

Consumer perspectives, user acceptance/adherence, & abandonment of mHealth technology solutions

LiveWell RERC State of the Science Conference: The Future of mHealth and mRehab for People with Disabilities, Toronto , Canada 6/25/19

**REHAB
WEEK
2019**

24-28 JUNE 2019
TORONTO, CANADA



June Isaacson Kailes



DISABILITY
POLICY
CONSULTANT



- **Adding Value to Service by Increasing Access**
- **Health Care & Disaster Inclusive Practices**
- **Training, Policies, Processes, & Exercises**
- **Actionable Disability Competencies**

www.jik.com

jik@pacbell.net

My App Stats

3 Exercising

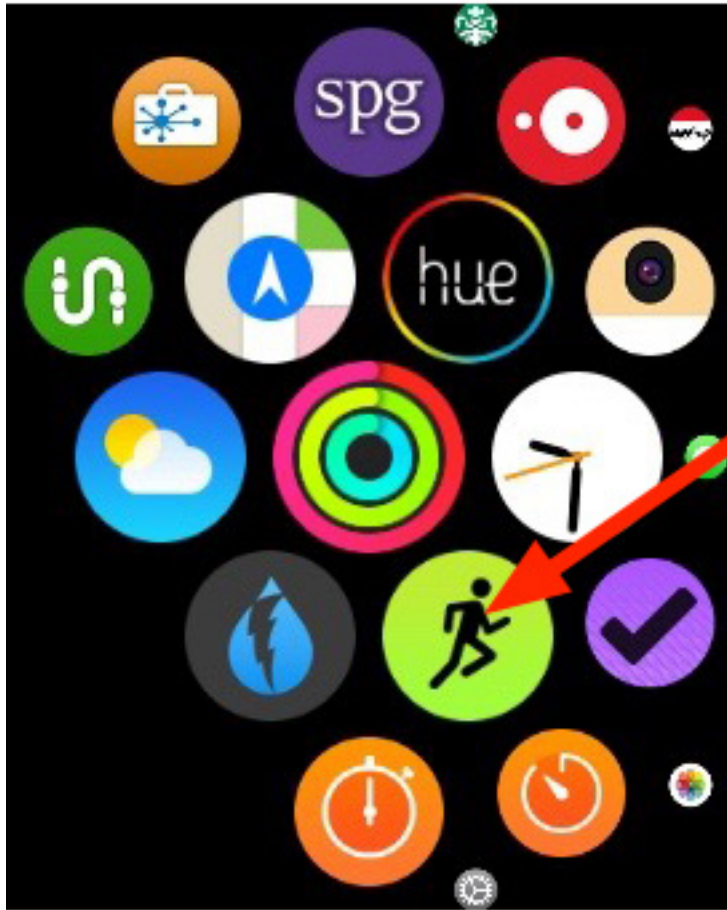
3 Sleeping

2 Hearing

2 Seeing

1 Brushing [teeth]

2 Safety



00:00

06:00

NOON

18:00



Stand

10/12 hours



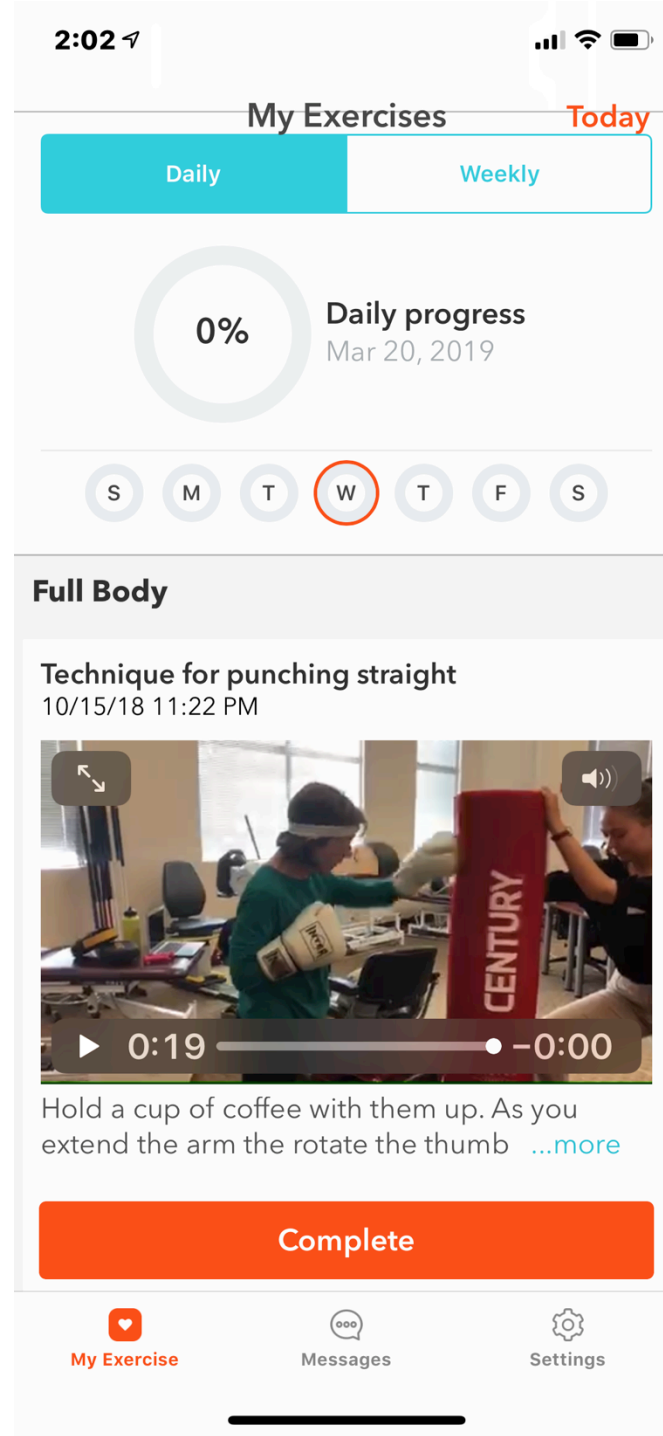
00:00

06:00

NOON

18:00







SoundPrint, Find A Quiet Place

Want to find your quiet place in a restaurant, bar, coffee shop or venue where you can actually hear your date, colleague, or...

[View more >](#)

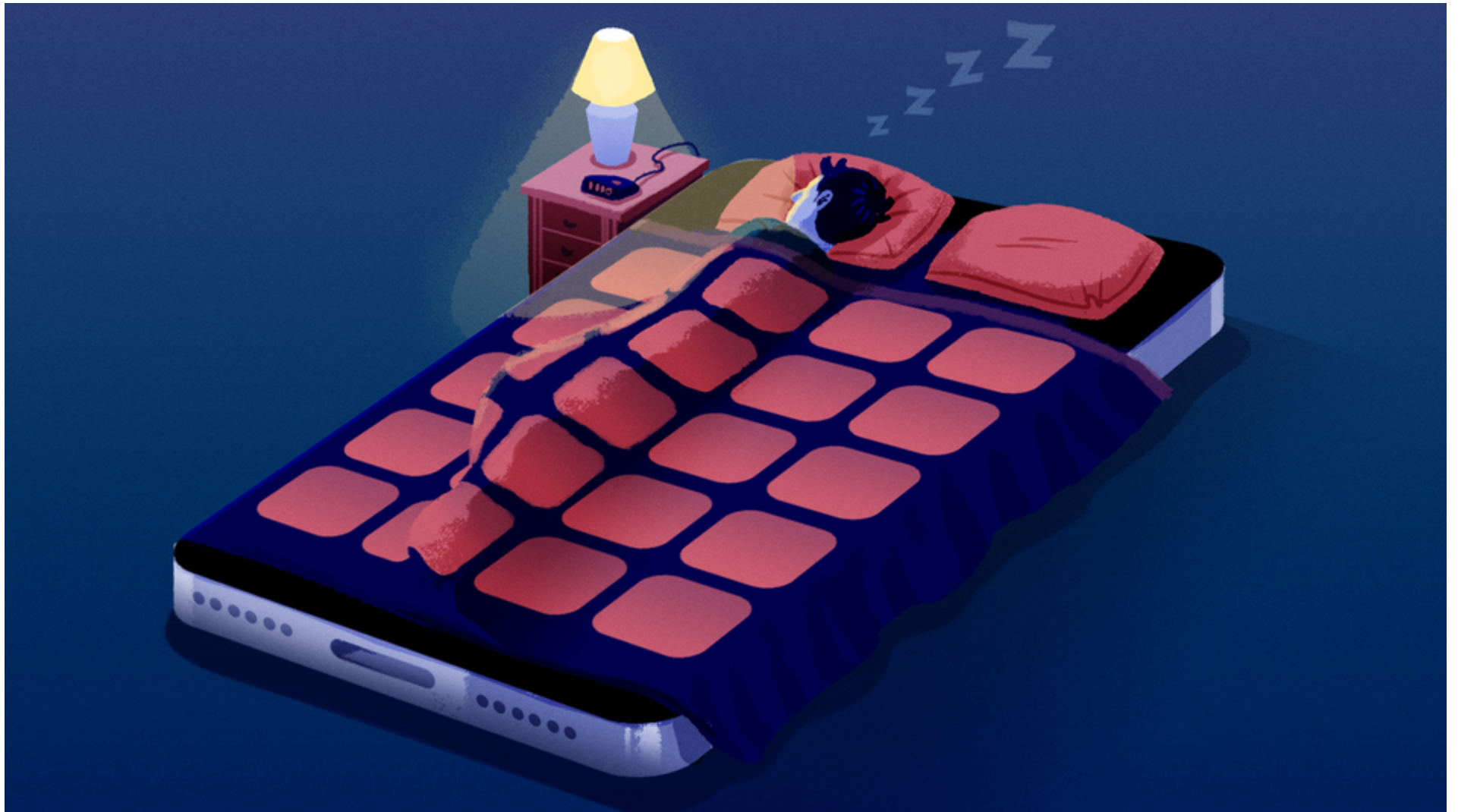


IMAGE: BOB AL-GREENE/MASHABLE
BY [BRIAN DE LOS SANTOS](#) APR 24, 2018
Sleeping is a lot harder than it used to be.



Sleep Watch by Bodymatter

Auto Sleep Tracker

[Bodymatter, Inc.](#)



Headspace: Meditation & Sleep

EMERGENCY ACCESS

Show When Locked



Your Medical ID can be viewed when iPhone is locked by tapping Emergency, then Medical ID.

add photo Name

+ add birthdate

Medical Conditions

None listed

Medical Notes

None listed

Wish List / Fix List

- **Communication access / customization**
- **Exportable data**
- **Battery life**
- **Accuracy**
- **Stability**
- **Comparison standards & ratings**

May 16 - May 17 As of 7 min ago. All results are estimates.

● Disrupted ● Light ● Restful Close

10:35 PM

7:20 AM

Sleep Pattern



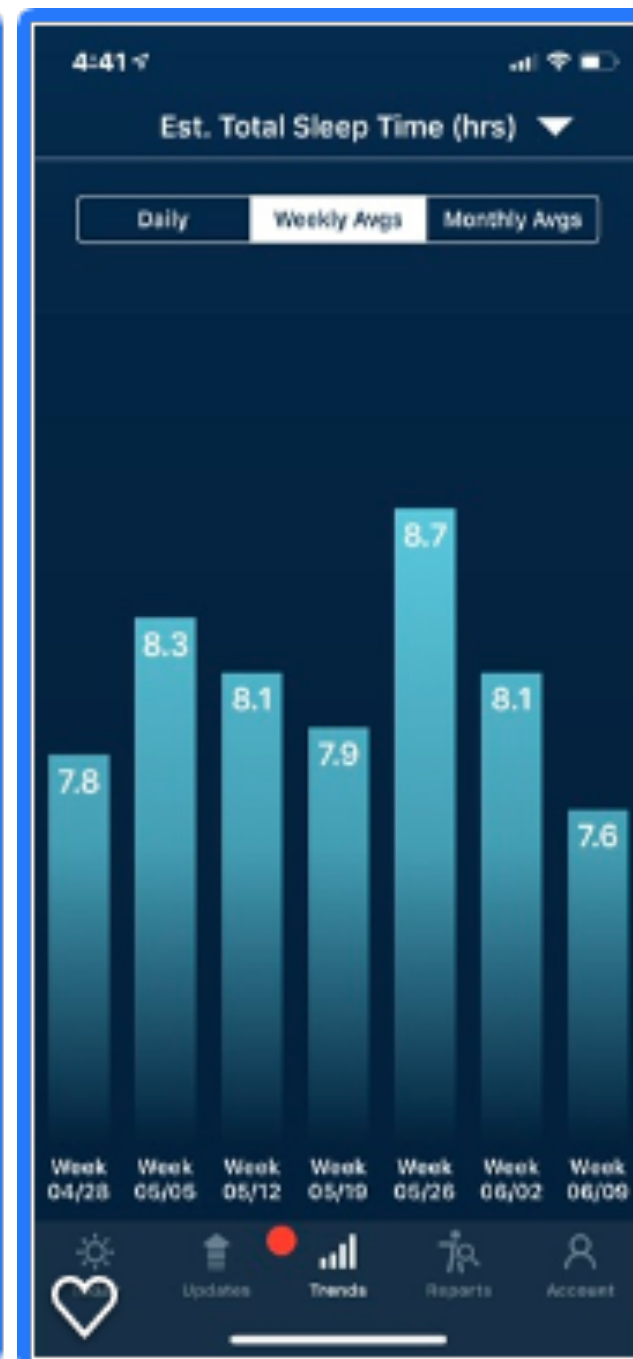
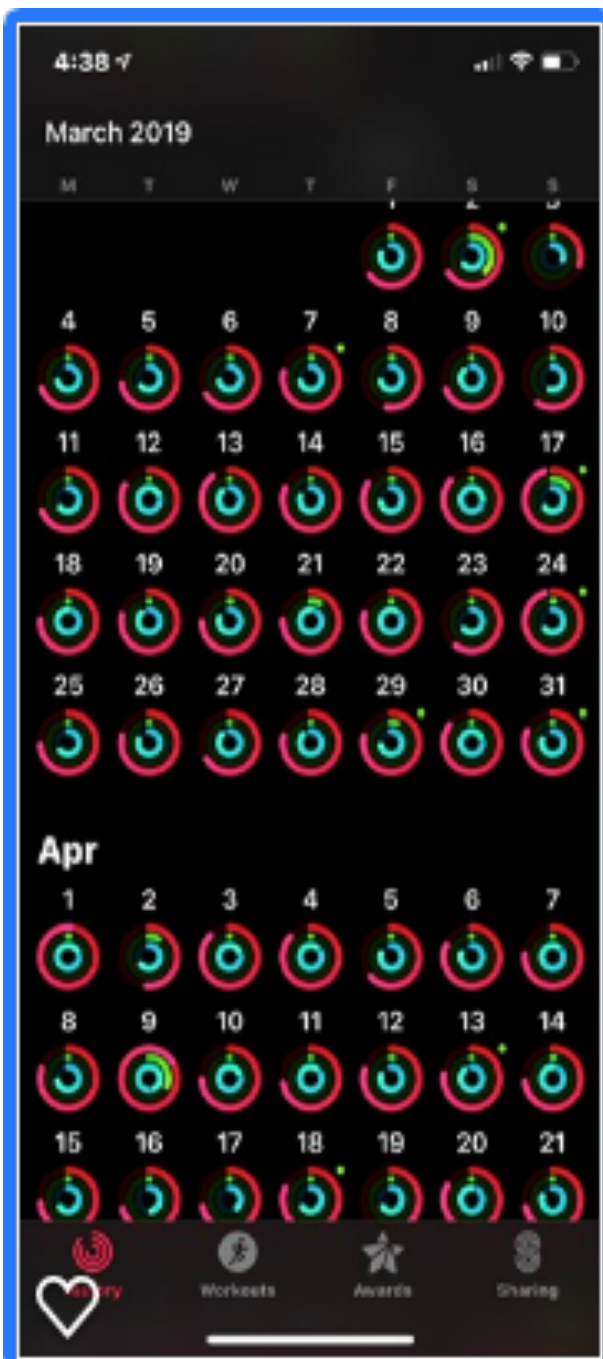
Sleeping Heart Rate (BPM)

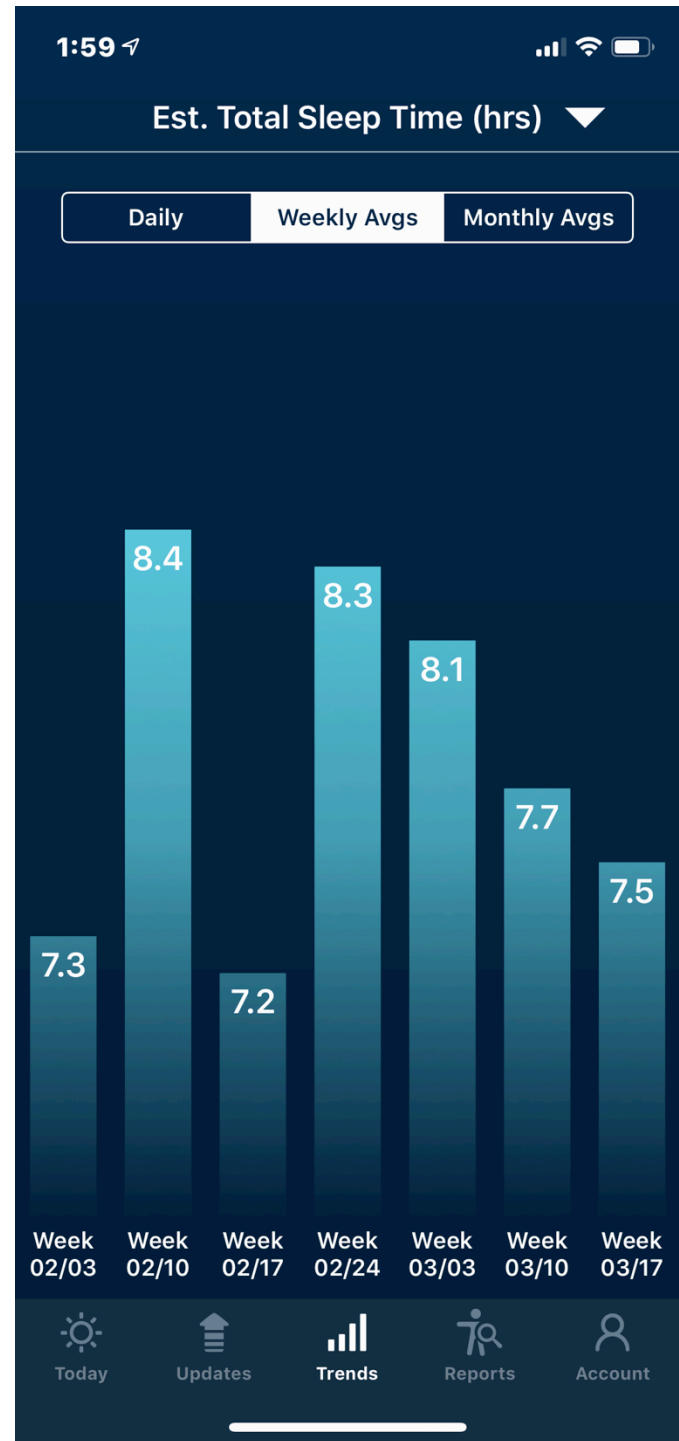
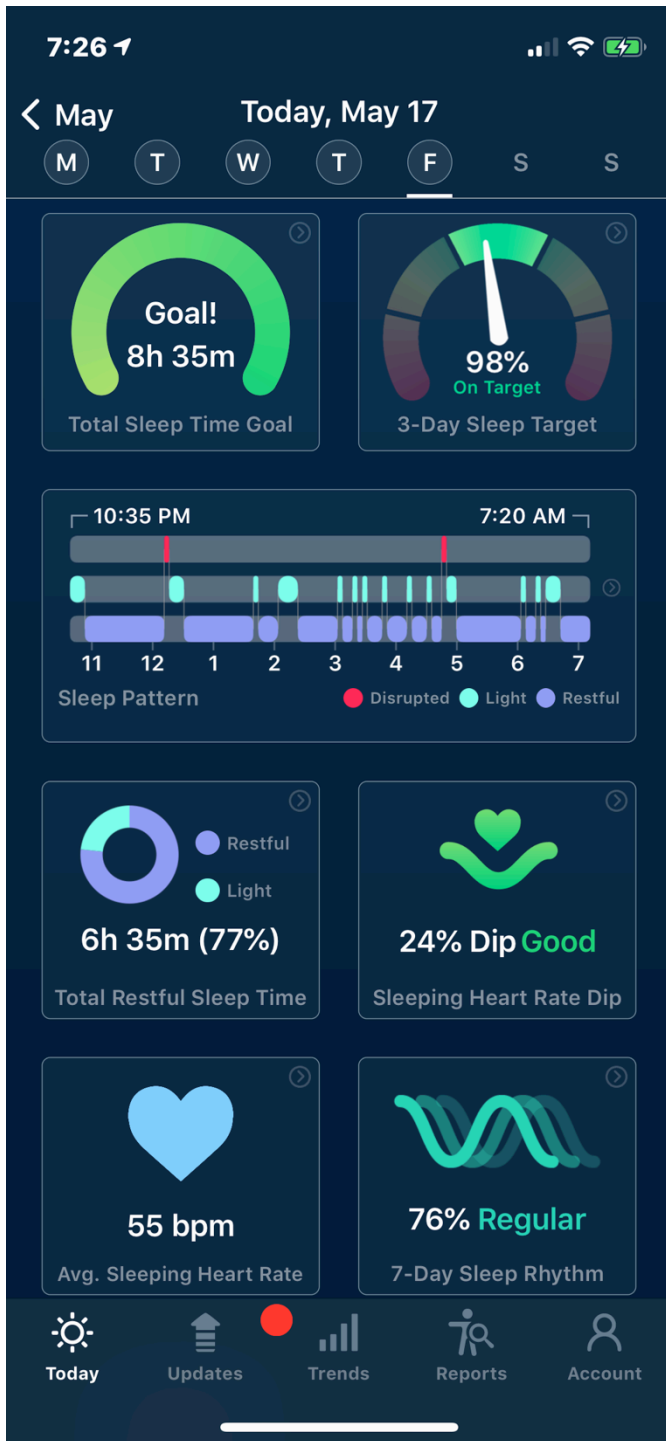
74



Sleep Activity (Press & Hold)







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Roll on.

We've optimized the Activity rings specifically for wheelchair users. The Stand ring becomes the Roll ring. And during the day, Apple Watch counts pushes and identifies different stroke types to award the right amount of Move and Exercise credit. There are also two wheelchair-specific workouts in the Workout app.

[Learn more about accessibility features on Apple Watch >](#)



Three rings: Move, Exercise, Stand. One goal: Close them every day. It's such a simple and fun way to live a healthier day that you'll want to do it all the time. That's the idea behind the Activity app on Apple Watch.

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318,000+
HEALTH APPS

AMERICA UNDER PRESSURE

EXPERTS: FITNESS TRACKERS CAN CAUSE ANXIETY & OBSESSIVE THOUGHTS





340+
WEARABLE
DEVICES

AMERICA UNDER PRESSURE

EXPERTS: FITNESS TRACKERS CAN CAUSE ANXIETY & OBSESSIVE THOUGHTS





Equality



Equity

