

Take a Break, Let AT Help: Respite AT Solutions for Caregivers

ABLE
Tech

Oklahoma ABLE Tech collaboration with the Oklahoma Department of Human Services (DHS) Community Living, Aging, and Protective Services (CAP)

Being a caregiver often includes providing physical, emotional, and sometimes medical support. Respite Assistive Technology (AT) promotes greater independence for individuals with disabilities, chronic conditions, or age-related challenges—providing caregivers much-needed relief.



"I WISH I HAD KNOWN ABOUT AT EARLIER SO I COULD HAVE SHARED THIS INFORMATION WITH MY FAMILY WHEN MY DAD WAS IN HOSPICE CARE. I THINK IT COULD HAVE MADE SUCH A DIFFERENCE FOR HIM, MY MOM, AND HIS NURSES."

— Louise Ruleford, Oklahoma ABLE Tech AT Specialist

Overview

Oklahoma ABLE Tech collaborates with the Oklahoma Department of Human Services (DHS) Community Living, Aging, and Protective Services (CAP) division to deliver the Assistive Technology Respite Kits project. These kits provide AT and durable medical equipment (DME) to Oklahoma caregivers and care recipients to encourage meaningful respite.

Impact

July 1, 2024 – June 20, 2025

- 170+ caregiver and care recipient pairs served
- 537+ pieces of AT deployed statewide



How It Works

- Caregivers complete the Oklahoma ABLE Tech AT Respite Kit request form.
- Staff contact caregivers to learn about respite needs.
- Up to five AT devices are shipped for an eight-week loan period.
- AT specialists provide demonstrations as needed.
- Devices are returned and reused for future loans.

Who is Supported



- Individuals who are aging
- Children with disabilities
- Individuals with diabetes
- Individuals receiving end-of-life care

Program Growth & Outcomes

Oklahoma ABLE Tech **expanded Respite AT** to include **communication devices, weighted items, and adapted seating**. Staff collected data and feedback for DHS CAP to improve satisfaction and decision-making, leading to **expanded services statewide**.