**Windows to the World**

I have always had a physical disability, led an active life and worked professionally. Due to deterioration of my disability I now need to spend most of my time in bed. The problem I faced was how to maintain my independence, safety, integrity, autonomy, and contact with the outside world, while living in one room only using my mouth.

Using a Samsung tablet, a mouth stylus, many remote controls and a smart phone that often fell on my head, life was getting risky.

I now use a Tellus 5 Windows tablet on an over bed stand, a range of software including Dragon Naturally Speaking and Grid 3 with a Quha Zono mouse on my glasses. We combined these with Z wave environmental controls and Amazon Echo integrated with other mainstream smart home devices. I can again control my home environment, explore the world, volunteer, connect and contribute to the community.

From personal and professional perspectives, the aim is to show how modern assistive technology changed my life in 18 months and how the “process” was integral to success. The prescribing Occupational Therapist and I will present via a pre-recorded presentation created using the technology. Topics covered:

* Referral, assessment, creating a vision
* Forming partnerships
* Trial and error
* Problem-solving interstate and overseas
* learning to fly
* lessons learnt

We will also describe the social and economic benefits/outcomes of assistive technology for individuals and governments. It is hoped that the presentation will assist other assistive technology users and professionals.