

Tech for Healthy Aging

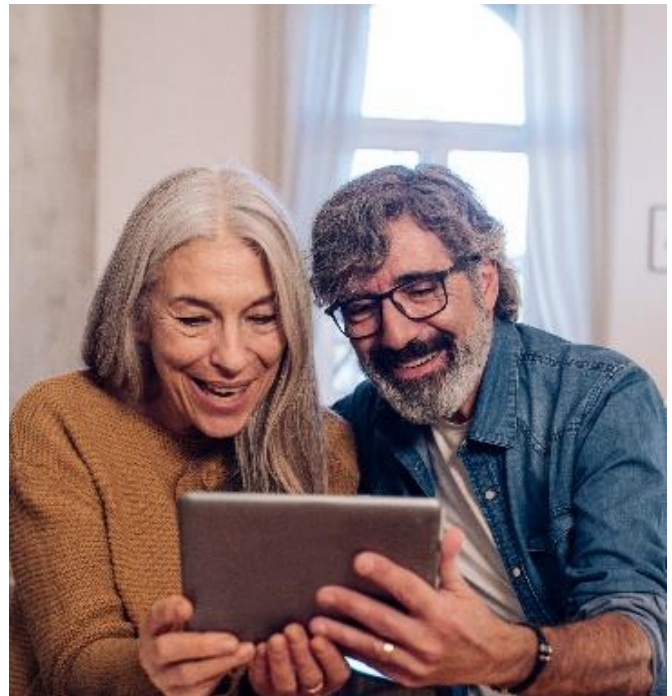
**Helping Older
Minnesotans
with Disabilities
Live Vital Lives**

Technology Solutions to Help Older Minnesotans Age Well in Place

The Tech for Healthy Aging program helps older Minnesotans utilize technology and other resources to maximize their safety, independence and quality of life. Services are person-centered - guided by each person's own needs and goals. They are built on a team approach - involving family members, caregivers and professionals from multiple areas of expertise.

Who Qualifies?

We serve Minnesotans statewide aged 65 or over who have a disability or other condition challenging their independence.



Services Offered:

- Consultation and assessment
- Training
- Connection to community resources
- Follow-up services

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Technology Solutions could include assistive or mainstream technologies – whatever is needed to enhance safety and independence. Examples are Smart Home technologies like Alexa or Google Home; adaptive telephones; Augmentative and Alternative Communication devices (AAC); medication management systems; computers; cell phones; mobility devices like walkers; or low-tech solutions like lighting, or grab bars.

Examples of Qualifying Conditions include vision or hearing loss; memory loss; communication challenges; depression; balance issues; mobility limitations; chronic conditions like diabetes or Parkinson’s; or many other conditions.

Description of Services Offered:

- Consultation and assessment – to help people identify their goals for safety, independence and quality of life. We assess the home environment, suggest technology or other equipment, and develop an individualized plan.
- Training – in technology use, for the person served and family or caregivers. As needed, we may also teach other skills for independence, such as home safety or daily living skills.
- Connection to community resources – to help each person meet their goals. Examples could include referral to other medical services, transportation options, grocery delivery, or evidence-based workshops such as “Managing Chronic Conditions.” We also help people find affordable ways to borrow or purchase technology, or to make needed home adaptations.
- Follow-up services – as needed to help each person achieve his or her goals.