

# Enabling Technologies : Video 1

## Transcript

- Good morning, my name's Ellen. I'm working with Anthony today, come inside and we'll say good morning.
- [Anthony] Hi. Because I can't breathe by myself due to my high level of injury, I have a tracheostomy that gives me access to my airway and a ventilator tube connected to my tracheostomy and that delivers the air into my lungs.
- But during the day, we put Anthony on to a pacer, so he's more mobile. So, Anthony's had an operation where he's got two little probes underneath his skin. We put these circles over them and it stimulates his diaphragm to expand and that helps Anthony breathe.
- Because I've had such a high spinal injury, I'm not able to support myself upright in a wheelchair. So, I wear a chest brace that Ellen's holding, will wrap around me like a tortoise shell and that will hold me upright. I'm lying on pressure care mattress which distributes the air evenly around my body, so that I don't get pressure sores.
- I'm gonna roll Anth over and put his brace on using the WendyLett Sheet.
- [Anthony] And the benefit of the WendyLett is to save the nurse's back.
- I'm gonna put the brace on.
- [Anthony] Yup.
- [Anthony] I've got the stand here to hold the iPad, Hey presto, now I'm typing on it I need extra technology to help me exercise. I have pads taped to my legs that send out an electrical signal and the muscles on the legs absorb that and it causes my legs to perform a pedaling action and that's how I exercise. At the back of my head, I've got some flat buttons. So, without moving, I'm able to drive this wheelchair with my chin and then, having this wheelchair takes me everywhere and anywhere I'd like to go. In 2013, I traveled to South Africa with five different carers and I was there for two weeks. So, I went on Safari on it, in a truck that had a hoist on the side of it. I went down a river with crocodiles and hippopotamuses and that was all because of having great support behind me and having willing and able people. At the moment, I'm teaching in a primary school. In Middle Park, I'm teaching Maths, English, reading and writing and I do that five days a week. I'm looking forward to the day when technology really does come to the fore and really does take my disability away. So, at the moment, I need an attendant carer to drive my car but in the future, there'll be self driving cars that I'll be able to tell the car what to do and not the carer.