

balance

... what it's all about

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Philips Respironics Recall

By Dr Jeremy Road

In June 2021 Technology for Living (TFL) was alerted that Philips Respironics voluntarily recalled certain ventilators, bi-level positive airway pressure devices (also known as Bilevel PAP, BiPAP, or BPAP). The polyester-based polyurethane (PE-PUR) sound abatement foam, which is used to reduce sound and vibration in these affected devices, may break down and potentially enter the device's air pathway. If this occurs, black debris from the foam or certain chemicals released into the device's air pathway may be inhaled or swallowed by the person using the device. These events were thought to be quite uncommon but concerning enough to trigger a recall.

The recall has had an enormous impact on members of TFL's Provincial Respiratory Outreach Program (PROP). The affected devices from the PROP equipment pool are the Trilogy 100 vents, the DreamStation Bipap, the A40 Bipap, and the System One.

As the Medical Advisor to PROP, and in conjunction with the PROP team and physicians, immediate actions were taken to attempt to contain the situation fast and efficiently.

After registering the devices on the Philips website, we continued to follow Philip's guidance and contacted and informed PROP members about the recall and asked them to clean their devices solely by following the manu-

facturer's instructions, as the use of non-validated cleaning methods could contribute to the foam breakdown. PROP members (service users) can rest assured that TFL is following Philips recommendations and will continue to do so over time and as they evolve.

At the date of writing Health Canada has not approved the equipment repair proposed by Philips. There is no available timeline as to when this repair may occur. Due to the safety concerns of continuing with these devices, as PROP's Medical Adviser, I recommended that a letter be sent to all affected PROP members' Respirologists/Physicians informing them the devices in question would be replaced with models from different manufacturers depending on members' respiratory ventilator needs. Of course, the replacement models do not suffer from the same defects as the recalled Philips ventilators.

Since June the entire team at Technology for Living has worked tirelessly on the monumental task to replace all recalled devices. We will continue to reach out to each one of our members using affected Philips devices. There is no need to call our office as we are already in the process of replacing all equipment.

These are difficult times and the recall has come in the midst of a pandemic, accordingly we very much appreciate your understanding.



Technology for Living round up



Technology for Living bids farewell to long-term Board Member Walt Lawrence. Walt has been on the Board for many years, starting to work alongside Simon Cox, Technology For Living's first Executive Director. In 1968 Walt Lawrence was a promising 17-year-old hockey player when he dove into Lake Okanagan and fractured his second cervical vertebrae which changed his life in an instant. Living for 16 years at the Pearson Centre, Walt moved into Creeks View Cooperative Apartment, a newly designed care model, with 5 other quadriplegic young men, beginning his life of living independently in the community. As a counsellor at GF Strong, he has helped countless others to find their path to living independently. Walt will be missed but we are looking forward to seeing him on his next visit to the office!

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empowering generations to give.

PROUD SUPPORTERS OF THE TECHNOLOGY FOR INDEPENDENT LIVING (TIL) PROGRAM

The Central Okanagan Foundation (COF) was established in 1977 and today, is one of 191 community foundations across Canada. Community foundations are independent public foundations that strengthen communities by connecting donors to opportunities that create maximum philanthropic impact. COF contributes to the quality of life in the Central Okanagan through the raising and stewardship of entrusted funds, innovative and diverse funding and active community leadership.

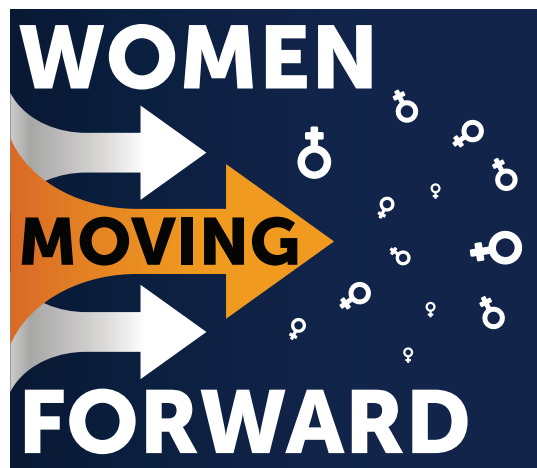
Donations are received from many different sources, they are pooled together, and managed by professional investment managers. The funds are designated as endowment funds where only the income generated

(through investment) by the donation is spent. Most of the funds for the grant program are generated from the endowment fund, called Community Fund.

You can donate directly to the community at www.fundcentralokanaganfoundation.org/giving, set up a fund in memory of a loved one, or create a family fund or business legacy and then allocate the funds towards our community fund.

Cheryl Miller is the Director of Grants and Community Initiatives: "I honestly believe every program, project and initiative we have supported had a concrete impact and benefit. While sometimes funding may impact just a few, some funding can benefit thousands."

Women Moving Forward is a pilot project presented by Technology For Living, a women's social group for both PROP and TIL members. Our plan is to start with eight gatherings over Zoom, beginning in March 2022. Each virtual session will be 1.5 hour long. This will be a safe and comfortable space for women to openly discuss issues ranging across diverse topics. Technology For Living will send out a questionnaire to all female PROP and TIL members in January 2022 to collect ideas and suggestions about topics of interest to participants. **Women Moving Forward** will be facilitated by Nancy Lear, TFL Peer Support Facilitator, and Jackie Haywood, who has led workshops discussing women's issues in the past. We are looking forward to welcome as many women as possible.



XMAS Bits & Bytes from TIL

Twas the night before Christmas
and all through the house,
all SMART tech was off,
even the computer mouse;

Awoke at midnight
in need of some water,
pitch black, shouted "Lumos!",
if only I was Harry Potter;

Reached for the light switch
but was unable to find,
then all of a sudden,
a great idea came to mind;

Spoke "Hey Google, lights on",
waited for a reaction,
with a jingle and a click,
my smart plugs sprung to action;

One lamp, two lamps,
three lamps, all four,
with a sigh of relief,
I head out the door;

Down the hallway I go,
kitchen my destination,
but "Uh oh, what's this?",
unexpected illumination;

Blinking yellow, flashing red,
pulsing green, steady blue,
my Nest Mini must have
turned on
my Christmas tree lights too!

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**

Christmas Tech favourites

Ideas from the TIL Tech Team to make Christmas a little more Christmas-y!

Ace: My go-to tech gift is the Google Chromecast: quick to install, easy to use, and great for holiday parties and family gatherings. I use Chromecast to stream my favourite holiday movies or songs from my holiday playlist on my TV. I would highly recommend it.

Benson: The Ember Smart Mug 2 is great! It's been on my wish list forever because too often I get sidetracked and return to a cold cup of coffee. This smart mug allows me to control the temperature through the app and keeps the beverage at my ideal temperature for up to 2 hours! A great gift for all distracted coffee/hot egg nog drinkers.

Daniel: A recent favorite piece of SMART technology is the Amazon Fire Cube, a great little device which allows me to navigate apps like Netflix, Disney+, Prime Video, Crave, YouTube, Apple TV, and more, using voice commands. This makes it one of the most convenient devices for streaming TV to date and I highly recommend this piece of tech to our TIL members.

Ean: I really like the Fingerbot's versatility. It's easy to set up, works with Bluetooth and Wi-Fi (hub required), rechargeable internal battery, compact form factor, and has replaceable 'fingers'. It can be used to turn many things on or off like Christmas lights, heating blankets, fireplaces, TV remotes, automated small decorations, etc.

Jenny: My favourite smart tech for Christmas is simple. A couple smart plugs and a Google mini. One plug to plug in my Christmas village and one plug to plug in my tree and lights around my room. Then, using voice

commands, my entire Christmas display lights up! I can even schedule it to come on and off in the morning and night to never miss out on my Christmas display.

Jerzy: One of my favorite SMART gadgets is the August Smart Lock. While it is a little pricy, it is easy to install and very useful. I can open my apartment door remotely, which is handy when I am coming home with groceries. Once a friend needed to go inside the house when I was 20km away. I was able to open and close the apartment door remotely.

Marie: I'd like the Christmas tree lights to be on before I enter the room, so a smart plug and a motion sensor for the lights are a must. Voice control can also trigger a song from my curated Christmas playlist. Not always in the mood to for Christmas? A grouchy "nyet" voice command would disable all sensors.

Taylor: My favourite tech gifts to give are SMART plugs, a perfect introduction to SMART home technology as their function is simple: turning whatever is plugged into them on or off. I use many SMART plugs by TP-Link (HS103) throughout my home, controlling various lamps, a fan, and a white noise machine.

Wayne: One gift I'll be giving this Christmas is a smart thermostat. I have the new Google thermostat installed at home and I can't tell you how many times I've come home to a warm house, even though the temperature's been lowered all day. Before making my way home from carolling or Christmas gatherings, I use the Google Home app to turn on the furnace so it's nice and warm when I step in the door!

INHALE / EXHALE

Tube cleaning

Try cleaning your therapy tube/hose weekly. This will help your equipment last longer and it will ensure it's safe to use. Here are two tips to help make this task easier to do.

1. Attach an elastic band to the two ends of your hose. Fill up your hose with a mild, non-scented dish soap solution. Ensure the entire inside of the hose gets in contact with your soapy solution.



2. Wash your tube/hose earlier in the day to allow for drying time. Place a towel on the floor below your hose as it will drip dry throughout the day.



CONTACT US!

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

Cold weather is upon us

By Nancy Lear

After a beautiful, sunny summer here in British Columbia, winter is back. And while you can rest assured that sunshine will return, for now, it's time to pay attention to our health and wellbeing during the colder time of the year.

You can prepare by stocking up on essential items that respond to your body, such as cold and flu medications you're used to. For example, myself and two other peers I have spoken to, take vitamin C on a daily basis.

Especially with the pandemic still being part of our lives, staying as safe as possible during the cold and flu season is more important than ever. Talking with some of my fellow peers, the unanimous, top of the list opinion is to "get the flu shot".

Monica explains: "I get a flu shot every year. And I still ask people that are sick not to visit me. I am still wearing a mask with my caregiver. While I take vitamins and minerals throughout the year, when I start feeling a little bit sick, I increase my vitamin C intake. Something very important - stay away from sick people."

Ean suggests: "Stay inside, keep warm, decrease visitors, increase vitamin D, increase zinc! I also take ColdFX and Echinacea as soon as I begin feeling unwell. If at all possible, party less and travel to warm destinations." :-)

Terry summarises: "My primary cold/flu season preparation is to get a flu

shot as soon as it is available. I wasn't always so vaccine willing. My mom died at 65 shortly after she had her first ever flu shot. Even though it wasn't the cause of her death, I felt nervous about vaccines. But then a few years ago I got the H1N1 flu bug which attacks the lungs. Now every winter I get the flu shot. I always have EmergenC at hand, a good product for a blast of vitamin C. I also generally eat a healthy diet and do not any longer wait at wet, windy and cold bus stops."

When speaking with Dr Jeremy Road, Medical Director of PROP, he pointed out that last year there was virtually no flu season. This may have been because of lessons learned from COVID. The guidelines are very straight forward:

- > Avoid infected people
- > Use masks, especially when you are in the vicinity of people who are not vaccinated
- > Keep sanitizing surfaces that could be carrying virus
- > Physically distance yourself whenever possible and avoid congested areas
- > Get your covid-19 and flu vaccinations.

These are friendly suggestions based on the preparations others are undertaking. Of course, as mentioned above, follow the regime that has worked well for you in the past.

Stay healthy!



I want to be able to turn the lights on and off.

Neema is a huge fan of the Vancouver Canucks. He can recite hockey stats like a pro, and when he talks about his team winning, a huge grin appears on his face. Like many other 13-year-old boys, he loves to play videogames, especially if they involve hockey, of course! He also enjoys playing with the band at school. His instrument is not your average instrument, however. He plays a Jamboxx: a hands-free, electronic, breath-powered instrument that he operates by sipping or puffing via the mouthpiece. Moving the mouthpiece left or right determines which note is played.

In BC, thousands of young people live with a severe physical disability and multiple access barriers. This can make activities such as practicing an instrument, learning, playing, or simply experiencing the world a huge challenge. Technology for Living (TFL) is a non-profit providing life-changing equipment, resources, and connections for

young people, like Neema, and adults with complex physical disabilities across the province.

In 2021, 1,971,800 (7.2% of Canadian adults) were identified as having a mobility disability that limited their daily activities.

Talking with Neema, it becomes immediately clear that he doesn't shy away from any challenge. Like many teenagers he dreams of driving a car one day. While that may not be possible with today's technology, some other things he would like to be able to do are within reach and TFL is here to help.

TFL is launching the YAT (Youth Assistive Technology) initiative to offer assistive technological solutions and



Neema playing his JamBoxx

innovative ideas for young people like Neema and their families. YAT's focus is on assisted technology that will create or enhance social inclusion and belonging.

Through the YAT initiative, every year, we at TFL are hoping to provide 50 young people, who are between 12-18-years-old and live in BC, with customized assistive and home automation devices. And because we know that no two young people are the same, the switches, mouth activated devices, sensors, automatic doors, and other technology will be tailored to offer individualized solutions.

73.0% of Canadians with disabilities, difficulties or long-term conditions encountered an accessibility barrier.

We at TFL can help - if you help us! Young people who are unable to open their door to leave their home or turn out lights or other devices can feel very marginalized. There is a real danger that something like this can affect one's mental health. TFL's skilled technicians use innovative methods to extend the function of existing devices and work on home adaptations that allow greater independence and continued participation.

With a voice assisted smart speaker, Neema can turn the tv on, adjust the volume, or change the channels. He is unable to leave his bed without his parent's help. But TFL can provide a set-up so he can phone a friend for a chat, play video games, adjust the room temperature, or control the bed to a sitting position.

When you ask Neema what independence means to him, he doesn't hesitate: **"A lot! I want to do things for myself. I don't want to ask my parents or other people for help all the time, and I don't want to have to wait until people have time to help. I feel a lot more confident when I can do things for myself."**



Technology for Living's YAT initiative is about building autonomy – independence is healthy for everyone.

We are asking you to

help us to achieve this goal. Your donation will raise funds for voice activated home environmental controls so that young people like Neema, can do a little more for themselves.

**Give more than a gift.
Make a lasting impact!**

Go to **www.technologyforliving.org** and select **"Donate"** to pay by credit card or cheque. Your donation is tax deductible.

Please help us if you can.

technology for living

A little 3D printing magic from the Technology for Independent Living (TIL) program

By Taylor Danielson

I have been working as a Peer Technician with the Technology for Independent Living (TIL) program for the past year. One thing that I consistently come across when interacting with our members and their needs for technology to navigate their homes more independently: there are many, very different aspirations and challenges. Finding a solution that works for each individual member is my favourite part of the job. The TIL team is delighted to work with members on an individual level, taking time to understand how each person defines their independence and, ultimately, what we can do to help achieve it by finding a workable solution.

For many of us living with a disability, the enormous selection of devices, technologies, and knowledge available through the TIL program is more than adequate to make our homes more accessible and give a renewed sense of independence. Sometimes, however, there isn't a suitable ready-made solution available.

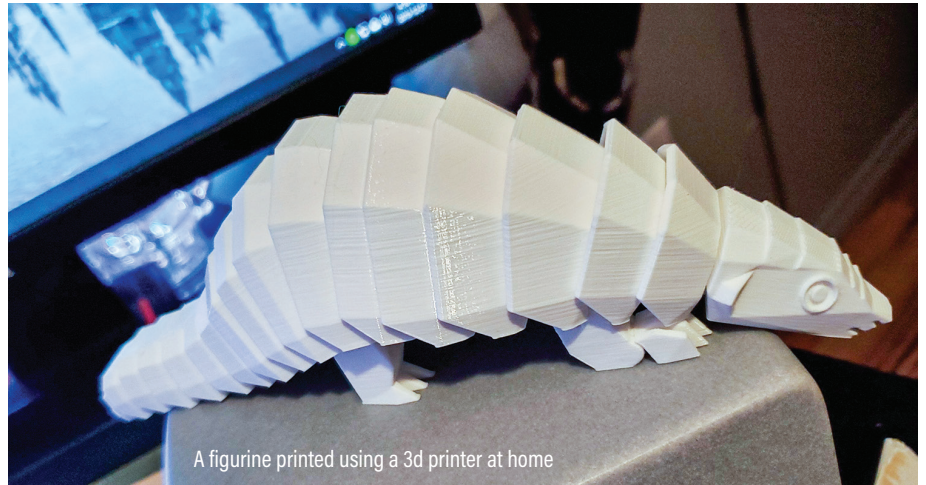
What is a 3D printer and why is it an important tool for helping our members?

A 3D printer is a tool that transforms digital files like a 3D model created on your computer, phone, or tablet and converts it into a solid, three-dimensional object which you can pick up and hold in the real world. What that object does or looks like is only limited by the size of your printer and your imagination.

3D printers have hit the mainstream over the past decade or so. They've gone from a niche device used by researchers and industrial designers to something which you can find on the shelves of many big-box stores. They can be found at work in a variety of industries and now also in people's

homes, including mine. At home you use it for small scale projects doing whatever your imagination can come up with.

A 3D printer found in someone's home is perfect for creating small trinkets like seasonal decorations (pumpkins, tree ornaments), puzzles and toys, or more functional objects like vases or coat hooks. 3D printers in the home print



A figurine printed using a 3d printer at home

these objects using varying types of plastic, the most popular variety is called PLA and goes for anywhere between \$30-\$40 per kilogram at the time of writing. Most objects 3D printed at home are quite small and light meaning you can get a lot of printing done with only a kilogram of material!

But what if I wanted something... bigger, more substantial? Industries which use 3D printing as part of their manufacturing or development process invest in colossal 3D printers capable of printing objects out of aluminum, stainless steel and even titanium. These behemoths are out of the reach of everyday consumers due to their cost and skills

required to operate them. However, their capabilities are mind-boggling. These types of commercial printers have been used to develop jet engines, motors, and there's even a company called Relativity Space actively developing completely 3D printed rocket ready to launch into space. Wow!

What we do at TIL with 3D printing

Let's get back to earth and look how designers like myself and my co-worker Daniel Behrner at TIL use 3D printing to support TIL members. The versatility of the 3D printer means that if we can model a solution using software on a computer, we can turn it into reality. Daniel has designed and printed many ingenious solutions to problems our members have including a 3D printed cupholder for mounting on to wheelchairs. This cupholder has been a huge hit at the George Pearson Centre where residents are using it to independently keep hydrated.

Let me walk you through an example of one TIL member, let's call him James to protect his privacy who approached us with a challenge he was having.



James has a wheelchair van which he would like to enter and exit without another person's assistance. He does not have the dexterity to use the van fob to lock and unlock the vehicle and then deploy the ramp. A problem like this is a perfect fit for TIL's YES PROJECT initiative which offers our members individualized, one-off assistive solutions.

A key component of the YES PROJECT is one of the most versatile tools in our workshop for custom-made solutions: a 3D printer.

James stored the fob for his van in his backpack but he wanted to be able to press the buttons on it using his cell phone so he would not have to dig it out of his bag. TIL offers 2 devices specifically for pressing buttons – the Fingerbot and Switchbot. Both button pressing bots need a surface to adhere to, but the fob was much too small, making it impossible to attaching either of the bots directly.

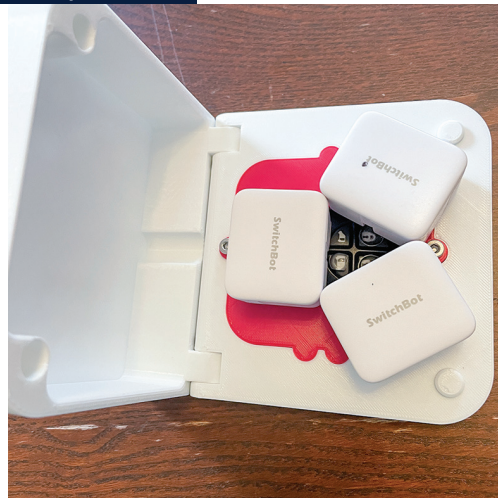
The solution I developed for this problem was a 3D printed container with a hinged lid to securely hold the fob in place. The box itself has a large enough surface area for 3 bots to stick to. Once the lid is closed and the box is placed into James' backpack all he needs to do is open the Switchbot app on his phone and the bots will press the buttons on the fob for whatever action he wants.

While 3D printers are not yet a universal tool for solving all problems, when it comes to producing solutions to help our members live as independently as possible the 3D printer has become a critical part of our toolkit which allows us at TIL do so much more for our members.

Three stages of the fob product development



3D printed frame the fob sits snugly inside and will provide enough surface to attach the SwitchBots.



Three SwitchBots attached on top of the fob. The assembled pieces are now sitting inside a 3D printed hinged container.



The closed container which will sit inside the backpack.



Technology empowers but there is a flipside

By Arjo

I love technology. I use it every day. Constantly. I couldn't live the way I do without it.

Thanks to the invention of the microchip, devices have popped up everywhere offering sophistication and convenience. Information is king and anyone able to make use of it can be tremendously productive. Using computer skills, people with physical challenges can be as productive as anyone else. The playing field has been levelled.

I don't even need a desktop or laptop computer. You can pretty much run a business from a SMART phone. Physical abilities no longer define who has access to the world at large. Thanks to the Internet, one can race around the world with two functioning thumbs. No finger controls? No problem. Voice commands will do the job.

The Internet offers access to information on an incredible scale. Within milliseconds, you can get data on anything, in any language, from anywhere. The world is at our fingertips, giving us the ability to communicate with anyone in any culture and to control devices, in our immediate surroundings or from thousands of miles away.

But this revolution is not without its risks. Anyone with access to this technology can use it — for good or for bad. So, while I enjoy all the benefits, I keep my eyes wide-open and advise others to do the same.

In this article I discuss the benefits but also the risks of this new age of the Internet and technology... and the risk to your privacy. I also share tips for navigating potential security issues.

How technology can improve lives

Just about every solution to every problem, be it in entertainment, business, personal health, relationships etc. is offered in the form of an app. You can carry the power of apps with you anywhere on a SMART phone, or you can use the next best thing – a PC or laptop. Not long ago, it was impossible to buy a house, a car, or a custom-tailored garment online. Now it's becoming the norm.

In the world of disabilities, progress using technology has been astounding.

If you have a SMART phone, you can access technological solutions to set the thermostat in your house, adjust the windows, turn lights on and off - spontaneously or according to a schedule. You can check who is at your front door, for example, from anywhere if you have cameras installed. Instead of using buttons and switches, consider voice commands. Amazon, Apple, or Google can help you run virtually any compatible device in your home by vocal command, opening up a whole new world of independence.

If you have trouble keeping track of small objects, you may appreciate the power of Apple's "air tag". Using an app will help you locate your misplaced items. On a larger scale, you can have your house fitted with cameras and access them via the Internet to check up on things, providing peace of mind while away.

While the societal impact of social media platforms is a hot topic for debate, these platforms have helped people stay connected. We can reconnect with friends from our childhood or distant relatives more easily than ever before. During the Covid 19 pandemic, the importance of social bonds has become very visible. While people living with disabilities often risk being isolated, social media can help.

Have you experienced a language barrier when employing caregivers from different countries? With an online app, you can translate a document from your language to any language and vice versa. It is even possible to use a real-time translator to get you out of a jam. Not sure how to name a particular object when talking to a person from a different country? Look up the image and send it.

Handling paper was once a tremendous obstacle for those with limited hand function. The paperless office is here, with electronic documents and multiple methods for applying an e-signature.

Not long ago, "ventilator dependent" meant it was necessary to always have an assistant at hand. Privacy and independence were often non-negotiable. Now wireless tracking can keep the same assistant notified of my whereabouts at any time. Automatic, self-suctioning devices, available for purchase online, make emergencies far less frequent.

Some fear a future where robots control the world. I believe this fear is unwarranted.

Machines have been replacing routine, boring and dangerous tasks for a long time. While the transition can be painful, technology has the potential to make our lives

progressively better. Robotic vacuum cleaners, now available at affordable prices, means a quadriplegic can vacuum their own home!

Staying safe in changing times

At the bottom of this new technology is data. In this electronic age, data moves from one country to another, between corporations and governments, all at rapid speeds. Most people struggle to grasp the potential repercussions. This data can include your name, address, date of birth and social insurance number – all that is needed to access your bank account, take out a loan or credit card in your name, or even report you as alive or deceased.

In the past, universities, banks, and governmental organizations had a tighter grip and more control over the flow of information they held and, I believe, it was easier to count on them not to lose control over that information. I would suggest that control is slipping now, as everything becomes disrupted, decentralized, and maybe even obliterated by the digital revolution. The pressure is on governments, lawmakers, corporations and other institutions to find solutions to make data safe.

Only a very short time ago banks were in the practice to share your name, address, credit history and more with other banks, insurance companies etc., without asking permission. Now, data protection is fast becoming a right and not a privilege, but it is worth remembering it is not guaranteed.

The advantages of living in a high-speed, connected world are many and magnificent. But the flipside is there are also people looking to turn your convenience and enjoyment into their gain by illegally accessing your data. Governments are scrambling to bring structure, accountability, and a sense of safety to a digital world that is constantly changing and seemingly always two steps ahead of the law.

Governments have the right intentions, but can take months or years to act. Law enforcement can only act if there are laws in place. Since technology moves extremely quickly, policies lag behind the threats. So, what can an individual do to protect themselves right now?

TRYING TO STAY SAFE - SOME TIPS TO REDUCE RISK

Disclaimer: Arjo is not promoting any services, devices and/or procedures. He provides the below information without any guarantees or promises whatsoever.

Passwords and identity tips

› I change passwords at least every six months. If you have a bad experience with someone close to you,

change your passwords immediately. Secure passwords contain at least eight characters including letters, small and large, numbers and special characters.

- › If you use a password manager, remember if someone finds out your master password, they could gain access to everything.
- › Keep separate passwords for financial and other logins. It is less convenient, but safer.

- › I use 2-factor authentication. That means you provide two pieces of proof or evidence to state your identity instead of one.
- › You might consider a USB fingerprint verification device.
- › **Protect your identity.** If you use social media, be careful what pictures you make public. Consider not sharing pictures that reveal a disability. Avoid revealing your real name, date of birth or address on your website or Facebook page. Use a different month or day for your birthday.
- › I do not enter my social insurance number, except for verifiable government purposes.

Safer banking tips

- › I advised my bank they do not have my permission to share my information with any other institution, for any reason, unless required - to qualify for a credit card or loan, for example. Ask your bank to put on your credit status that any applications for financial services, bank accounts, loans, credit cards, etc. must be *made in person* to you.
- › Create an alias, to be used whenever you send or receive money. Nobody needs to know your legal name—except for verified government, health, or tax purposes, for example. Being smart about how to protect yourself, and your data, will hopefully help you to never have to deal with the heartache and problems that come with your identity being stolen.

Tips for using the internet in safer ways

- › I use virus scanning and firewall software which are either free or come with a small charge from your Internet Service Provider (ISP). They can provide effective security. But still: watch for scammers and resist “the urge to click” because this type of software often cannot tell the difference between real and fake messages, services, etc.
- › Be mindful when you receive any requests for information, unusual links, suspicious phone calls, email, etc. Beware of “click bait.” Do a separate search by Internet, or phone, to confirm a message/service’s validity. Do not reply if you do not know the sender.
- › Before activating any web service, for example Facebook or Google, I look for security features. You can access those features often from the top right corner, often in the same area where your login credentials are located. I look for something called “settings” or “privacy” and

check the default settings to make sure I am comfortable with them. I find it is worth exploring, understanding, and getting familiar with these features.

Tips for improving network safety

If you use wireless services, via smart phone, laptop, cordless phones, etc. remember the data is potentially accessible to everyone within range, not just you. I make sure my data is protected on the device before performing any transactions.

- › I connect to the internet via a proxy server, basically using another server between my computer at home and the website I want to visit as an added security feature and to shelter my identity from hackers. You can find many companies who provide this service.
- › I set up a *guest network* to let visitors use my Wi-Fi. This keeps their activities isolated from my personal network. I don’t have to worry about malware imported by others, and it allows me to permit or deny users. I also hide my guest network ID so it is not visible to outsiders. Talk to your internet service provider and have them walk you through the steps.
- › It can be very helpful to let your caregiver or assistant track your location. However, as with cameras, I make sure access is private by checking the settings on the app. I like to buy long-duration storage, or extra space, to store video for longer periods which is helpful if I ever have an incident and need to review footage later.
- › I backup my data regularly, using more than one backup location or device.
- › When I am ready to sell or discard any device or discontinue a service, I make sure to delete all associated data everywhere.

I believe making the effort to ensure my communications and data are safe and secure is well worth the time I spend on it. If you have any questions or concerns contact the technicians at Technology for Living’s TIL program. They are always happy to help!

Enjoy your technology! Safely.

❄️ PROP Supplies for the Christmas Holidays ❄️

As we approach the holiday season, please have a look at your supplies and make sure you are well stocked. It is a very busy time for shipping companies and delivery times can be unpredictable. We recommend having at least 3 months of tracheostomy related supplies for members on ventilators. If you are using a BiPAP, keep a spare mask and hose.

Your PROP department

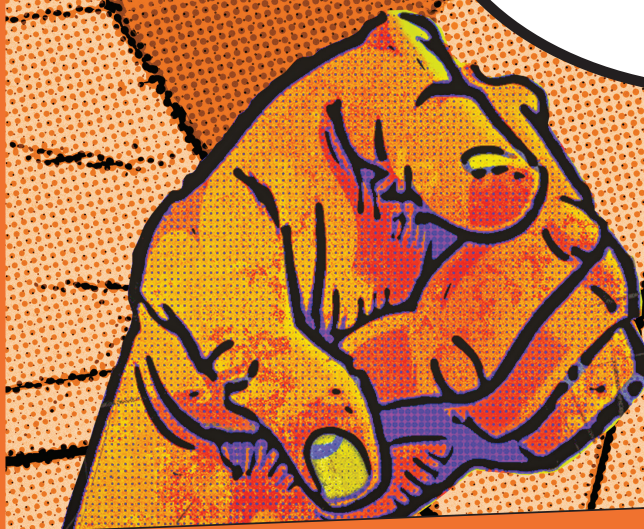
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Living as a person with a disability do you have an idea for a device to help improve your independence? Do you want to work with a student team on a unique project which may increase your autonomy at home?

Contact Technology for Living!

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