



Tell us about you and technology

We all know that technology is moving forward very quickly. We are trying to understand how people we support are using different technologies as part of their everyday lives. Technology can be broadly grouped into 4 different areas.

Helping you.....

- 1. To live a healthy and safe life**
- 2. Keep in touch with others**
- 3. Around your home**
- 4. To communicate better**

Please can you read the description of each and then tell us any ways that you are using this technology in your life.

We would like to use your story to help others see how technology can help someone in their life.

We would like to take a photo or video of you.

There is a form on the last page to fill out to ask for your permission.



1. Living a healthy and safe life

This is when you collect information, or data, about yourself, which you then use to change or improve your life.

Things like:

- Reading glasses, hearing aids, walking sticks, mobility scooters
- Activity trackers, like Fit Bit, which record how many steps you take.
- Food trackers to record what you have eaten
- A task list on a smart phone
- Time Managers to see how you are spending your time.
- Phone apps like Canary can help you to find your phone if you lose it
- Just Checking is a phone app that tracks how you move around your home, so that people can see where you might need extra help to do things in your home.
- Phone apps like Headspace and Pacifica which tracks your moods and thoughts and helps you to understand why you behave the way you do.

These are all easy ways of gathering information. When you study this information you can find patterns of behaviour which you can then use to change the way you behave for the better.



2. Keeping in touch with others

Things like smartphones, social networking, emojis and websites are quick and easy ways to keep in touch with other people.

Networking can help you to feel less lonely. It also helps you to understand more about other people's lives which can help learn more, understand more and take part. It is also a way of sharing your feelings with other people like you.

Do you use anything like this? How does it help you?



3. Help around the home

Technology can be used to control things in your home.

Such as you can:

- Answer your door without actually having to be there.
- Control home video cameras with your smartphone.
- Turn your central heating on and off automatically when you come in or go out.
- Control home gadgets like hoovers and washing machines using your voice.
- Use home security systems that can “learn” your routine and warn you when something unusual is happening.
- Use “smart” doorbells, thermostats and light bulbs
- Use voice activated home assistants such as Amazon Echo or Google Alexa.
- Use CCTV – cameras outside your home.
- Use panic alarms and other alarms.
- Use more complicated technology, like hoists and tracking.

Gadgets like these can help you to keep control of their home and stay safe. They also mean that you can get help from other people, even if they are not actually there with you. You can share things with people who can support you, even if they are not actually there.



4. Better Communication

There are many communication aids that can help you to communicate, to use computers and control things around them. These pieces of equipment can be used with touch, pointers, switches or even eye gazes.

These include apps for the I Pad, where special symbols or text can help people to communicate.

Do you use anything like this? How does it help you?



Tell us about you and technology:

Consent Form

We would like to use your story to promote the use of personalised technology to:

- people with a learning disability
- family carers
- social services and health services
- organisations that provide support

Your story would be used in presentations, website, publications and social media.

We would like to check that this is OK with you. Please fill out this form or get someone to help you fill it in.

Full name			
Address			
		Postcode	
Organisation that supports you			
Telephone			
Email			

What will my story be used for? (Please tick the options you are happy with)

Within the organisation that provides my support

Learning Disability Wales

I am happy for you to use my name

I am happy for you to use my photo

I am happy to give my permission to the items ticked in the boxes above

Signature

Date