

WHAT IS THE MyLife Room?

Assistive Technology Education: Bridging the gap between your recovery journey at Sheltering Arms Institute and your return to home.

The MyLife Room is a space designed in collaboration with the **Virginia Assistive Technology System (VATS)** located on-site at Sheltering Arms Institute that houses assistive technology devices in order to demonstrate device options and various uses of devices that can promote independence after making the transition back home. The benefit of the room existing in an inpatient rehabilitation setting is to allow you to ask questions while receiving education and enables you to practice with the devices in a controlled setting. Trained staff are dedicated to helping you find the equipment that meets your needs and enhances your quality of life. If you decide a device best fits your needs, VATS is able to provide additional support through the use of loaner devices and follow up education at your residence. To find out additional information, feel free to ask your primary therapy team.

What is Assistive Technology?

Assistive Technology is any item, piece of equipment, or product system that is used to increase, maintain, or improve functional capabilities of people with disabilities. Assistive Technology can be acquired commercially off the shelf, modified, or customized based on your individual needs. The goal of Assistive Technology is not to replace the progress you have made, but to improve your functioning and independence to promote greater well-being! Devices currently available:

Amazon Echo Show

Facebook Portal

Ring Doorbell

Wyze security cameras

Phone tablet stand

Adaptive gardening equipment

Extra grip handles

Arm support cuffs

Length adapted tools

Swivel tray table

Magnifiers

Robotic dog/cat

Webcam

Temporal orientation clock

Skylight picture frame

Artificial fish tank

Light therapy

Adaptive Xbox Controller

Scan to take
a tour of the
MyLife Room



And more to come!

What Next? I WANT TO RECEIVE THIS EDUCATION.

- 1 A professional on your primary therapy team will request a **consultation** on your behalf.
- 2 A staff member trained on the devices in the My Life Room will **schedule an appointment** to provide you with an introduction to the equipment and work with you to find the best fit for your needs and interests.
- 3 This staff member can **continue to work with you on connecting with VATS**, obtaining loaner equipment to try once you go home, and finding funding options to help purchase equipment if needed.