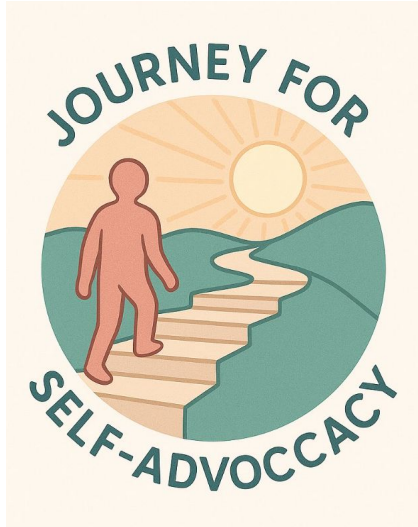


How I Use Enabling Technology

By Katie Moore
5-26-25



About me: Katie Moore



Took Partner in Policy Making Through Tennessee Developmental Disabilities Council 2022-2023.

Council on Developmental Disability In TN 2024-2025 was on southwest . i am trying to get on all council spot.

Vanderbilt Kennedy Center Advisory Committee 2022 & Present

Mentorship advisory board 2024 & Present

My Tech for All co-trainer for Colorado and Tennessee and North Dakota

Here my Youtube channel you can look up this way
[@journeyadvocacy2025](https://www.youtube.com/@journeyadvocacy2025)

Beats Noise Cancelling Bluetooth Headphones

These headphones are expensive, but you can probably find cheaper options elsewhere. They help when I'm feeling anxious or dealing with noise or stress. You don't even have to play music — you can just use the noise-canceling feature to block out sound.



Alexa Show and Siri on iPhone

I use my Alexa Show alarm to wake me up and to remind me about meetings. It also tells me when my Amazon packages are arriving, checks the weather, and plays music.

Siri on the iPhone can help you type texts, make phone calls, and do a lot more.



Apple Watch

There are many types of Apple Watches.

They also have Fitbits and other options.

I like using an Apple Watch to track my steps and heart rate.

If I fall or if something else happens, it has an Emergency SOS feature that can alert someone to help



Smart Pill or Automatic Medication Dispenser

When I move to East Tennessee, I'm going to look for a medication dispenser. There are different types available, and I'm planning to try the kind that uses pre-filled baggies for each dose."



<https://www.youtube.com/watch?v=8v0gyfKr5Sg&t=4s>

Technology Homes

<https://www.youtube.com/watch?v=M86Z-iQV5EQ&t=2s>

Smart home technology can really help people. For example, in Carl's story from Tennessee, we can see how it made a difference for him. Let's watch this video to learn more about his experience.



Remote Support / Night Owl Support Solutions



<https://www.nosslc.com>

Another resource is Night Owl Support, which helps both adults and younger adults with disabilities.

Station MD Medical Care Telehealth

StationMD delivers superior medical care to people with intellectual and developmental disabilities (I/DD) in their home settings employing telehealth.



<https://www.youtube.com/watch?v=w8XL52g1PW0&t=1s>

My Tech for All

<https://mytechforall.com>

Here's an example of one of the flyers.

My Tech for All is available in Tennessee, Colorado, Georgia, and North Dakota.

We have classes every Tuesday for participants in Tennessee.

For Colorado, Georgia, and North Dakota, we hold classes once a month

MY TECH FOR ALL TECHNOLOGY TRAINING

Staying Safe on the Internet

Embark on a safe and exciting digital journey! Safeguarding your online presence is crucial, particularly for individuals with I/DD, offering an opportunity to explore, connect, and thrive securely!

Topic: Staying Safe in the Digital Age

 **Tuesday, September 17, 2024**

 **9:00 am-10:30 am CT | 10:00 am-11:30 pm ET**

 **Register at: <https://shorturl.at/qzV03>**




 **REGISTER
NOW**

Advantages of Staying Safe in the Digital Age

- ✓ **Keep your privacy**
- ✓ **Avoid Viruses**
- ✓ **Safeguard your information**

Come to the training to:

- ✓ **Learn more about personal safety** 
- ✓ Learn about devices and apps that can help you stay safe
- ✓ Meet new people in small discussion groups
- ✓ Learn new things to do for work, and school
- ✓ Empower and promote inclusion in this digital age

**Especially for
People with
Disabilities**

Being included in the Internet is more important than ever for people with disabilities. **Don't be left behind.** The Purpose of The Technology For All Project is for people with Intellectual and Developmental Disabilities to have and use the same amount of technology as the average American does, enhancing their independence.

**This project is funded under a Grant Contract with the State of Tennessee,
Department of Disability and Aging.**

See the full schedule at:

 www.facebook.com/mytechforall

 [webpage: www.mytechforall.com](https://www.mytechforall.com)

For more information

email: 

mytechforall99@gmail.com

Here is my email, along with Joel Walker's email and phone number. If you have any questions.

Katie Moore emailed

moorekmm1995@aol.com

My Youtube channel link is @journeyadocacy2025

Joel Walker

joel.walker@tn.gov

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