"LUNCH AND LEARN' WORKSHOP"
Removing Barriers to Independence

MARCH 25, 2015

(AND CONTINUED ON THE LAST WEDNESDAY OF EACH MONTH)

This demonstration is cosponsored by OSCIL and Hamilton Relay, and presented by:
James Litvack**, OSCIL IL Specialist**
Melissa Rosenberg**, OSCIL Independent Living/At Specialist**
Denise Corson**, ATEL Program Coordinator, and**
Courtenay Petracca**, Outreach Coordinator RI Relay, Hamilton**

Removing Barriers To Independence "Lunch And Learn' is a lunchtime workshop for elders, individuals with disabilities and their caregivers, that focuses on assistive technology which can improve access at home, work and in social settings. As well as, home accessibility that helps consumers with home modifications and the acquisition of adaptive equipment as part of their independent living goal to remove barriers to independence.

Location: **OSCIL (Ocean State Center of Independent Living)**
1944 Warwick Ave., Warwick, Rhode Island
Time: **12:00 – 2:00 PM - Lunchtime, pizza and light refreshments**

Why do people start to misunderstand what's being said as they grow older? Why does it sound like everyone is mumbling, instead of speaking clearly?

It has to do with the fact that, instead of all the tones you hear waning at the same time, hearing loss starts off making the high-pitched sounds hard to hear. These sounds are consonant sounds, such as "s" "t" "l" and "p". So, when you're listening to someone and can't see their face, or don't know what the topic is about, you can misunderstand and make mistakes. Did the person just say "pot", "top", "a lot" or "stop"? Being unsure of what is being said leads to answering a question, or responding to a statement, inappropriately. Clearly showing consonants sounds are essential to comprehension**.**

Did you know that one third of the elder population over the age of 65 falls each year, and the risk of falls increases proportionately with age; at 80 years, over half of seniors fall annually?

For the elderly who fall and are unable to get up on their own, the period of time spent immobile often affects their health outcome. Muscle cell breakdown starts to occur within 30-60 minutes of compression due to falling. Dehydration, pressure sores, hypothermia, and pneumonia are other complications that may result. Therefore, getting help after an immobilizing fall improves the chance of survival by 80% and increases the likelihood of a return to independent living.

These workshops are FREE, but REGISTRATION IS REQUIRED one week prior. Cart Services will be provided, but if you need any other special accommodations, please call 3 weeks in advance.

To register, or for more information, call 401-738-1013, Ext. 13.