CREATING AT OPPORTUNITIES: EXPERIENCES OF PEOPLE EXPLORING SMART AT WITH A HEALTH PROFESSIONAL

Aim: This presentation reports on a study which examined the experiences of 12 people with a variety of abilities who partnered with a health professional to explore the opportunities afforded them by smart technologies.

Advancements in technology provide many opportunities for people to live full lives, however it can be difficult to keep up with emerging mainstream and disability specific developments. Past experiences and expectations can also limit what people believe is possible. The AT journey involves many steps and generally begins with imagining possibilities and developing goals. This stage of the journey is not well understood and is often overlooked, with goals being set before possibilities are actively explored or solutions identified prior to life goals being developed.

Twelve people with a variety of abilities explored the opportunities afforded them by smart technologies with a health professional. This imagining experience was examined by interviewing the person following the session and analysing the recording and transcript of the session to identify transformative moments. Many people found these sessions to be useful in ‘exploring future possibilities’ and have been ‘blown away’ by the technological possibilities. An in-depth analysis of the strategies that precipitated transformative moments will inform the development of a consistent approach to helping people to explore the opportunities that AT present.

(Word Count: 212 words)