



Using Assistive Technology to Manage Life Staying Home

An online Webinar Series

Due to the COVID-19 pandemic, LATAN will be offering virtual resources and Assistive Technology Information through Zoom Meeting.

**All Sessions are free and will be recorded.
Click the titles of webinars below to automatically join our Zoom webinars!**

**Wednesday, April 15, 2020
1:00PM CST**

[Promoting Independence at Home Using Assistive Technology](#)

A showcase dedicated to promoting independence with the ADLs, such as eating. Learn more about independent eating with OBI and Liftware, E-Alert Systems, Medication Reminders, and tips on modifying current appliances.

Presented by: Jay Sapp, AT Solutions Specialist
Susie Stewart, ATP

Thursday, April 16, 2020
1:00PM CST

[Promoting Mental Health & Well-Being While Social Distancing](#)

Techniques designed to help caregivers decrease stress and increase wellness during times of heightened anxiety.

Presented by: Lori Pannell, LOTR

Tuesday, April 21, 2020
1:00PM CST

[Staying in Touch \(Connecting with Loved Ones Using Assistive Technology\)](#)

Staying in touch with loved ones who have disabilities can be challenging if they have difficulty using traditional telephones.

In this webinar we will discuss different Assistive Technology such as Teletypewriters(TTY), amplified telephones, and video chat hubs that can help.

Presented by: Jay Sapp, AT Solutions Specialist

Thursday, April 23, 2020
1:00PM CST

[Implementing Healthy Habits Throughout the Day](#)

Creating healthy habits throughout your day for overall health:

What is your plan when daily routines have been altered?

Presented by: Lori Pannell, LOTR

Tuesday, April 28, 2020
1:00PM CST

[Living with Limited Personal Support: Home Automation Tips and Set-ups](#)

A showcase dedicated to adapting home appliances so they are easier to use for your loved ones who happen to be disabled.

Learn about devices like the Alexa and Powerhouse X10 that can make living with a person who has disabilities easier.

Presented by: Jay Sapp, AT Solutions Specialist

Thursday, April 30, 2020
1:00 PM CST

[Meditation's Benefits on Decreasing Stress and Increasing Overall Well-Being](#)

Our New Normal: Managing anxiety and getting into the zone for reducing stress during stressful times.

Presented by: Lori Pannell, LOTR

Tuesday, May 5, 2020
1:00 PM CST

[Accessibility Features, Tips, and Tricks for iOS and Android](#)

A guide on adaptive features that come pre-installed on your smart devices that you *might* not have known about.

Learn how to adapt any smart device for your loved ones with disabilities.

Presented by: Jay Sapp, AT Solutions Specialist

Join us virtually to learn more about Assistive Technology and Occupational Therapy resources!

Jay Sapp, AT Solutions Specialist

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