



## FREQUENTLY ASKED QUESTIONS

### **When is the Learning Lab open?**

The Learning Lab is open from 8:30 AM to 4:30 PM, Monday through Friday, and by special arrangement at other times. Please feel free to call ahead to verify hours.

### **Do I need an appointment?**

No! Walk-ins are welcome! However, scheduling an appointment is advisable if you want to avoid a possible wait to connect with a staff person who can address your unique needs and concerns.

### **Do I need to bring anything with me to the Learning Lab?**

Bring your curiosity! We will provide everything else, including snacks.

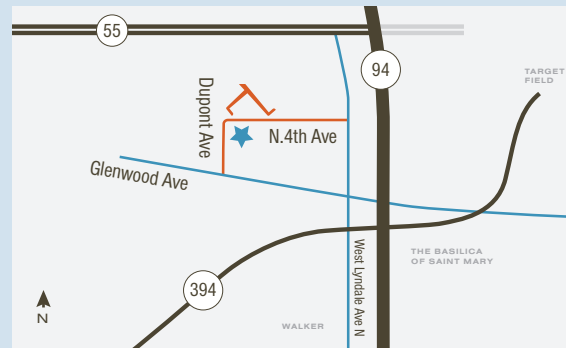
### **How can I learn about the Lab?**

In addition to individualized family meetings, the Lab offers group tours and information sessions at its home location. Staff can also provide demonstrations in your location—senior centers, churches, community health fairs, annual meetings, conferences and other settings.

## WHERE TO FIND US

Located on the upper level of the Cora McCorvey Health and Wellness Center in the Near North neighborhood of Minneapolis, the Learning Lab for Eldercare Technologies joins an array of onsite services for older adults. Services include a YMCA, an adult day program, a home health and hospice organization, a medical and dental clinic, rehabilitation therapies and more.

**The Learning Lab for Eldercare Technologies**  
Cora McCorvey Health and Wellness Center  
1015 4th Avenue North, Suite 207  
Minneapolis, MN 55405



The Learning Lab is accessible by car or mass transit. The #9 bus stops at the corner of Glenwood and Dupont Avenues, the closest stop to the Cora McCorvey Center. The #19 bus stops on Highway 55 at Bryant Avenue. The upper (Learning Lab) level of the Center is accessible by stairway and elevator.

To learn more, contact:

**Kate Ingalls-Maloney, Director**

**The Learning Lab for Eldercare Technologies**

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**[www.thelearninglab.org](http://www.thelearninglab.org)**

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Statistic Sources: AARP study, 2016; Pew Research Center, 2014

# Visit. Learn. Try. Decide.™



## THE LEARNING LAB

For Eldercare Technologies

 AugustanaCare

## WHAT WE DO

The mission of Augustana Care's Learning Lab for Eldercare Technologies is to connect older Minnesotans and their care partners with home health and safety technologies that help them live independently within their chosen communities.

### ***Would you or a loved one like to feel more confident about using technology?***

The Learning Lab for Eldercare Technologies is here to help...at no charge.

Our welcoming environment includes a classroom and a home demonstration area where visitors can socialize and experience technologies in a real-life setting.

### **VISIT**

Individuals and families come to the Learning Lab to connect with staff, ask questions and share experiences.

### **LEARN**

Visitors are introduced to technologies that can make life easier, safer, healthier and more fun.

### **TRY**

Staff provide demonstrations and opportunities for visitors to try the technologies themselves.

### **DECIDE**

Participants decide if they want more information and assistance to acquire one or more technologies.

*"It is great knowing one can live safer and have closer hands on communications with medical personnel and family members."*

—Lora E., Older adult Lab visitor



### ***What do older generations need?***

Augustana Care offers a variety of housing and service options in our community. Yet many Minnesotans want to stay in their homes for as long as possible. While many care partners and older adults say they plan to live at home, they have concerns about falls, medication errors and memory issues.

New health and safety technologies have been developed to help address these concerns. Others have been developed to help people conveniently navigate the systems in their homes when mobility may be limited. Many people don't realize these technologies are available, not to mention understand how convenient and even enjoyable they may be to use.

*"I'm very excited and willing to try anything to help our older clients age safely at home."*

—Patty R., Professional caregiver Lab visitor

### ***What do care partners need?***

The number of Americans engaged in caregiving is increasing.

- By 2020, the number of people who will likely need care will reach approximately 117 million, while it's estimated there will be only about 45 million people to provide care.
- Seventy-one percent of care partners are interested in technology, but only seven percent currently use it for providing care.

Augustana Care developed the Learning Lab to:

- Raise awareness, among families and service providers, of technologies that support aging in place.
- Provide training and ongoing support on technologies that increase well-being and independence.
- Reduce barriers to technology acquisition and usefulness.

## THE LAB

Our welcoming environment includes classrooms and a home demonstration area where visitors can check out a variety of safety technologies in a real-life setting. User-friendly educational materials and one-on-one coaching will help increase understanding and comfort with useful technology tools.

## LEARN

Visitors learn about one or more of four technologies that could make life easier, safer, healthier and more interesting:

### 1 HEALTH TECHNOLOGIES

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...involve devices and related technologies that help people monitor their health from a home location. Examples include blood pressure, pulse and weight monitoring devices, automatic medication reminders/dispensers, online medical records, video doctor visits and robot assistants.

### 2 SAFETY TECHNOLOGIES

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...involve devices and related technologies, like apps and monitoring services, designed to help people be safe in their homes. Examples include special lighting, sensors that automatically turn off appliances, video camera doorbells, fall detectors and GPS trackers.

*(continued on the back)*

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### **3 EDUCATION TECHNOLOGIES**

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...involve tablets and other portable devices that display educational content. Examples might show you how to access the internet from home and how to pay for it, how to qualify for technology device loan programs, and how to install technologies that make your home easier to regulate using voice recognition.

### **4 SOCIAL TECHNOLOGIES**

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...involve technology that helps users, friends and family, caregivers and others stay connected. These may be simple technologies for sharing family photos or playing games, or full-featured communication systems for scheduling and tracking appointments and sharing critical information.

### **5 ENVIRONMENTAL TECHNOLOGIES**

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...are technologies that make it possible for people to control the systems in their home environment—lighting, temperature, security, entertainment and others—using voice commands. Amazon Alexa and Google Home are common examples and are used in conjunction with “smart” devices..



**Augustana Care**