

ARTHRITIS AND YOU

How Uncle Arthur can affect your daily living.

Lesa Clubine, AT Ag Specialist

Women Managing the Farm, February 13-14, 2020

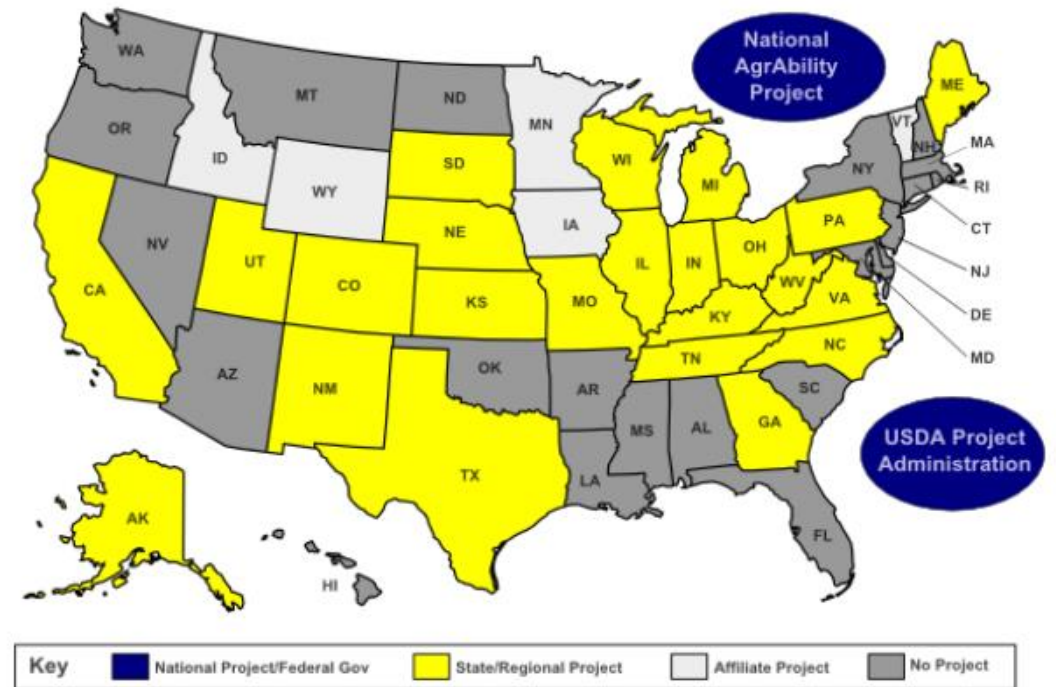
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LEARNING OBJECTIVES

- Learn what services KS AgrAbility provides.
- Identify areas that could be challenging in the future.
- Identify 5 Assistive Technologies that can be used to assist with independent living.

NATIONAL AGRABILITY PROJECTS

- Goal: Promoting success in agriculture for people with disabilities and their families.
- Goal: Enhance the quality of life for farmers, ranchers, and other agricultural workers with disabilities.
- U.S. needs 1 million more farmers, ranchers, growers.



KANSAS AGRABILITY PARTNERS

- Kansas State University
- Southeast Kansas Independent Living
- Assistive Technology for Kansans



AGRABILITY SERVICES



- Education of rehabilitation and rural medical providers
- Public awareness outreach to general public, farmers and ranchers and their families, agri-businesses, extension services, etc.
- Onsite assessment and training

KANSAS AGRABILITY PURPOSE

- Promoting success in agriculture for producers with disabilities or chronic health conditions, including family members and employees.
 - Owner/operator, family members, hired workers.
- Prevention of injury and secondary injury for those populations.



PERSONAL CARE

- Bathing
- Grooming
- Dressing



FreedomWand® personal hygiene aid is specifically designed for personal cleaning and hygiene for anyone with limited mobility. Easy to use, it is a multi-task, multi-length tool that holds toilet tissue, an ointment pad, loofah or lightweight wash cloth or disposable shaver to aid in daily activities. The head has four “fingers” that extend out of the wand with the slide of a button.

PERSONAL CARE - DRESSING



MEDICATION MANAGEMENT

- Remembering
- Opening



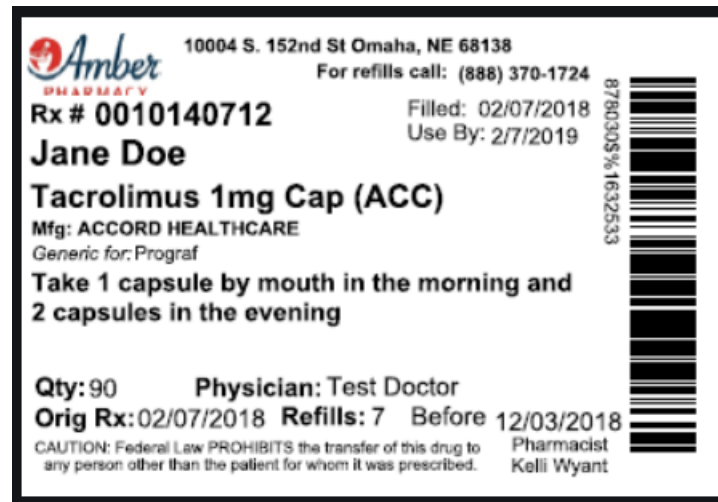
FOOD PREPARATION

- Eating
- Grocery Shopping: Wal-Mart Pick-up



MEDICAL ALERT

- ICE
- Basic Drug Info



...ected to do so by
medication to treat the
mouth. If you get the r
doctor if your condition
SIDE EFFECTS:
Burning, itching, irritation
or worsen, notify your doc
effects. Many people using
ne, extreme/unusu



BUDGET AND FINANCES

- Paper vs. Digital
- Assistive Gloves



COMMUNICATIONS

- Phone
 - TAP – Large Button/Mobile/Digital
 - FaceTime/Skype/Video Chat



RECREATION

- Outdoor
 - Gardening/Canning
 - Wood Working
 - Arts and Crafts
- Indoor
 - Cards/Games
 - Sewing/Knitting/Crocheting
 - Reading
 - Electronic Readers
 - Lap Trays/Tray Tables



PET CARE

- Feed Water
- Bathing and Grooming
- Exercising

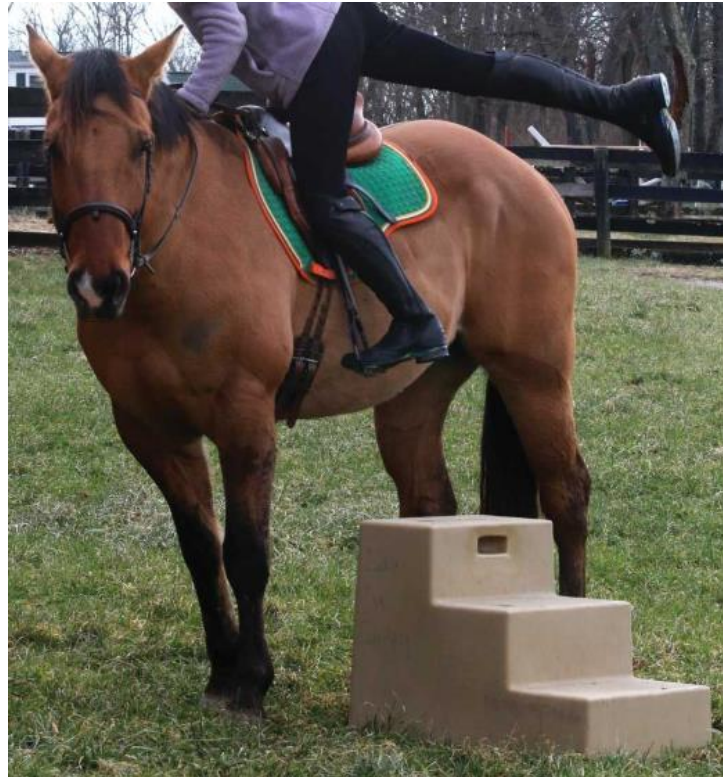


LIVESTOCK

Catwalks



Steps



Hydraulic Chute

DRIVING

- Gloves for gripping
- Phone/Cup Holders
- Uber/Lyft/Bus/Taxi/Community Transportation



FALL PREVENTION

- Structures

- Rugs
- Lighting
- Seating/Lifting
 - Chair Lifts
 - Solid Wood Chairs
- Avoid Bending Over
- Touch Lights



Tai Chi
for Arthritis &
Fall Prevention



QUESTIONS OR CONCERNS?

Thank you for your time! Enjoy the rest of the conference!

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