

# Tech for Healthy Aging

**Helping Older  
Minnesotans  
with Disabilities  
Live Vital Lives**

## **Technology Solutions to Help Older Minnesotans Age Well in Place**

The Tech for Healthy Aging program helps older Minnesotans utilize technology and other resources to maximize their safety, independence and quality of life. Services are person-centered - guided by each person's own needs and goals. They are built on a team approach - involving family members, caregivers and professionals from multiple areas of expertise.

### **Who Qualifies?**

We serve Minnesotans statewide aged 65 or over who have a disability or other condition challenging their independence.



### **Services Offered:**

- Consultation and assessment
- Training
- Connection to community resources
- Follow-up services

# Tech for Healthy Aging

Helping Older  
Minnesotans  
with Disabilities  
Live Vital Lives

---

**Technology Solutions** could include assistive or mainstream technologies – whatever is needed to enhance safety and independence. Examples are Smart Home technologies like Alexa or Google Home; adaptive telephones; Augmentative and Alternative Communication devices (AAC); medication management systems; computers; cell phones; mobility devices like walkers; or low-tech solutions like lighting, or grab bars.

**Examples of Qualifying Conditions** include vision or hearing loss; memory loss; communication challenges; depression; balance issues; mobility limitations; chronic conditions like diabetes or Parkinson’s; or many other conditions.

## **Description of Services Offered:**

- Consultation and assessment – to help people identify their goals for safety, independence and quality of life. We assess the home environment, suggest technology or other equipment, and develop an individualized plan.
- Training – in technology use, for the person served and family or caregivers. As needed, we may also teach other skills for independence, such as home safety or daily living skills.
- Connection to community resources – to help each person meet their goals. Examples could include referral to other medical services, transportation options, grocery delivery, or evidence-based workshops such as “Managing Chronic Conditions.” We also help people find affordable ways to borrow or purchase technology, or to make needed home adaptations.
- Follow-up services – as needed to help each person achieve his or her goals.