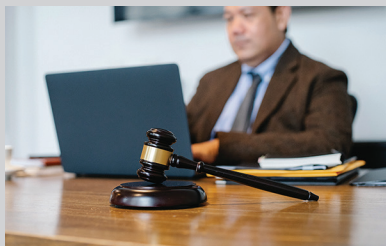


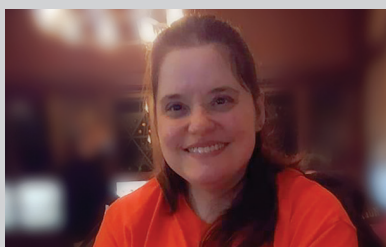
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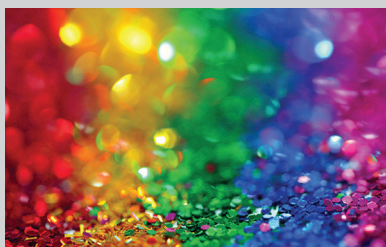
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Philips Respironics Recall

By Christine Gordon & Dr Jeremy Road



On June 14th, 2021, Philips Respironics announced a recall of many of their ventilator products because the polyurethane sound abatement foam could produce particles and off gases that had potential risks of "respiratory tract irritation and inflammation, headaches, asthma, and adverse effects on organs with potential carcinogenic effects".

Patients were advised to talk to their health care provider to determine whether they should continue with the device, discontinue it, or replace it. This recall clearly impacted PROP.

We initially advised that members continue on their ventilators using Phillip's recommendation for filters. However, the FDA identified problems with filters so this option was withdrawn. After careful medical consultation, PROP acted to protect

the health of our members by replacing Philips units with ResMed units, which did not have this problem. All PROP members' attending physicians were in agreement.

Then the challenge of swapping the units began. ResMed devices have different ventilator parameters; there were supply issues and weather challenges but PROP respiratory therapists persevered. So far, 62% of Phillips' ventilators have been replaced and members are largely satisfied.

The TFL Board and staff are proud of our decision and our teamwork. We did not hesitate to act, despite the challenges. Our members' health is our paramount concern.

To all of you who have not yet received a replacement ventilator, we will be knocking on your door soon.



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Introducing Jane Stillwell



I have recently become a board member with Technology for Living. Of course, I knew about the PROP and TFL programs for many years. In the past, I have been involved with various not-for-profit groups since 1987. My contributions have included peer support, fundraising and advocacy. I was also employed as an administrator in medical education for the University of British Columbia for over 15 years.

The chance to serve on the board of an organization that assists so many British Columbians to live more independently in their homes by offering technological solutions to control their living environment and affording peers the opportunity to become active participants in their communities, is truly a pleasure.

(For an in-depth account of Jane Stillwell, see *Balance*, March 2022).

Take it from the horse's mouth!

By Heather Morrison

If you have been newly trached, are thinking about being trached or just want to talk to someone who has lived successfully through what you are going through: call PROP and asked for peer support!

Boy, the horse in the picture on the right, did and spoke to a peer volunteer: me :).

Well, not quite.

The first time I met Boy the Horse, he gently grabbed my shoulder and, I swear to you, whispered into my ear: "Hello — bring any carrots?"

Some PROP members who attended one of Laurie's Bon Fire Wiener Roast & Llamas Parties about 15 years ago might also remember Boy. He was the horse giving rides to kids from 9- to 99-years-old. Everyone had such a great time visiting Laurie's horses and llamas. Now with the COVID restrictions slowly receding let's do it again some time!

Back to Boy! One day, Laurie, his owner, found him struggling to breathe, to the point where he was panicking and thrashing violently around in his stall. Laurie immediately called the vet. After examining Boy, the vet concluded that he had an obstruction in his throat and would need to be put down.

Laurie was very upset and asked for alternatives to putting down her beloved horse. The vet replied: "Well, we could trach him, but I don't recommend it because it isn't successful very often." Laurie responded: "My friend Heather has had a trach for over 30 years, and it is very successful! Trach the horse! Trach him."

So, it came to be that when I met Boy again, we were both sporting a very successful trach! You can see in the photo he has a bandage on his neck to secure his trach.

Of course being a horse, his trach was a lot bigger than mine. Boy did very well for several months with the trach, so well indeed that they decided to remove it.

Eventually, the obstruction reappeared, and BOY did not survive. But when he was trached, he and I had some excellent horse whispering sessions!



Bits & Bytes from TIL

TIL has been involved with the development of Cambie Gardens (George Pearson Dogwood Redevelopment Project) for a few years now. We are excited to let our members know that phase 1 of the Redevelopment project is nearing completion.

The TIL team has been working with residents, VCH, community partners, and the development team, to determine the most effective accessibility solutions for the space.

We are now starting to work with residents who are moving to the new building on setting up accessibility solutions for their new home like automatic door openers, elevator access, SMART lighting, blinds & heating, and A/V setups.

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

Would you like to change the Amazon Echo device's name to something other than "Alexa"? It is indeed possible to change the wake word from "Alexa" to "Amazon", "Echo", or "Computer". This change can be made in the Alexa app settings on your SMART device or by saying to your Echo Device, "Alexa, change the wake word", and following the prompts.

Accessibility Settings – iOS Physical and Motor

By Wayne Pogue

In the previous edition of the *Balance*, we started discussing some of the accessibility options within iOS, Apple's operating system. We focused specifically on accessibility settings of the Apple iPhone. In this article, we'll be continuing this discussion and will be looking at other accessibility options in the "Physical and Motor" menu on the iPhone.

It is important to keep in mind that the settings available to a user will depend on the iPhone model and the version of software the phone is running.

Face ID & Attention

Many TIL members have their iPhone mounted in front of them for easy access. One problem with this is that their face is always facing the screen which then unlocks automatically. Using the settings in this menu, users can ensure the phone doesn't unlock unless they are actively looking at it. These settings also provide access to ensure the screen doesn't dim if you are looking at it.

Switch Control

This is a setting that we have set up for many TIL members. Using a TIL-provided "switch control adapter", our members who cannot physically touch the screen, are able to access anything on their iPhone using switches, which are also provided by TIL. These switches allow users to control their iPhone when hitting them with a hand, foot, head, or even using sip & puff.

Voice Control

Like many tech companies, Apple has been working on increasing the functionality of

their products using only your voice. At this point in time users can fully interact with their iPhone by voice. From opening apps and navigating the internet to dictating emails or text messages: it can be done by voice. It is also possible to use the command "Hey Siri" to turn voice control on and off, meaning you can control your iPhone completely hands free.

Apple TV Remote

If you use the Apple TV Remote from the iPhone Control Center and have trouble with directional swiping, it is now possible to change swiping actions to button actions. This not only allows users to navigate the screen by pressing it, but it also gives Apple TV remote access to 'Switch and Voice Control' users.

Keyboards

It is also possible to connect to an external keyboard to control an iPhone. Users can select items, go home, switch apps, access the control center, and even access the notification center.



INHALE / EXHALE

When turning off a ResMed AirCurve bilevel unit, the user is presented with a screen. If you frequently see this red, frowning face on this screen, please call PROP.



The sad face is letting you know that your mask is not sealing properly, causing excessive leakage. The device cannot sense your respiratory efforts and therefore will not be in "sync" with your breathing. Also, with a large leak, your therapy pressures may not be reached, and you will likely have drying of the mouth, nose, and throat. Call us for a mask re-fit and let's turn the red, frowning face into a smile.

CONTACT US!

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

IDEA CORNER

PROP is offering again regularly scheduled, once a month, Tracheostomy and Ventilation Management Courses. 1-day and 2-day courses are available, depending on the level of training needed and past experience of the participants. Both options require the completion of our online training modules beforehand. Call PROP to add your caregivers name to the workshop list!

It's all about our members!

By Miranda Whiteley

There is no doubt in mind: YOU, our members, are the best part of our work here at PROP. I really love being a Respiratory Therapist for PROP because it offers us the opportunity to be a part of your lives, no matter how small that part may be. Without your unique life stories, your willingness to welcome us warmly into your home, our job would not be as rewarding as it is. Working with you is deeply fulfilling and more often than not, forces me to think outside the box of the traditional health care model.

Visiting our members who live across British Columbia, also gives us the opportunity to see our beautiful province since we travel all over to visit our members. One week we are in Nanaimo, the next week it could be Cranbrook; we never know where we'll be from one week to the next. Would I ever visit 108 Mile Ranch if not to meet a new member? Probably not and then I would have missed out on this beautiful little town, where I met so many kind people, where bears walk by your house and it's no big deal! We travel from the city to the country, from the mountains to the coastline, and from rain forested areas to more arid ones.

Our members are as exceptional and diverse as the landscapes and towns we travel to, living incredibly interesting lives. One gentleman in Grand Forks is a pilot and a plane builder with 3 planes in his hangar! I have met bike builders, advocates, lawyers, artists, mechanics, travelers, adventurers, sailors, gardeners, and a soft drink company distributor, to name a few. I have had an incredible philosophical discussion with a member in Roberts Creek, met baby goats on a farm in Ladysmith, witnessed tender moments of love between partners, laughed with many of you, danced on video during a bilevel demonstration, and received dog kisses from many, many of your furry friends!

I have also seen your struggles, your pain, and your frustration. Each one of the members I have visited had an impact on me and I want to thank you for sharing your lives with us. I hope I will have the chance to meet each one of you over the coming years.

Thank you again for making PROP such a great place to work and for your participation in this member driven program where it truly is, all about YOU!



Ron with one of his planes



Disability Trusts

The Role AND Choice of Trustee

By Ken M. Kramer, Q.C., TEP, KMK Law

The initial steps in developing an estate plan can be overwhelming and intimidating. However, for individuals with children with disabilities, there are many additional challenges and considerations. A significant one being how to leave an inheritance within a will without impacting that disabled individual's entitlement to provincial disability benefits.

Additionally, for adult children with disabilities that do not have the ability to manage an inheritance themselves due to incapacity, this routinely results in the need for the development of a fully discretionary trust (sometimes called a "Henson Trust") written within the parents' will.

By way of refresher (also see *Balance March 2021* for more on trusts and disability planning), a trust is a relationship whereby someone, the Trustee, holds money or other assets for the benefit of someone else, the Beneficiary. (A third role, the Settlor, is the person who gives money or

other assets to the Trustee to hold for the benefit of the Beneficiary.)

The Beneficiary in this case is typically the person with a disability. The Trustee's role, amongst many other considerations, is to manage the money or other assets for the Beneficiary, including investing, filing tax returns, keeping financial records, exercising trustee discretion, etc.

Two major challenges for families are: Who is going to manage the trust for my daughter or son with a disability upon my passing and what happens if this/these individual(s) are unable to assume this very important role, or determine that they cannot take on this role at a later point?

The Trustee may be a family member, a friend, or an able-bodied sibling of the disabled child. For some families, there may also be further exploration into whether a

corporate trustee, such as a financial institution, a family lawyer, or accountant could serve in such a capacity. This then necessitates an assessment of the costs associated with corporate trusteeship, and whether the size of the estate and/or the trust fund justifies the appointment of a corporate trustee.

A bigger challenge is determining whether such a corporate trustee can administer a trust while at the same time appreciating the challenges faced by the disabled beneficiary.

No matter what choice of a trustee a family makes, it is never a simple matter and the following are some questions families should ask themselves when making their decision:

- › What impact, if any, will there be on the relationship between the trustee and the disabled beneficiary?
- › Is there a potential for conflict of interest if a sibling is named as the alternate beneficiary of the disabled beneficiary's trust fund?
- › How old should the trustee be? A disability trust may be in existence for many years, and it is important that the trustee outlive the beneficiary.
- › Is the trustee capable and/or does he/she have the ability to administer a trust given the current demands of their own family and career?
- › Should there be a mechanism within the disability trust to remove and/or replace trustees or permit them the opportunity to resign?
- › Where does the intended trustee reside and how complex is the disability trust to administer?
- › Does the trustee or trustees have knowledge and/or experience relating to the relevant provincial disability legislation and regulations?

Beyond this list, I believe the biggest challenge for parents is ensuring that the chosen trustee appreciates and understands the unique needs of their son or daughter with a disability.

Families must choose and have confidence in a trustee who will carry on where they have left off when they pass on and ensure that their son or daughter has the supports they require to survive in our community for years to come.

Putting these decisions off for another day is the easy answer, however, families with children with disabilities cannot afford such delays. The future of their children necessitates that they take steps to plan appropriately and seek adequate supports and expertise to ensure that their children continue to have, "a good life".

About the Author:

Mr. Kramer Q.C.'s law firm, KMK Law, provides specialized legal services in the areas of Wealth Management, Estate Planning, Estate Litigation and Mediation. Mr. Kramer, Q.C., is also involved extensively in both his community and the legal profession, having served on numerous Boards and Committees over his 25 year legal career. Currently, Mr. Kramer, Q.C., serves as a Board Member with the Vancouver Airport Authority ("YVR"), Publicly Appointed Member of the Board of the College of Chiropractors of British Columbia, and a Board Member with Technology for Living.



Mr. Kramer Q.C.'s assistance in providing this information is appreciated. Readers are cautioned that the information expressed in this article should in no way be construed as legal advice.

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Say hello to **Nicole Whiford,** Technology for Living's new Community Advisor

Hello everyone! I am so pleased and excited to have this opportunity and introduce myself to our community and talk a little about my background.

I will be working with Technology for Living as the new *Community Advisor*. As a member of the Peer program team, I will draw on my lived experience and knowledge around disability issues. Another subject very close to my heart I will focus on is increasing independence in the home for people with all abilities. I am going to share what I have learned from my own struggles with peers who want to live more independently and engage actively in their community. I feel very fortunate to be working on all things peer related with my two amazing colleagues, Taylor Danielson, *Community Coordinator*, and Ean Price, *Innovation Strategist*, both of whom you probably know. All of us are very passionate about growing the Peer program.

I was born in Vancouver, but I grew up in Surrey. I liked Surrey well enough, but it was missing accessible infrastructure and it was difficult for me to get around. When I made the decision to move out on my own 10 years ago, I had no idea where to start the process. With the help from friends and the IFRC (Individualized Funding Resource Centre) I was able to find accessible housing and the home care supports needed to successfully live independently. Moving to an area that is accessible and close to transit really changed my life. Suddenly I was able to easily go where I wanted to, and opportunities opened up for more job prospects.

As a registered status member of the Heiltsuk First Nation, indigenous issues are very important to me. Living with a disability *and* having First Nations heritage provides me with a unique understanding of what it is like to be seen as different or even less by many people. Both indigenous



and disabled people are continuously fighting for equality, being treated, and respected the same way as all other members of society.

Animals have been a huge part of my life. I grew up as an avid equestrian. I started riding horses at the age of five, I enjoyed dressage competitions for many years. Riding a horse gave me the confidence and freedom that I often missed in my interactions with people. I also have two certified service dogs from the Pacific Assistance Dogs Society (PADS see *Balance*, September 2020) that help me in my daily life.

One other thing I would love to do more is travel. I am currently on the Board of the Canadian Assisted Travel Society (CATS) which aims to provide financial assistance to people traveling with caregivers by funding the expenses needed to travel with a caregiver or personal support person.

Now where I have introduced myself to all of you, please get in touch at nwhitford@technologyforliving.org if you would like to know more about our Peer program or to just say hi!



The 2022 competition has come full circle

By Taylor Danielson

The 7th Annual Simon Cox Student Design Competition has concluded with a virtual YouTube live event showcasing each student team's innovative designs and solutions. This year's competition has been the biggest yet with over 58 students from 5 postsecondary institutions across BC, competing to claim a prize. As we move through the 2nd year of the COVID-19 pandemic it is extremely heartening and inspiring to see students dedicating their time and energy to improve the lives of people with disabilities (PWD) despite the ongoing restrictions and safety precautions. No doubt, their commitment to innovation heralds a bright future for assistive technology.

**For a full list of all entries visit:
[technologyforliving.org/
virtual-scsdc-awards/](https://technologyforliving.org/virtual-scsdc-awards/)**

Peer's Choice Award

Peers are at the heart of the competition and are directly involved from the onset. For one, they are part of planning the event throughout the year until the final days when they cast their votes for the "Peer's Choice Award". This year *Technology for Living* worked actively with the peers of the Pathways to Independence group. We are very grateful for their ongoing support. The group also

submitted many suggestions which served as the base for student teams to focus their projects around. Incidentally, student groups are **strongly** encouraged to work with a peer partner throughout the project, many may well be members of the Pathways to Independence group. These peers can provide invaluable feedback on the evolving devices as a potential real-world end-user.

As the day of the competition rolled closer the Pathways group had the chance to review each team's projects and then choose the winner of the Peer's Award. By no means an easy decision! But one clear pattern emerged: projects that involved the closest collaboration with a peer came out on top.

Another interesting trend for projects that were judged highest: peers are not necessarily looking for cutting-edge, high-tech gizmos that have never been seen before. (Student teams: if you are reading this, please do not let this discourage you from developing high-tech devices! We are still trying to get Ean Price that flying wheelchair). Last year's winner, *Adjustable Portable Tabletop*, and this year's winner, *Pea Wee*, are both devices which have already similar products on the market. What made them so attractive to the peers? Student teams had put their minds together to look at existing solutions to look for deficiencies and to assess what makes them frustrating to use. The teams didn't just slap a new coat of paint on an old design – they've built it anew from the ground up.

This illustrates extremely well why peer involvement is critical to the success of a design. While there are dozens of products available to attach a tray to a wheelchair – only a peer who has used these devices can point to their shortcomings. Ask peers: “How can this device be improved?” Or “Why does this device not work for you? How can we remedy that?” And immediately the teams will gain fresh insights versus rehashing old ideas that aren’t quite right.

Peers use assistive technology (AT) every single day in all aspects of their life. They know these devices inside and out. They know what they like and what they dislike. They know what works and what doesn’t. Actual users are the most important group to consult when developing any device. Instructors, AT professionals, technicians, and others, they all will have valuable advice which should be taken into account as well but if the device doesn’t work for the actual user: what is the point of it? I know from first-hand experience AT that doesn’t work or isn’t an appropriate fit – it collects dust in a closet.

**My advice to all student teams?
Talk to the peers and work with them.
They are the golden ticket for success in
this competition.**

Judging

Each year student teams continue to impress with never-before-seen innovative designs which makes judging a competition like this a challenging job suited for experts in the field of assistive technology. Our judging panel this year consisted of familiar faces Wayne Pogue (*Team Lead, Biomedical Engineering with Technology for Living*), Ean Price (*Innovation Strategist with Technology for Living*) as well as Mukhinder Gill (*Clinical Technology Assistant with Sunny Hill Health Centre for Children at BC Children’s Hospital*). Each judge brought their own skill set and approach to evaluating designs, but all share a passion and dedication to using assistive technology and to improve the lives of people living with disabilities.

The deliberations were long but stimulating, a clear testament to the excellent projects submitted by this year’s competitors. There were 3 key metrics which the judges used to evaluate the projects:

PEER INVOLVEMENT

Working with peers is a key part of the work done at Technology for Living and this competition is no exception – if anything it sets the benchmark! Active involvement

with a Peer partner who can provide actionable feedback on your design ensures that what teams are developing is useful for the specific Peer or PWDs in general. Peer engagement is weighted heavily when judges are doing their deliberations.

TESTING & REAL-WORLD VIABILITY

Testing a device is essential for ensuring a theoretical concept can be translated into a physical prototype which serves its intended purpose. Without making the transition from sketches, brainstorming, and CAD models to actual prototypes (no matter how lo-fi), it’s impossible for the judges to determine whether a project can be actually assembled in the real world, never mind if it actually fits the design criteria.

SCALABILITY

Projects have an array of target demographics – some are a response to a specific challenge an individual is facing while others are developed as a solution for a problem faced by many PWDs both here in BC and in the world at large. Judges are looking to hear who the target demographic for this design is, a single user, many people, potentially a future commercial venture, etc. and which considerations your team took when making this decision.

What will the 2023 competition look like?

As the Technology for Living team takes a brief reprieve from competition related duties after our most successful year ever, when we return, we will be discussing what next year’s competition could look like. We had hoped 2022 would be the year to have a face-to-face competition again and see the innovative devices teams had developed in person. This idea did not pan out. Nevertheless, we held yet another hugely successful YouTube Live event which allowed everyone to celebrate together, virtually, regardless of where you were or what you were wearing (PJ’s, anyone?).

Plans for next year’s event are still in their infancy but an in-person event is on the table for consideration. We acknowledge not everyone can attend an in-person event for a variety of reasons. So, we will be putting on our thinking caps to determine if a “hybrid” event is possible, where we meet both in-person and virtually, at the same time. Nothing is set in stone yet except for our commitment to ensuring we make the competition accessible for everyone who would like to participate.

If you have any thoughts about next year’s event, please send an email to tdanielson@technologyforliving.org.

A warm thank you to our generous supporters



The 7th Simon Cox Student Design Competition has concluded. It was our biggest competition yet, and we really would like to take this opportunity to thank our generous supporters one more time and express our appreciation.

As supporters of the competition, you have a direct impact on how much we can accomplish for the members of our organisation and their community. It is of the utmost importance to keep developing and harnessing new technologies which raise the level of independence for disabled people living at home.

With that in mind, each year we grow the competition a little more to reach out even further and attract the next generation of engineering/design students to take up this challenge.

There is a unique synergy between student competitors, the peers they work with and our generous supporters: financial backing increases our ability to attract more competitors to develop much needed assistive technologies.

We believe it is important for us to share with you, our supporters, what real benefits our members derive from the results of the competition and how crucial it is to support the student/peer teams to be able to work on new ideas for a better future.

Nancy Lear, our Peer Support Facilitator who sadly passed away late last year, played an active part in the competition starting in 2015. She worked together with a student team on finding a solution to a problem that many of our peers struggle with. She explained: "I live with a progressive disability, Muscular Dystrophy. Over time, I experience growing muscle weakness which continues to decrease my mobility, making everyday tasks difficult and sometimes even impossible. At one point, something as simple as covering or uncovering myself when I am in bed, either being too cold or too hot, became impossible. I was so excited when I started working with a student team on their project, an automated blanket mover. This voice assisted device has made such a difference to my quality of sleep and my overall independence in my home."

Currently more than 15% of the world's population live with a disability. Contests like the Simon Cox Student Design Competition are stepping up to build new assistive technologies

not only for our peers but broader communities. Technology for Living (TFL) wants to grow the competition because we know, so much more is possible and necessary. But we can't do it alone, we need your support to continue this vital work.

This year, we were able to attract more financial support than in other years. This translated to an increase in available prize money. There was an immediate upturn in participation: 15 teams from around the province entered the competition. And apart from the financial incentives, TFL provided 58 students with a real-life work experience, and an introduction to and awareness of the needs of people with diverse abilities.

We would like to extend our genuine thanks to the following supporters for making the 7th Simon Cox Student Design Competition such a success:



Foundation



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FOUNDATION**

**Ongoing supporters*

We look forward to working with you next year and beyond. We also welcome new supporters to become part of this important and meaningful competition. Get in touch with Richard Harrison at rharrison@technologyforliving.org to find out more.

I am pulling for you

By David Hill

In the last issue of the *Balance* (March 2022), I described how my outlook on life changed during the first year of the COVID pandemic in 2020. As it turns out, the pandemic and all its resulting impacts persisted beyond 2020. Even now, in the first half of 2022 we are still not back to life as I knew it before. I'd like to share with you how I continued to grapple with everyday life from where I left off in the previous article, at the beginning of 2021 until now. I hope some people might find the things I learned helpful.

One step at a time, one day at a time.

At first glance, looking back on 2021, the year appeared uncomfortably similar to the previous year with new virus mutations arriving on our doorsteps. Looking for positive things, I was able to appreciate that my respiratory and heart health stayed stable and strong. I feel very fortunate and thankful that I have been able to avoid contracting the Corona virus so far. Acknowledging my good health did much to relieve feelings of anxiety that I had increasingly struggled with during the first year of the pandemic.

Optimists are those who expect good things to happen. I focused very hard on not giving in to despair about an uncertain future and chose to concentrate on believing that there would be an end to the pandemic. But I also was quite sure, call it a hunch, the world would not return to the way it used to be until some time in 2022. Normally this kind foreboding could easily have added stress to my life. To avoid that outcome, I found it extremely helpful to think of tangible things to be thankful for. Here are four things that I kept at the top of my mind:

- › Access to good healthcare
- › Enough food in the house
- › Having a caring family and friends in my life
- › Going to church

Staying active instead of staying only in my head

Usually, we go away during the summer, but in 2021 we stayed close to home. This was not a bad thing because British Columbia is a beautiful place. I was also able to keep myself busy by helping out in my mother's business, a doggie day care.

One thing I really would like share that has helped me during the pandemic, and continues to be a source of strength, is going for walks outside with my care worker – when the weather is nice and decent of course! Taking walks through a park in my neighborhood, gazing across a lake, simply breathing some fresh air, have turned out

to be wonderful medicines to counteract anxious feelings. Looking at the mountains, really appreciating the trees, the grass, the rocks and even the soil or the gravel I find myself standing on brings me peace. I am able to relax my mind and to achieve a nearly stress-free moment being there in nature. The current state of the world, an era of crisis and conflicts, moves into the background during those precious instants, and I feel relatively calm.

Another helpful tool to keep my stress under control has been having healthy meals together with family and friends. Meals have taken on a very important new role for me. Before the pandemic I might have said I enjoyed hanging out with friends and family during a dinner. But now I am really trying to be mindfully present during those *together* times.

I find a lot of comfort in being with people: everything feels easier.



From left to right: Friends! Brett, myself, Amy and Jordana.

The future: let's get there together

At some point during the last few months, I noticed that I was looking ahead and thinking about what the next year could look like in a much more hopeful frame of mind. I am more eager than ever to arrive at a post-Covid time when we can all start to get back to some type of pre-Covid normal. But as much as I look forward to this, I won't forget the most important lesson I have learned during the pandemic: facing anxiety and debilitating stress is best done by living life one day at a time, remembering to take baby steps while navigating overwhelming worries. And, of course, remembering the wonderful things that I do have. I would like to finish off by a very timely quote from an old Canadian sitcom, 'The Red Green Show': "I'm pulling for you, we are all in this together"



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informational video
hosted by Wayne
Pogue & Ean Price



<https://tinyurl.com/m29m48pa>

technology for living

Automatic Door Opener Program

This program has provided a sense of security, safety and increased independence to 44 individuals who have received door openers over the last 2 years and 15 more installations pending.

We would like to thank BC Rehab Foundation and The Kinsmen Foundation of BC for their province-wide leadership in support of people with disabilities.

Contact rharrison@technologyforliving.org if you are interested in supporting this program or would like to apply for an automatic door opener.



Generous supporters:

