Electronic Aids to Daily Living: Implementing Technology Solutions to Meet Patient Goals

VA-PRC Virtual Grand Rounds

Brian Burkhardt, MS ATP

Contact Information

- Brian Burkhardt, MS ATP
  - Rehabilitation Engineer – Assistive Technology Lab
  - McGuire VA Medical Center, Richmond, Va
  - brian.burkhardt@va.gov - 804-675-5000 ext 2176

Conflict of Interest Statement

- No conflicts have been disclosed.
Definitions

- Electronic Aids to Daily Living = EADL
- Environmental Control Unit = ECU
- EADL = ECU = Smart Home
- Smart Home = Home Automation
- Mobile Device = Smartphone = Tablet
- AAC = Augmentative and Alternative Communication
- Veteran = Patient = User = Consumer
- AT = Assistive Technology
- $\sqrt{294849} = 543$

Objectives

1. Identify one characteristic of an appropriate user of mobile devices for EADLs.
2. List two components of EADL systems.
3. Understand to cost associated with AT and consumer EADL systems.

Drinking From A Fire Hose

- There are simple solutions, they just don’t fit everyone
- Lots of options, thus lots of information
- Constantly changing field of products
Outline

- Overview of Electronic Aids to Daily Living
  - What, Who, and Where?
    - EADLs and Patients
    - Usage environment
  - Evaluation Process
  - EADL examples
  - Quick reference guides
  - Questions / comments

Overview of EADLs (ECUs)

- EADLs provide a means for someone with limited functional mobility or dexterity to interact with their environment
- Most any device can be controlled
  - A Light or fan
  - Television, radio, and cable box
  - Air conditioner thermostat
  - Telephone
  - Hospital bed
  - Window blinds or drapes,
  - Door locks and openers
  - Cameras

ECU System Components
The Patient – A Holistic Approach

HAAT model (AT Frame of Reference)

Cook & Polgar, 2008

The Patient – Most Important

- Anyone who needs alternative access to items used in daily life
  - Television, cable box
  - Hospital bed, nurse call
  - Door, light switches
- Quality life and independence are important factors
- Example diagnoses: ALS, SCI, TBI, Locked in Syndrome

The Patient – Considerations

- Physical ability?
  - Determines access method
  - Evaluate with simple technology
  - Consider progression
- Cognitive ability?
  - Determines EADL complexity
  - Static or dynamic interface
- Mental Status
  - Level of tolerance, patience, and/or PTSD
  - Help to determine device applicability
- Home environment?
  - Determines EADL type and applicability
  - House, apartment, or long term care facility
  - Single or multi-room
User Environment

Control area
- Single room
  - Typically the bedroom
  - Mounted to bed frame
  - Generally simpler installation
- Multi-room
  - Mobile - control multiple rooms
  - Wireless base station or self contained
  - Typically wheelchair based
  - Mobile unit is battery powered – possibly by wheelchair

Mounting
- ECU, switch, and/or microphone
- Wheelchair, bed, and/or floor stand

Installation location
- Hospital/_facility – temporary
  - Simple installation for evaluation or trialing
  - Control limited to nurse call, hospital bed, TV, light, or fan
  - Home automation systems might not work well in commercial building
  - Education of staff is important
  - Select more durable devices
  - Single patient room is ideal
- Hospital/Facility – long term
  - Some items as above
  - Depending on desired complexity a vendor installation might be required
- Home
  - Requires home visit / evaluation by ECU vendor
  - Important for vendor to train patient, family, and/or caregiver(s)

User Interfaces - Direct

- Standard / adapted control
  - Most efficient access method
    - Keyboard, mouse, touch screen, mouth stick, joystick, chin joystick, etc.
- Voice control
  - Totally hands free – typically more sensitive
  - Switch initiated – more forgiving
  - Various menu structures and complexities
  - Consider user vocal amplitude and phonation capability
  - Dispersion is important (background noise)
  - Backup indirect switch access is a good idea
User Interfaces - Indirect

- Scanning
  - Options are incremented through and selected when highlighted
  - Inefficient access method
  - Requires consistent and accurate switch activation
  - Single switch - selects and auto scanning
  - Double switch - one scans and one selects

- Directed scanning
  - More efficient, but more complex than normal scanning
  - Directional scanning control
  - Available option for some alternate communication devices

- Coded access
  - Very efficient, but not used often
  - Morse code

Control Unit (EADL)

- Mobile or stationary
  - Wheelchair usage
  - Multiroom usage

- Battery or AC powered
  - Battery backup
  - Mounting requirements

Transmission Methods - Remotes

- Infra-red (IR)
  - Television remote
  - Line of sight communication - bad
  - Portable
  - Learning remotes

- Radio Frequency
  - Simple remotes
  - Garage door openers
  - Not line of sight communication – good
Transmission Methods - Automation

- **Home Automation Systems**
  - Used to control lights, doors, thermostats, etc.
  - **Power-line**
    - Uses existing AC house wiring
    - Inexpensive
    - Sensitive to power-line noise
    - House wiring affects operation
    - X10, Insteon
  - **Home networks**
    - Wired local area network (LAN)
    - Wireless RF networks
      - Z-wave, Wi, Bluetooth
    - Wi-Fi becoming more viable

The Evaluation Process

- Similar to a complex power wheelchair prescription
- Collaboration!!!
  - Multiple team clinical team members are helpful
  - Helpful when caregiver or significant other is present
- Evaluation Basics
  - Multiple sessions typically
  - Determine Patient goals and desires
  - Cognitive and physical ability
  - Appropriate access methods
  - Environmental factors
Evaluation Process

- Initial device demonstration and trial
  - 1-2 hour session
  - Multiple system options compared, contrasted, & demonstrated
  - Multiple access methods trialed with Patient
- Long term trial (inpatient) or multiple outpatient sessions.
  - Patient trials multiple devices for short periods
- Patient / Evaluator select solution, and discuss implementation options

The M.A.P To Success... or hidden treasure

- Integrating multiple devices in a patient’s home
  - Mounting
    - Single or multiple locations?
    - Moveable mounts?
  - Access
    - Independent or setup required?
  - Power
    - Cable management
    - Prefer wall power with battery backup
- Common systems:
  - Call bell, hospital bed, TV, telephone, computer, AAC etc.
- Available Vendors?
- What existing devices / systems are available?
Let's Talk About Specific Devices

Remember this is a moving target!

- AT Products
  - Organized by access methods
- Landline Telephones
- AAC Integration
- Wheelchair Integration
- Home Automation Products
  - Standalone
  - Professional / DIY Home Controllers

Assistive Technology Products

Commercially available products designed for the disabled population

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
</table>
| - Features designed for alternative access  
  - Customizable buttons and layout  
  - More auditory and visual feedback options  
  - App layout intended for scanning | - Sometimes dated technology  
  - Expensive  
  - Not always local vendors |

Devices – Direct Input, Simple

- Wireless Remote Plugs
  - X10 PalmPad, Slimfire remotes
  - Wireless Lamp remotes (Lowes, etc.)
  - Insteon RemoteLinc
  - Many options (Amazon, etc.)
### Devices – Indirect Input

<table>
<thead>
<tr>
<th>Device Name</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relax II</td>
<td>Switch input (1-2), visual and auditory feedback, IR learning (4 devices, 10 commands each), Preprogrammed RF X10 (10 devices), Battery powered, Requires X-10 RF transceiver</td>
</tr>
<tr>
<td>Saje Pocket Mate</td>
<td>Switch input, visual and auditory feedback, IR learning (256 devices) and X10, Battery and AC powered, Can control an IR telephone</td>
</tr>
</tbody>
</table>

### Devices – Direct & Indirect Input

<table>
<thead>
<tr>
<th>Device Name</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primo!</td>
<td>Touch screen and switch input (1-2), Auditory and visual feedback, IR learning (many devices), Preprogrammed IR X10 or Insteon, Ready for Sero! phone control, Battery and AC powered, Requires IR receiver for X10 or Insteon</td>
</tr>
</tbody>
</table>

### Devices – Voice Control

<table>
<thead>
<tr>
<th>Device Name</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilot One</td>
<td>Voice or switch input (1-2) with auditory and visual feedback, Must train to user voice and commands, IR learning (10 devices, many commands each), Preprogrammed IR X10 (4 devices), Ready for Sero! phone control, Battery and AC powered, Requires X-10 IR commander</td>
</tr>
<tr>
<td>VoiceIR</td>
<td>Broadened Horizons, $449, Optional switch input, with auditory feedback, Must train to user voice (1-4 users), IR learning (1-20 commands), Battery and AC powered, Requires X-10 IR commander</td>
</tr>
</tbody>
</table>
Devices – Voice Control

- **Quartet Simplicity AIO**
  - Voice or switch input (1-2) with auditory feedback
  - Must train to user voice and commands
  - IR learning (6 devices)
  - Preprogrammed X10 (64 devices)
  - Built in telephone
  - Battery and AC powered

- **Saje Roomate Plus**
  - Switch input, with auditory feedback
  - Voice control, but no voice training needed
  - IR learning and X10
  - Built in telephone
  - Use as speaker phone (optional) or headset
  - Interfaces to a computer via Bluetooth

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Devices – Computer Based

- **All Computer access options**
  - Switch, touch screen or voice control
  - Head mouse or eye tracking
  - Windows tablet PC
  - Bluetooth, Wifi
  - Audio and visual feedback flexibility

- **Many based SmartBox Grid software and hardware**

- **Computer Pros/Cons**
  - EADL, AAC, computer access
  - Games, books, social media access
  - Remote access help
  - Vulnerable to Internet dangers

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Devices – Computer Based

- **Servus, Zygo USA**
- **Break Boundries REACH**
- **ASI AutonoME**
Devices - Telephone Access

- Ablephone AP 5000 (Vocally Infinity)
  - Voice controlled telephone dialer
  - Must train to user voice
- Ablephone AP 1000
  - Switch based solution
  - Auditory feedback for dialing
  - Must train to user voice for dialing
- Seral
  - IR controlled phone
  - Needs Primo, Pilot, or other ECU for hands-free operation
  - Auditory and visual feedback
  - Simple AAC features

<table>
<thead>
<tr>
<th>Device</th>
<th>Price</th>
<th>Supplier</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ablephone AP 5000</td>
<td>$219</td>
<td>EnableMart</td>
</tr>
<tr>
<td>Seral</td>
<td>$579</td>
<td>Ablenet</td>
</tr>
<tr>
<td>Seral</td>
<td>$1,195</td>
<td>Ablenet</td>
</tr>
</tbody>
</table>

Devices - Telephone Access

- TalkIR
  - Konftel 200AUX teleconference phone
  - Remote control speaker phone
  - Full IR control of phone functions
  - Use with Voice IR for hands-free operation
  - Can be switch adapted
- Serene RCX-1000
  - Remote control speaker phone
  - Switch control on remote and phone
  - Use with Vocally Infinity for total hands-free operation

Devices – Door Access

- OpenSesame
  - Various remote options
  - ECU remote interface to any contact closure from an EADL system
Devices – AAC Integration

- Augmentative and Alternative Communication (AAC) devices with IR control ability
  - Talk to Me, FRS, Tobii/Dynavox
  - Many more…

Devices – Wheelchair

- Quantum
  - Q-Logic enhanced display or joystick for IR control
  - Bluetooth mouse / switch interface
- Permobil
  - R-Net Omni or Joystick for IR control
  - Bluetooth mouse and Input-Output Modules
- Sunrise (Quickie)
  - Similar to Permobil

Consumer Products: Mobile Devices

- The Phablet…

Precent Cellphone Usage

- Books 7%
- Photos 3%
- Internet 20%
- Social networks 14%
- Games 11%
- Music 12%
- Phone 9%
- Email 9%
- Texting 8%
- TV/Movies 7%

Consumer Mobile Devices (What Can They Do)

- Communication
  - Augmentative & Alternative Communication (AAC) Apps
- Connectivity
  - Telephone, Email, Text Messaging
  - Social Networking (Facebook, etc.)
- Environmental Control
  - Lights, TV, Cable, Doors, Thermostat
- Cognitive Aid
  - Reminders, Calendars, Apps

Consumer Product Based EADLs

- Control Unit and/or user interface based on cellphone or tablet.
- Typically requires Wifi and Internet access
- Apple, Google, and Microsoft Oh My!

Tablet or Phone Centered EADLs

- Pros
  - Consumer products (cost efficient and appealing)
  - Access
    - Conductive mouth stick for touch screen access on mobile devices
    - Switch Control
    - Voice Control (sort of)
- Cons
  - Scanning on Apps can be very tedious
  - Voice activation not integrated into home automation apps typically
Standalone Devices

Consumer electronic products meant to control one or two types of devices

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Competitively priced&lt;br&gt;- Easy to install&lt;br&gt;- Some can be controlled by home controller systems</td>
<td>- App controls only one type of device (typically)&lt;br&gt;- Apps have limited accessibility features&lt;br&gt;- Vendor install?</td>
</tr>
</tbody>
</table>

- **Standalone Devices, Examples 1**
  - Doors Locks
    - Kwikset Kevo, $220, Bluetooth
    - August, Schlage, Yale, and more
  - Garage Door: Liftmaster MiQ,
    - Linear GD00Z, can work with any garage door opener, should work with Open Sesame door opener
  - Security Cameras:
    - Ring, Nest Cam, etc.
    - No great hands free options for exterior

- **Standalone Devices, Examples 2**
  - Thermostat
    - Nest, $249
    - HoneyWell and others, $100 - $300
Standalone Devices, Examples 3

- Lights
  - Belkin WeMo, $40 / light
  - Hue, $200 for 3 lights

Standalone Devices, Examples 4

- IR Adapters
  - Harmony Hub, Wi-Fi
  - Blumoo, Wi-Fi
- Wifi connected smart devices with Apps
  - Samsung TVs, cable boxes (Verizon, Comcast)
  - Home Theatre (Sony, Onkyo, Pioneer, etc.)

Standalone Devices, Examples 5

- Hospital Beds
  - Linak Twindrive – for leisure bed lines
- Consumer Beds
  - Use Bluetooth to control bed functions
Home Controllers

Consumer electronic products meant to control an entire home full of devices

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Competitively priced</td>
<td>♦ Apps have limited accessibility features</td>
</tr>
<tr>
<td>♦ One app controls everything</td>
<td>♦ Some require monthly subscription fee</td>
</tr>
<tr>
<td>♦ Easy to install</td>
<td>♦ Who Installs?</td>
</tr>
<tr>
<td>♦ Constantly improving</td>
<td>♦ Not many DIY options offer full IR control</td>
</tr>
</tbody>
</table>

Home Controllers, DIY v/s Pro

<table>
<thead>
<tr>
<th>Do-it-yourself (DIY)</th>
<th>Professional</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Less expensive</td>
<td>♦ Expensive</td>
</tr>
<tr>
<td>♦ Who installs / trains?</td>
<td>♦ Quality install</td>
</tr>
<tr>
<td>♦ Support ?</td>
<td>♦ Quality training and support</td>
</tr>
<tr>
<td>♦ Apps not all well developed</td>
<td>♦ Well developed apps</td>
</tr>
<tr>
<td>Purchase at big box stores = Home Install</td>
<td></td>
</tr>
<tr>
<td>Not all support IR without additional hardware</td>
<td></td>
</tr>
</tbody>
</table>

Home Controllers, DIY Examples 1

- SmartThings
  - $99 Hub
  - Voice Via Shortcut App and Ivee
  - IR possible in future
- Iris
  - $99 Hub
  - Free Basic service, or premium features, $10 / month
  - Voice via Ivey or premium service
  - Available at Lowes and professional install
Home Controllers, DIY Examples 2

- Amazon Echo or Google Home
  - Requires other devices
  - Great voice control
- ISY994i, $350
  - Insteon, IR
  - Mobi LinC App allows voice
  - INSTEON Hub

Home Controllers, Professional Examples 1

- Control 4
  - Most popular system
  - Voice Control using Amazon Echo
  - Relatively low cost entry point
  - $700 for entry level base station

Home Controllers, Professional Examples 2

- Cable and Security Companies
  - Most require monthly subscription fee
  - Fios, Comcast
    - Security and control = monthly fee!!
  - Direct TV, Apple, etc. has voice search
  - ADT
What Is The Right Solution?

- The SHORT answer...
  - It all depends on the user
  - Match user abilities with access method and desire control with EADL device options
  - Identify a champion

- And the LONG answer...

- Current environmental access?
- What does the Patient want to control?
- Where will the EADL be used?
- Use best access method based on abilities:
  - Does the Veteran have a mobile device?
    - Type, current usage, and motivation?
  - Wifi and Internet in usage environment?
  - Is a family or friend motivated to help out with EADL?

When to use what?

- Assistive Technology Products
  - Need an interface with the most adaptive feedback options
- Consumer Standalone Products
  - Only need to control one type of device
  - Cost effective
- Consumer Home Controllers
  - Multi device control
  - Similar to Traditional EADL (Quartet)
  - DIY
    - Most cost effective
      - Veteran family / friend can setup
      - Not many IR options currently
  - Professional
    - Installation and training by professional
Benefits of Consumer Products

- Lower cost than traditional EADL systems
- Integration
- More devices able to be controlled
- Access automation from anywhere
- Potential for better voice control algorithms

Challenges of Consumer Products

- It is the “Wild West” of home automation
- Access methods are still maturing
- Advanced technology is more likely to have bugs
- Not as streamlined as dedicated AT solutions
- Home automation vendors not familiar with AT population
- Who provides support?

Case Study: Mobile Device

- Patient
  - 30 year old male C5-6 spinal cord injury
  - Lives in house alone, has power wheelchair
  - Uses Android cell phone currently with touch access
  - Wants to be able to lock front door and control thermostat
- Questions
  - AT, Standalone or home control system?
  - Professional install?
- Selected system
  - Control 4
Possible Solutions – The Perfect Storm

- Reach out to AT vendors
- Provide education to vendors or family/Veteran about options and setup
- Partnership between AT company and home automation company

Assistive Consumer Technology

Case Study: Hospital Integration

Before: Inpatient Vet with SCI using 3 sip & puffs to control:
- Nurse call, TV, and telephone

After: Use Primo ECU mounted on TV arm to control:
- Nurse call, TV, and telephone
- Light and fan

Case Study: Traditional v/s Mobile Devices

Requirements

- Patient
  - Good vision, limited fine or gross motor in upper extremities
- Desired access options
  - Switch scanning with visual and auditory feedback
- Devices to control
  - Lights, TV, landline
Traditional v/s Mobile Device EADL

<table>
<thead>
<tr>
<th>Traditional System</th>
<th>Mobile Device System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Possum Primal, $2700</td>
<td>Patient supplied iPhone</td>
</tr>
<tr>
<td>Two switches, $150</td>
<td>Blue 2, $150</td>
</tr>
<tr>
<td>Seral landline telephone, $1400</td>
<td>Logitech Harmony Hub, $150</td>
</tr>
<tr>
<td>Three light modules, $120</td>
<td>Three Wemo light modules, $150</td>
</tr>
<tr>
<td><strong>Total Parts: $4420</strong></td>
<td><strong>Total Parts: $450</strong></td>
</tr>
</tbody>
</table>

Devices – Reference Guide

- AT lab ECU quick reference guide


- AT lab telephones
Questions

Access Methods – Touch Input
- Fine or gross motor control
- Capacitive stylus or mouth stick
- Stylus holder
- Screen size
- iOS: Assistive Touch
- Android: Easy Touch, etc.

Access Methods – Switch Scanning
- Wired
  - RSL Steeper Pererro, $27
  - Zygo ZyBox X, $245
  - AbleNet Hook, $170
  - iPod Music control only
- Wireless
  - Tecla Shield Uno / Dos, $350
  - iOS 7, iOS Voice over, Android App
  - RJ Cooper 85i, $114
  - AbleNet Blue 2, $150
Access Methods - Mouse Control

Android
- Bluetooth mouse
  - Normal desktop model
  - Bluetooth module on wheelchair
- USB Wired
  - Requires USB On-The-Go cable
  - Only works with certain devices
    - Samsung works well
- Mouse cursor is very small
  - Apps available to enlarge cursor, but don’t work on all devices

Access Methods - Built-in Voice Control

Android
- Active listening on newer phones = totally hands free*

iOS
- Siri
  - Have to press home button or use touchscreen to begin
    - Check weather, make calls, web search, etc
    - Can’t control apps

Access Methods - Voice Control Apps

Shortcut, Free
- WakeMe, Nest, SmartThings, Lockitron
- Android, Google Glass, and iOS (soon)

Tasker + Autovoice, $2.99 + $1.57
- Android voice macros
- Can control Vera home controller

MobiLinc, $20-$50
- iOS and Universal Devices ISY home controller
- Voice plug in, totally hands free

VoicePod, Free
- Subscription fee
- App or hardware
- App can be totally hands free
Home Automation is Not New