocaching.com
- **Info about Parks Canada prescription pass:**
www.tinyurl.com/2rzb77y8

Meet Jaco!

By Taylor Danielson

The pandemic accelerated a reality which many people, including me, were already acutely aware of: there is a dire shortage of staff to fill caregiving positions. This crisis is affecting some of the most vulnerable sections of society, people with disabilities and seniors. Today, many go without the care they need, exacerbating existing health situations or leading to new adverse health conditions.

How can pressure sores heal when there's no one to transfer you out of your wheelchair into bed at night? They can't.

How do you recover from a common cold when you are unable to receive the appropriate nutrients, fluids, and rest? You don't. And you risk the cold turning into something worse, like pneumonia.

According to a 2021 report by Statistics Canada, more than 861,000 people are over the age of 85. Many live with health conditions that require some degree of assisted care. It is estimated this number will grow to 2.5 million over the next 25 years. There simply aren't enough people to provide the care required.

But what if care could be provided by something other than a *human being*?

The evolution of care

Robots are with us now, no longer confined to the world of science-fiction. I have a robot vacuum cleaner which keeps my floors clean. There is a robotic barista at the San Francisco International Airport who also dances while it makes your coffee, tea, or other drinks. When was the last time you received service like that at a cafe? Residents in some cities have become accustomed to sharing the sidewalks with "last-mile" delivery robots, autonomously couring food and goods between local businesses and customers. How dumbfounded would you be to receive your next shipment of PROP supplies or TIL equipment by a robot?

The idea of robotic caregivers is already being tested in many countries around the world. These robots provide a variety of functions from simple companionship to more hands-on activities such as transfers between mobility devices and a bed. There is one thing that all these current robots have in common. They are designed to augment

and support existing human caregivers, not replace them. By distributing the workload for simpler tasks that can be accomplished safely and reliably by "robo caregivers", limited resources can be focused on tasks and activities which currently still require the expertise of human care staff.

Semi-autonomous robots performing care tasks are extremely helpful for supplementing care staff. But there is another scenario: imagine a person who is fully capable of directing and controlling their own care if only they had a device which could compensate for limitations of their bodies. Many are familiar with power wheelchairs as tools which restore mobility to people with lower limb impairments. But what about people like myself with upper limb impairments? I cannot lift my arms, never mind lifting a cup of water, a spoon to feed myself, or any of the other activities of daily living which require the use of arms. That was my reality until a few months ago when I met Jaco, an assistive robotic arm by Kinova Robotics.



Taylor showing off Jaco mounted to his power wheelchair.

Reaching out with Jaco

Jaco is a revolutionary piece of assistive technology designed and manufactured in Québec, Canada. It was first envisioned and prototyped by Jacques Forest, an activist and inventor who lived with muscular dystrophy. After Jacques' passing, his nephew Charles Deguire and co-founder Louis-Joseph L'Écuyer continued the development of the arm. Together, they founded Kinova in 2006 and debuted their first assistive robotic arm in 2009, calling it Jaco, in memory of Jacques. While Jaco is truly state-of-the-art technology, the philosophy behind it is simple: empower people with upper body limitations to do anything a human arm can do.

Jaco mounts seamlessly to either side of a power wheelchair and integrates directly with your existing controls whether that is a joystick, sip and puff, switches, or other system. Proficiency in the basic movement modes can be developed in a matter of hours. I used Jaco to drink from a bottle of water in my first 30 minutes and was able to use the arm to feed myself dinner the same evening.

The tasks which can be accomplished using Jaco are countless.



Drinking, eating, brushing teeth, adjusting glasses, picking something up off the floor, pressing a crosswalk button, opening doors (figuratively and literally). All these tasks can be part of your first 24 hours with Jaco. It is an

incredibly liberating experience to regain so much autonomy. But that is only the beginning.

The true magic begins after a few weeks or months when you begin to experiment and learn how Jaco can enable you to do the things that are important to you specifically. For me, I love being able to hold my phone with Jaco to take photos of my dogs. Other users paint, go shopping, fish, socialize, or do whatever makes them happy. With Jaco, it is possible to reach out and touch the world around us.



Thoughts of the future

Great strides in the fields of robotics are being made all around us. A world where robots are an integral part of daily living looks to be almost inevitable. Still, many people feel nervous about this very possible future. Some are outright terrified with thoughts of movies like "Terminator", "Robo-Cop" and "HAL", undermining the hope that humans and robots can work together happily in the future.

I, on the other hand, think of Jaco and how bright my future is with it at my side. Jaco is proof that these technologies can and will enhance the lives of people with disabilities and others who require assistance to live their best lives. I am hopeful and optimistic about humanity's future together with robots.



Worth every mile

By Ean Price

Traveling is so much more than a passion for me — it's a lifestyle. But as a power wheelchair user who is ventilator dependent, during the pandemic I primarily only left the house for medical appointments. Finally in mid-2021, I slowly started to come out of hiding and tried small road trips to Tofino and Nelson from where I live in Kelowna. My care attendants and I travelled cautiously and spent much of our time in hotel rooms. We were careful to avoid crowded places, wore masks, and washed our hands frequently. Those short trips were enough to help with my apprehension about leaving the safety of my living room for bigger adventures, so when I returned home I started to plan for a real trip.

Admittedly, I continued to feel a little more anxious than I had in the past, especially during the early planning stages. My biggest fear? I worried about what would happen if I or one of my care attendants picked up COVID on our holidays. In fact, this fear partially came true. One of my two attendants tested positive for COVID days before departure. My other care attendant (a.k.a. Rockstar Jenny) and I decided to continue our journey with just the two of us. The trip turned out to be absolutely fantastic.

Planning the logistics of the trip felt all familiar. As always, I began extensive research to ensure that the destinations would be accessible for me. This generally includes reading reviews from other travelers with disabilities, googling online resources like tourism boards / local organizations, and locating nearby medical services. Even places I've already visited require research. What did I regret missing last time I visited? How can this trip be even more enjoyable than the previous time I went? These are questions I explore when I revisit a place.

Once I have a good understanding of the destination, I start planning the actual voyage. I either work with a trusted travel agent or I book the flights and accommodations myself. This I do well in advance and ask very detailed questions to ensure the airline(s) and hotel(s) have a clear understanding of my needs. Whenever possible, I fly with Air Canada. I am not saying they are the only airline for accessible traveling, but I have built a strong personal rapport with their management team. This last time I was extraordinarily lucky as Air Canada upgraded my attendant and I for one leg of our journey. I loved lying in the business class pod as it relieved pressure



Ean enjoying a luxurious Air Canada pod

from my lower back and bum. Sitting in an upright position can be quite painful on long flights, which is something to be aware of.

Now, at the end of 2022, there are no more official COVID travel guidelines in Canada. But when we travelled in April 2022, airport safety procedures were in place in response to the pandemic. This meant increased cleaning was taking place and social distancing measures were in effect. My travel agent continually sent me travel restriction updates, so I was well aware of the potential risks involved at all times. Everyone was required to wear a facemask in the airport and on the airplane. At my departure airport, the Vancouver International Airport, travelers were required to prove that they had been vaccinated. On the way back, we also had to complete the ArriveCAN app 72 hours before returning to Canada. By the time we returned home we were not required any longer to pass a COVID test.

I chose Mexico as the destination for my first big post-COVID trip to rekindle my life of travel. The reason had a personal angle: a high school friend invited me to attend the music festival he was putting on. All in all, I had four 'must do' things on my list: attending the three-day electronic music festival; visiting a very good friend; exploring the ruins in Tulum; and enjoying some beach time in Cancún and Playa del Carmen.



Reuniting with my wheelchair at the Cancún International Airport

It's common to overpack for your first trip. I've learned to bring only the essentials and to leave luxury items at home. This lightens your luggage, and your travel companions will thank you! Be sure to bring extra medical supplies in case of an emergency. Particularly if you are travelling to a remote location or underdeveloped country. Items such as trach suction catheters and ventilator circuits can be extremely hard to find. After you have a few trips under your belt, you begin to learn what is unnecessary.

After we landed at Cancún Airport, a wheelchair accessible van was supposed to be waiting for us to drive from the airport to our resort in Cancún's Hotel Zone. After one of my care assistants tested positive for COVID at the start of the trip, this was our second and final major travel hiccup. A non-accessible SUV was waiting for us. Thankfully, the Air Canada manager in Cancún was able to organize alternative transportation that was accessible. Alberto, our driver from ForHandicapTravelers.com, was very friendly and helpful, and he made sure that we arrived safely and comfortably. We were very grateful for his services, and



Wheelchair accessible transportation from the Cancún Airport to our resort.

we will most certainly avail ourselves of his services again when we require transportation throughout the Yucatán Peninsula next time.

The Hotel Zone is the perfect place to stay if you're looking for safe all-inclusive experiences. There are plenty of resorts to choose from, and each one caters to your every need. Whether you're looking for a relaxing vacation or a party atmosphere, the Hotel Zone has something for everyone. Best of all, there's no need to leave the resort if you don't want to. Everything you could possibly need is right at your fingertips. Personally I was very impressed with the Fiesta Americana Condesa Cancún.

The Paradise Blue music festival in Cancún is an awesome event for electronic music lovers. Sadly, the beach is not wheelchair friendly but the fabulous event promoters designated a private wheelchair section beside the VIP area. So, we ended up in a cabana with a clear view of the stage. We had such an amazing time, we are planning to go again next year.



Ean exploring Playa del Carmen with a friend

After the festival, we relocated from Cancun to Playa del Carmen, 60 minutes down the coast. Fifth Avenue is the main entertainment district in Playa Del Carmen. Recent renovations

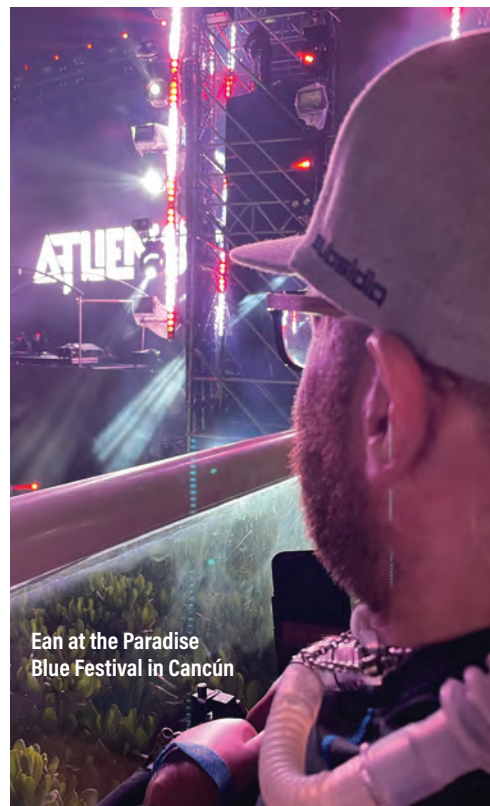
include sidewalk curb cuts and ramps to make it even more accessible. There are plenty of stores and restaurants to enjoy, and less cobblestones to worry about than in the past. Whether you're looking for a great place to shop or just want to explore, Fifth Avenue is definitely worth a visit!

From Playa del Carmen, Alberto drove us to the nearby city of Tulum. We were thrilled by the wheelchair accessibility of the ancient ruins, as well as the beautiful cenotes (natural swimming holes). There is even a wheelchair accessible shuttle to the Tulum ruins entrance!

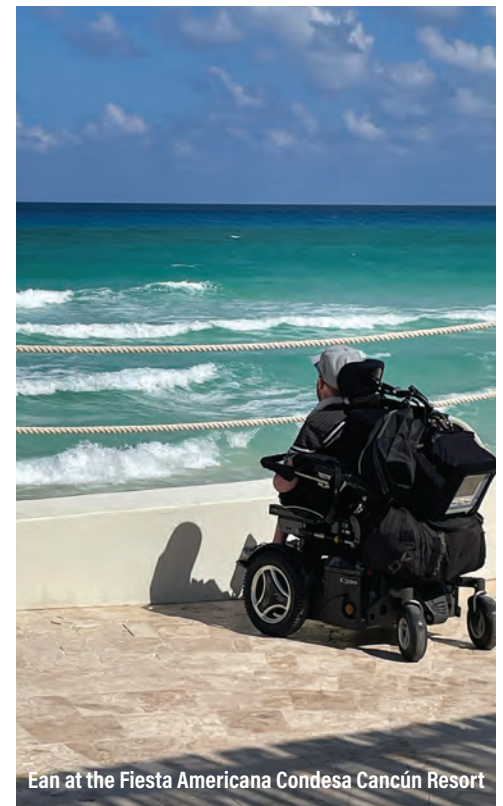
Mexico offers stunning beaches, accessible resorts, delicious food, and a rich culture. I felt safe throughout my stay and Mexico is certainly one of my personal top travel destinations. I am already looking forward to be out exploring Mexico again in 2023! Of course: there's always a lot of planning and logistics involved, but for the most part everything went without a hitch. Next stop, Europe!



On the shuttle to the Tulum Ruins' entrance



Ean at the Paradise Blue Festival in Cancún



Ean at the Fiesta Americana Condesa Cancún Resort

Northern Perspectives

By Chloe Gratton

I have lived in northern BC all my life. I hope to share some insights with the readers of the Balance Newsletter about how people with disabilities are dealing with specific issues in and around Prince George. In this article I am going to focus on transportation.

Living up north with a physical disability can be a trying experience, even in a city of the size of Prince George. Accessible resources are limited. Personally, I am very fortunate because I own my van and have care staff to help transport me around. Even though I own a vehicle, in winter I can still be snowbound because my van only has front wheel drive. With the combined weight of my wheelchair and myself in the back of the vehicle, the front wheel drive can't generate enough traction to operate safely on snowy or icy roads.

In the past, I have missed work due to this. It is kind of a catch-22 as the work I miss is precisely what is supporting my ability to own and maintain this precious mode of transport, something that many people take for granted. Not all jobs can be done from home and the cost of an

accessible 4-wheel or all-wheel drive van runs between \$70,000 to \$100,000. Of course, these are prices unattainable for anyone living on a disability pension.

Many other people with disabilities and wheelchair users must rely on public transport to get them from and to activities, work, or appointments. Recently, a friend of mine lost his accessible van in a fire and thus has had to rely on public transportation. He has found this extremely trying as he is a very social person and is used to going where he wants, when he wants to.

Handy Dart operates in Prince George and theoretically can transport customers to a desired location. But there is no guarantee the Handy Dart will arrive on schedule. Clients often have to wait a long time before pick-up which can make you late for appointments. It also makes for a very long day if you have multiple stops. Further issues with Handy Dart are the inadequate hours of operation, especially on weekends, limiting how late someone can stay out. I would like to see more Handy Dart buses with more drivers and an expansion of their hours of service.

Another public transportation option is the city buses. All buses have ramps, which is great. Nevertheless, customers need to get from their home to the bus stop. Prince George is known for its long and snow filled winters. We can wake up to 2 feet of snow in the morning and, even when cleared, we can have another foot by evening.

But the biggest issue: getting to a bus stop in those conditions is often challenging if not impossible, especially if your physical mobility is restricted or you are in a wheelchair.

I would like to see an increase in snow removal services. It is of course important to bear in mind that weather systems are unpredictable and also that wheelchair bound residents live throughout the city. This is a logistical obstacle that needs careful consideration.

The other great option for transportation is a wheelchair accessible taxi. However, Prince George has only two of these and often one is in the shop for repairs. This problem seems to be the easiest one to fix: get more accessible taxis and more drivers to drive them.



❄️ New chapter for Sherry Shea ❄️

Sherry has worked with PROP as a full-time respiratory therapist since 2015, during the last year as a joint team lead. She is moving to Vancouver Island. Sherry is someone who always steps up, works incredibly hard and gets things done. She excels at problem solving, troubleshooting and enjoys collaborating with clients. All of that with a contagious sense of humour. While we will miss her at the office we are very pleased that she has agreed to continue to work in a part-time RT role and as an on-call PROP phone line RT.

te**ch**nology for livi**ng**

As the end of 2022 approaches, we would like to remind you that your contributions are not only tax deductible but will continue to support our efforts in the New Year.

Please consider a donation at
www.canadahelps.org/en/dn/3865

All donations receive a free newsletter.

**Your gift can help someone like
 Neema be more independent.**



**Did you know you can also leave a gift in your will?
 You can make a difference, please consider a gift in a will.**

Thank you for standing
 with us in 2022,
 we're excited for
 what 2023 holds!

From all of us at Technology for Living:
 All the best in 2023!

