
Accessing Free Equipment for Caregiver Respite

Presented by Oklahoma ABLE Tech



Introduction

- ABLE Tech is the state's Assistive Technology Act Program offering many free programs and services to help individuals with disabilities live more independent lives.
- This session will focus on how caregivers, service providers, and individuals who are aging/living with disabilities can access devices that help people be more independent creating opportunities for caregivers to receive respite.

Oklahoma ABLE Tech

Mission

- Our mission is to improve the lives of all Oklahomans by providing assistive technology (AT) devices and services, financing opportunities, digital accessibility services, advocacy, and education.

Services

- Information and Assistance to services, providers, and resources
- Demonstration of assistive technology
- Device short term loans
- Financial Loans
- Device Reutilization
- Training and Technical Assistance

Presenter Bio

- Meg is the Program Manager for the Device Reutilization program located in Oklahoma City. The Reutilization program takes in donated, gently used durable medical equipment (DME). We refurbish, sanitize and make light repairs to the equipment and then get it into the hands of Oklahoma's in need.

What is Respite?

- Respite refers to a short period of rest or relief from something difficult or unpleasant. In the context of caregiving, respite care provides temporary relief for primary caregivers, allowing them to take a break from the demands of caregiving. This can help reduce stress, prevent burnout, and improve the overall well-being of both the caregiver and the person receiving care.

Why is Respite Crucial?

- Prevents Caregiver Burnout – both physical and mental health considerations
- Improves Quality of Care – renewed energy and focus
- Supports Emotional Well-being – emotional relief and social interaction
- Enhances Relationships – reduces tension and allows care recipient to engage with others
- Promotes Independence – for both the care recipient and the caregiver
- Access to Professional Care – for both specialized services and skill development

Ways Respite Can Be Viewed

- Short-Term Respite – a few hours or a day
- Medium-Term Respite – overnight or weekend
- Long-Term Respite – several days to weeks
- The key is to find a balance that meets the caregiver's needs without disrupting the care recipient's routine too much.

Choosing the Right Respite

- Assess Your Needs
 - Consider the Care Recipient's Preferences
 - Evaluate Available Resources
 - Explore Support Services
 - Budget Considerations
 - Trial and Feedback
-

Resources for Using Assistive Technology as Respite

- Respite Kits - Tools and services provided by Oklahoma ABLE Tech
- Available through a partnership with Oklahoma Human Services - Community Living, Aging and Protective Services (CAP)

What is Assistive Technology (AT)?

- AT is anything that helps a person with a disability do a task easier, better, faster, or more efficiently that might otherwise be difficult or impossible to do without it. Includes low-tech, mid-tech, and high-tech.
 - AT is also the service that directly assists an individual with a disability with the selection, acquisition, or use of an AT device.
-

AT Respite Kits

- Available to anyone providing care to an individual
 - Intake/Consultation is provided to help determine best type of AT to be included in each kit, focusing on sensory, safety, and daily living needs
 - Demonstration of how to use AT
 - Variety of items included in each kit
 - Kits can be borrowed for up to 8 weeks
 - Frequent “check-ins” to ensure kits are being useful
 - Funding resources if particular items are needed longer than 8 weeks
-

Sample AT Show and Tell

Find Out More Information

- okabletech.org
- Community Services
- Assistive Technology Respite Kits

Questions?

Contact Us

www.okabletech.org

Monday-Friday 7:30 a.m. – 4 p.m.

Phone Number: 405-967-6010

Email: meg.busteed@okstate.edu

