

balance

What it's all about.

BC Association for Individualized Technology and Supports for People with Disabilities

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Accolades from a Client BY ILGA GOLDMANIS

On behalf of all of us who TIL and PROP have touched, I would like to give accolades to BCITS.

Simon Cox and all the awesome, dedicated staff work hard so we can live independently in our homes. Their thoughtfulness, kindness and caring assistance to all of us is very much admired and gratefully acknowledged.

The unwavering concern of everyone at BCITS has given our lives a brighter touch, along with many moments of peace and comfort. I salute their professional skills, dedication, enthusiasm and commitment to our well-being.

I have Limb Girdle Muscular Dystrophy and I'm also a high level quadriplegic due to a motor vehicle accident. I have a Kin control system from TIL which allows me to control my door, lights, TV and phone from my bed and power wheelchair.

I also have a safety device from TIL which I can use to call out in case of a power outage.

A special phone from TIL is attached to the wall which, along with being a

The unwavering concern of everyone at BCITS has given our lives a brighter touch, along with many moments of peace and comfort.

Telus B caller, means I can make calls from my bed or power chair. The security system is also connected to the Kin control.

All of these TIL devices enable me to do many day-to-day things that I wouldn't be able to do because of my extremely limited movements. With them, I'm able to continue to live independently in my own home, teach, visit family and friends, go to concerts, shop and volunteer.

BCITS enables us to access the world, to participate and to contribute like anyone else. This organization, and its special people, have made an extremely positive difference in all of our lives—it's a service that's very much needed and most sincerely appreciated.

May all your hearts be touched with happiness as ours have been touched by your dedication and commitment to our well-being. ●



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First Annual BCITS Design Competition

On May 3, 2014, BCITS held its first annual BCITS Student Engineering Design Competition.

The object of the competition was, not only to help design potentially useful devices for BCITS clients, but to allow the students to push themselves to design something with “real” possibilities.

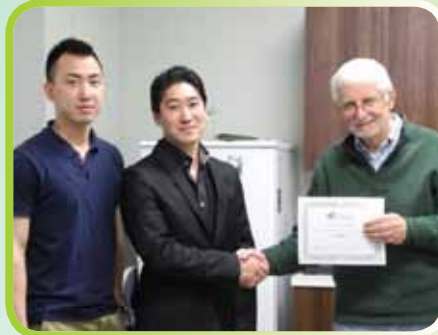
Even though this was the first competition, the degree of engineering and design in the projects was outstanding.

The students put a great deal of effort and time into their projects, and you could see the commitment in their final designs.

The competition judges had a difficult time placing the teams because all the projects were exceptionally well done, but in the end the following winners were chosen.

BCITS would like to thank guest judge Craig Hennessey, guest advisors Bruno Jaggi and Jochen Boehm, and of course the students that created and designed the exceptional devices.

The Competition was such a success BCITS plans to expand the competition next year.



First Place

ibTech: Jeff Shinoki and Don Ta

“The purpose of the ibTech device is to be able navigate around the Apple devices such as the iPad and iPhone, with a switch.”



Second Place

ELVIS: Hugo Lee and Alex Sze

“ELVIS (Elevators and Lifts via Infrared Systems) is mounted non-invasively to the elevator system and is activated via infrared. The user activates a sip-and-puff switch to call the elevator or select a floor.”

Honourable Mentions

eyeSelect: Franco Chan and Felix Luk

“The eyeSelect is an eye-tracking device intended to provide a means of control over media and communication devices using their eyes.”

Blue Lightning: Sunny Chang, Vincent Bui, and Paulo Tampos

“The Blue Lightning is a non-invasive device that measures the heart rate and displays the waveform on a Windows laptop via Bluetooth connection.”

Simon Cox Wins Much-Deserved Award

BY JIM WATSON The presentation of the Hal Rogers Fellow (HRF) Award was made to Simon Cox, on May 27, 2014 at the Annual Kinsmen Conference, held in Summerland, BC.

Simon was very surprised by the award and, in usual Simon Cox fashion, was shy about receiving this award. He immediately started to suggest many others deserved it more than he did.

Keynote Speaker, Joanne Brekkas, was one of the first recipients of an assistive device from the Kinsmen Foundation of BC and from the Technology for Independent Living Department, then managed by Simon Cox.

The Hal Rogers Fellow is the highest award given by the Kin Canada Foundation. This prestigious program recognizes individual Kin, Association Members, Kin Alumni and non-Kin who have made a significant contribution to the community and to Canada. Each new Fellow receives a commemorative certificate, pin and medallion.

Proceeds from this program, named after Kin Canada's Founder Hal Rogers, assist in the creation of a permanent endowment fund that continues to support the work of Kin Canada and its Foundation.

Some notable recipients of this award include entertainer Celine Dion, past Governor General of Canada Michaëlle Jean, hockey legend Wayne Gretzky, football legend Michael "Pinball" Clemens, Rick Hansen and retired General Rick Hillier.



Simon Cox and Keynote Speaker Joanne Brekkas

Simon was in attendance at this year's conference to present the Simon Cox award. What he didn't know was he was being honoured as a fellow.

Recipients are not chosen for who they are or what they do for a living. They are nominated and chosen for what they give back to Canada and its citizens.

Simon Cox worked with the Kinsmen Foundation of British Columbia for many years, and continues to support the Foundation and people with disabilities through his work with BCITS. His efforts have made a major impact on the lives of thousands of people in British Columbia.

District Five (BC) Kinsmen honoured Simon several years ago by creating a District Award in his name for support of the Kinsmen Foundation and

people with disabilities. The Simon Cox Award is given out each year to the Kin Club that demonstrates strong support of the Foundation and people with disabilities.

Simon was in attendance at this year's conference to present the Simon Cox award. What he didn't know was he was being honoured as a fellow.

We salute Simon Cox on winning this much-deserved award and offer our sincere thanks for his tremendous support of Kin and people with disabilities. Way to go Simon! ●

I'm Rebecca Jensen, the newest member of the BCITS family. I previously worked with EATI which is sadly coming to a close. I'm interested in BCITS' client stories and in sharing them with others through the BALANCE newsletter (as well as other media). I graduated from Simon Fraser University with a degree in English and Sociology, and would love to use my writing background to tell your story, whether you're a client, a family member of a person with a disability, a professional or simply an interested party. Let's use BALANCE as a means of support, learning, sharing and building our community!

Please email or call me if you have a story to tell and I'll be happy to help you present it to our readers. I hope you like my story, *RT Travelogues!*

Contact Rebecca at prop@bcits.org or 1-866-326-1245.



RT Travelogues

Part of the job description for the PROP Respiratory Therapists (RTs) is to see clients at least once a year. The vastness of our province (over 940,000 square kilometers) means that RTs must travel fairly often. Not everyone is enamoured with traveling, especially for business, but as I talked to our two newest therapists, I found that there are pros and cons to every business trip.

Patrick Cho has been an RT with PROP for six months. Working for BCITS has given him the opportunity to get to know our province in a way he hasn't experienced before. After a full day of seeing clients, he may be tired, but often takes advantage of the chance to explore the city he's visiting. He especially loves visiting Kelowna, where he visits the local wineries and enjoys the beautiful views of Okanagan Lake.

On a recent trip to Kamloops, Patrick arrived at the airport at 5:30a.m. for his 7:00a.m. flight, but the flight was delayed until 9:00a.m. When he finally boarded the plane, the pilot

announced there were some "mechanical issues" and the passengers waited another hour before taking off. Because of the delays, Patrick needed to stay overnight. Without a toothbrush, PJs, or an extra pair of clothes, Patrick wasn't as comfortable as he might have wished. This is just one of the hazards of the job!

Wendy Lawrence began working with PROP in 2013. In the past six months, she has visited clients on Vancouver Island, and in Kelowna, Penticton and Sechelt. She finds working as a PROP therapist requires a sense of humour because everyone she meets is so different.

Travelling in her new role has given her a greater appreciation for local geography in places like Kelowna which she says is not just several kilometres of strip malls. Meeting clients is the highlight of her job because she loves interacting with people and hearing the positive feedback many have to offer. Wendy also has an enduring curiosity and interest in the clients she meets. She loves hearing about their lives.

Before Wendy came to PROP, she worked as a nurse in pediatric intensive care where she encountered pain, suffering and death on a regular basis. The world that children in the ICU inhabit, along with their families and the health care workers who render assistance, is very different from the outside world. Wendy is sometimes reminded of this world when she interacts with people with ALS. She reflects on how fleeting life is and how we sometimes touch each other's lives only briefly.

Wendy works hard to impact clients' lives positively and finds great satisfaction and pleasure in her work. After a long day of seeing clients in a new city, she treasures the quiet time she can spend by herself.

Do you have any stories about times you've interacted with RTs or BioMeds from PROP or TIL? What do you like about their visits? Of those you've met, who has made an impact in your life? Do you have suggestions for how we can improve our visits? We'd love to hear your stories and publish them for others to enjoy, so don't be shy! ●

Smartphone Apps BY SAMIKO GUEST

This article describes some Smartphone apps that may be useful for clients using certain Smartphones and tablets.

BIG Launcher



BIG Launcher is an app for Android phones and tablets (non-Apple devices). It is perfect for users

that struggle with navigating through multiple screens of tiny icons. The BIG Launcher app transforms your interface into a simple and easy-to-navigate screen with large icons.



For some clients, it may be easier to select large-sized icons. This helps to minimize accidentally selecting another icon.

BIG Launcher has great features:

- Customizable font size
- Customizable large short-cut icons, for your most frequently used apps or "Direct Dialing your Favourite Contacts"
- Large-sized phone digit buttons
- A button feature called "SOS" that calls or texts pre-set contacts automatically. It also includes GPS coordinates information

You can download and try the BIG Launcher Senior Phone DEMO app for FREE, although it doesn't have all the features of the full version. You can purchase the full version BIG Launcher app for \$11 through the Google Play Store:

<https://play.google.com/store/apps/details?id=name.kunes.android.launcher.activity&hl=en>

To use the BIG Launcher app, your phone or tablet must have Android 2.1 version or above installed. For further information, you can read the user manual at http://biglauncher.com/manual/big_launcher_manual.pdf.

L5 Remote



The L5 Remote can turn your Apple iOS device into a universal infrared (IR) remote. You need hardware (\$59.95 from Amazon.ca) and the free app from the App Store. The good news is you can replace all the remotes in your household with just one iPhone or iPad!

The L5 remote is compatible with iPhones or iPads operating on iOS 3 or higher. Your device does not need to be connected to WiFi/Internet to operate, however there are features you can use online. When connected to the internet, you can download IR codes, save your current remote setting onto a cloud service and share your settings with other devices.



To use your iPhone or iPad as an Universal IR Remote, you need to:

- Purchase the hardware
- Download the "L5 Remote" App from App Store
- Customize your own remote layout
- Connect the hardware piece into a 30-pin charger connector. If your iPhone or iPad does not have the 30-pin connector, an adaptor can be purchased at the Apple store.
- Assign IR codes into each button of your remote layout. This is done either by downloading codes or copying the IR signals from your original audiovisual equipment remote into L5 remote screen.

This process takes some time, but creating your own remote layout is a nice feature. You can customize sizes, shapes, names, spacing and colours of the buttons on your iPhone. Also, this system allows you to create macros (a series of button presses onto a single button). For example, you can program one button to turn on three different devices: TV, cable box and audio system with just one click.

The remote will be able to transmit an IR signal over a distance of 30 feet, but the signal needs to have a clear path from the remote to the device (e.g. TV or cable box).

continued on next page

Smartphone Apps, continued from previous page

IP Cam Viewer Pro



Wouldn't it be great if you could see what's happening inside your house, at the front

door or even what your pets are up to while you are not there? Now you can thanks to a new app!

With the IP Cam Viewer Pro app, you can view real-time images from your home IP camera on your Smartphone, no matter where you are in the world, as long you have an internet signal.



To use the app, you need an IP video camera that is able to send images using the Internet. IP cameras are available with a variety of features, such as tilt-pan-zoom capability, night vision, 1-way or 2-way audio, high resolution lenses, and wireless connectivity.

They are available in different sizes and shapes, and for indoor or outdoor use. You can find a mid-range IP camera for about \$100 at any electrical store.

If you are purchasing a new IP camera, make sure it is supported by the app IP Cam Viewer Pro by visiting these websites.

For Android Smartphones: <http://hit-mob.com/ip-cam-viewer-android/device-support-list/>

For Apple Devices (iPhone, iPad): <https://itunes.apple.com/us/app/ip-cam-viewer-pro/id402656416>

Once you have your IP camera, you need to add it to your home network. The connection between your router and the IP camera will be either wired or wireless depending on the IP camera.

Then, you need to configure it to be publicly accessible. This process requires a bit of network knowledge, so if you are not too savvy about these types of tech tasks, you may need a friend to help you. You will need to log into your home router in order to complete the set-up.

Last, you need to purchase the IP Cam Viewer Pro app and set it up. You can purchase the app at the Google Play Store (Android) or the App Store (iOS) for \$3.99. When you set up the app, it will ask you for your IP Camera's IP Address and Port Number, and the network's name and password. So, be sure to make a note of the required information when you connect the IP Camera app onto your home network.

Some of the information in this article may require further explanation. If you would like further details, please feel free to contact me at BCITS 604-326-0175. I will be pleased to help you as much as I can. ●

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Help Us Fulfill Our Vision

BCITS, proud home of PROP and TIL, is a registered non-profit and charitable organization. The funds to operate these programs come from the Ministry of Health, through the Vancouver Coastal Health region. We are very grateful for this generous support.

However, this funding does not cover the costs to provide equipment to TIL clients. For example, a special telephone for a person with a high level disability can cost as much as \$1000 and an automatic door opener can cost \$3000.

We provide many devices like these to adults—at no cost—to fulfill our vision of people living in the community as independently as possible.

You can help us continue this work through your donation. Any contribution large or small will be gratefully accepted. **100% of your donation will go toward equipment and assistive devices.**

Thank you, Simon Cox, BCITS Executive Director
Charitable Registration Number 807477070RR0001



Yes, I would like to support TIL's equipment program.

- I enclose a cheque for \$ _____.
- I will make a donation by credit card through CanadaHelps.org. [Donate in minutes by clicking on the CanadaHelps button on our home page at www.bcits.org.]
- I would like to donate directly by VISA. I will call Clara Chalifour at 604-326-0175.

Please be sure to fill in all your contact details, so we can send your tax receipt (for donations of \$10 or more).

NAME

ADDRESS

CITY & PROVINCE

POSTAL CODE

PHONE

EMAIL

Please return this form to: BCITS, #103-366 E. Kent Ave S., Vancouver, BC V5X 4N6

BC Rehab Foundation Opening Doors

Many thanks to the BC Rehabilitation Foundation for their generous donation of \$7,500 to our door opener program.

BC Rehab has been a great supporter of the program and we are most grateful for their support.

The program is reserved for those individuals who cannot, through any physical means, open the exterior doors to their homes. Application to the program is reserved for people who show the greatest physical and financial need.

If you feel you may be eligible for the program, you can download an application form from <http://www.bcits.org/becomeclient.htm>.

Please contact us if you need assistance or if you have questions about your eligibility.

Thanks again to the kind folks at BC Rehab Foundation. ●



Yes, I Accept Your Invitation To Join BCITS



The BC Association for Individualized Technology and Supports for People with Disabilities (BCITS)
Home of Provincial Respiratory Outreach Program (PROP) & Technology for Independent Living (TIL)

Name: _____

Address: _____

City/Prov: _____ Postal Code: _____

Telephone: _____ Email: _____

Please Check One

Membership for registered BCITS clients

Please mail completed form to BCITS (the cost of postage constitutes your membership fee)

Non-client membership fee

Please mail completed form along with \$20.00 annual membership fee payable to BCITS.

Please mail this form along with any applicable membership fees to BCITS - The Home Of PROP and TIL, #103-366 E. Kent Ave S., Vancouver, BC V5X 4N6

Support the Kin-Klassic



Tee off and support the greatest golf partnership to help people with disabilities in BC: The Kinsmen Foundation and BCITS. If you are not a golfer, you may be able to help us with a gift for the silent auction. Proceeds fund assistive devices.

Early Bird Discount

Registration is \$225. Save \$25 per golf entry fee when registration and payment are received before July 15/14.

Contact

Event Coordinator

Jim Watson, 604-644-21772, jimwatsonontrack@gmail.com

Clara Chalifour, 604-301-4202 ex. 2232, cchalifour@bcits.org

2nd Annual Kin-Klassic Golf Tournament At Mayfair Lakes Golf and Country Club September 18, 2014

