



PENNSYLVANIA
TECH ACCELERATOR

**Supports Coordinator
Training Series
Training #1
2026**

The Self-Directed Model for Identifying Technology Solutions for Individual Goal Attainment

Trainer

Shea Tanis, Ph.D.

Associate Research Professor
Kansas Center on Disability
Life Span Institute



State of the States
In Intellectual and Developmental Disabilities



Pennsylvania Tech Accelerator Partners



Office of Developmental Programs
Office of Long-Term Living



Institute on Disabilities



State of the States
In Intellectual and Developmental Disabilities

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DISABILITIES



Technology First Systems Change



Technology First began as a movement but has transformed into a “framework for systems change where technology is considered first in the discussion of support options available to individuals and families through person-centered approaches to promote meaningful participation, social inclusion, self-determination, and quality of life.”

Tanis, 2019



Technology Solution

An innovation applied in the environment to address a mismatch in cultural , social, or contextual demands

- The term is an umbrella term (captures, mainstream, assistive, and enabling technologies)
- The term technology solution allows for the inclusion of multi-functional and diverse technologies
- The term implies a person-directed and goal-oriented approach to the identification, acquisition, and on-going training of technologies
- The term supports the development of solutions to eliminate the mismatch between the person and environment
- The term allows for the inclusion of emerging and future technologies not yet identified to be supported through policy and practice

Barriers to Technology Access

- Equal opportunity – gatekeepers (teachers, family members, providers, etc.), personal discomfort with technology
- Attitudinal barriers
- Lack of universal design
- Lack of knowledge of available technology solutions
- Digital literacy and technical skills
- On-demand technical support
- Knowledge translation
- Social context
- Systemic barriers
- Failure to address “useworthiness” alongside usability
- Economic barriers – cycle of poverty



Barriers that prevent advancement of access to technology solutions – Provider response

1. Financial resources (64% in 2024)
2. Reimbursement of services (63% in 2024)
3. Knowledge of available and emerging technologies (57% in 2024)
4. Training on available and emerging technologies (50% in 2024)



Person-Centered Practices

Individual-directed, positive approach to the planning and coordination of a person's services and supports based on the individual's aspirations, needs, preferences, and values.

Place emphasis on
self-directed



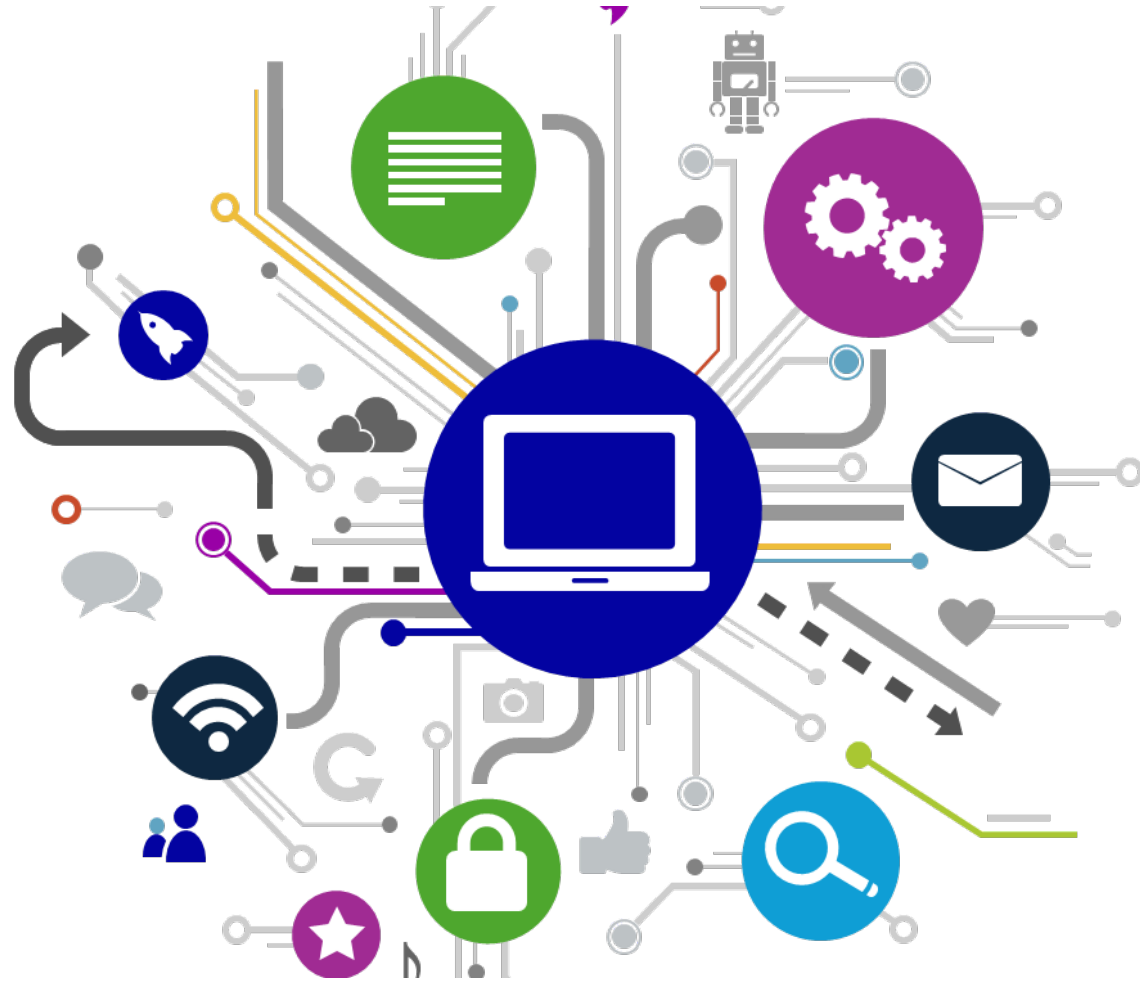
Ubiquity of Technology

- **393 billion** emails sent daily
- **97%** of money in circulation is digital
- **\$203.8 billion** in e-learning market forecasted for 2025
- **5.24 billion** social media users globally
- **66.2%** of U.S. employers allow employees to work remotely at least once a week
- **6 hours and 38 minutes** average daily time spent on the internet
- **20 billion** IoT connected devices worldwide predicted for 2025

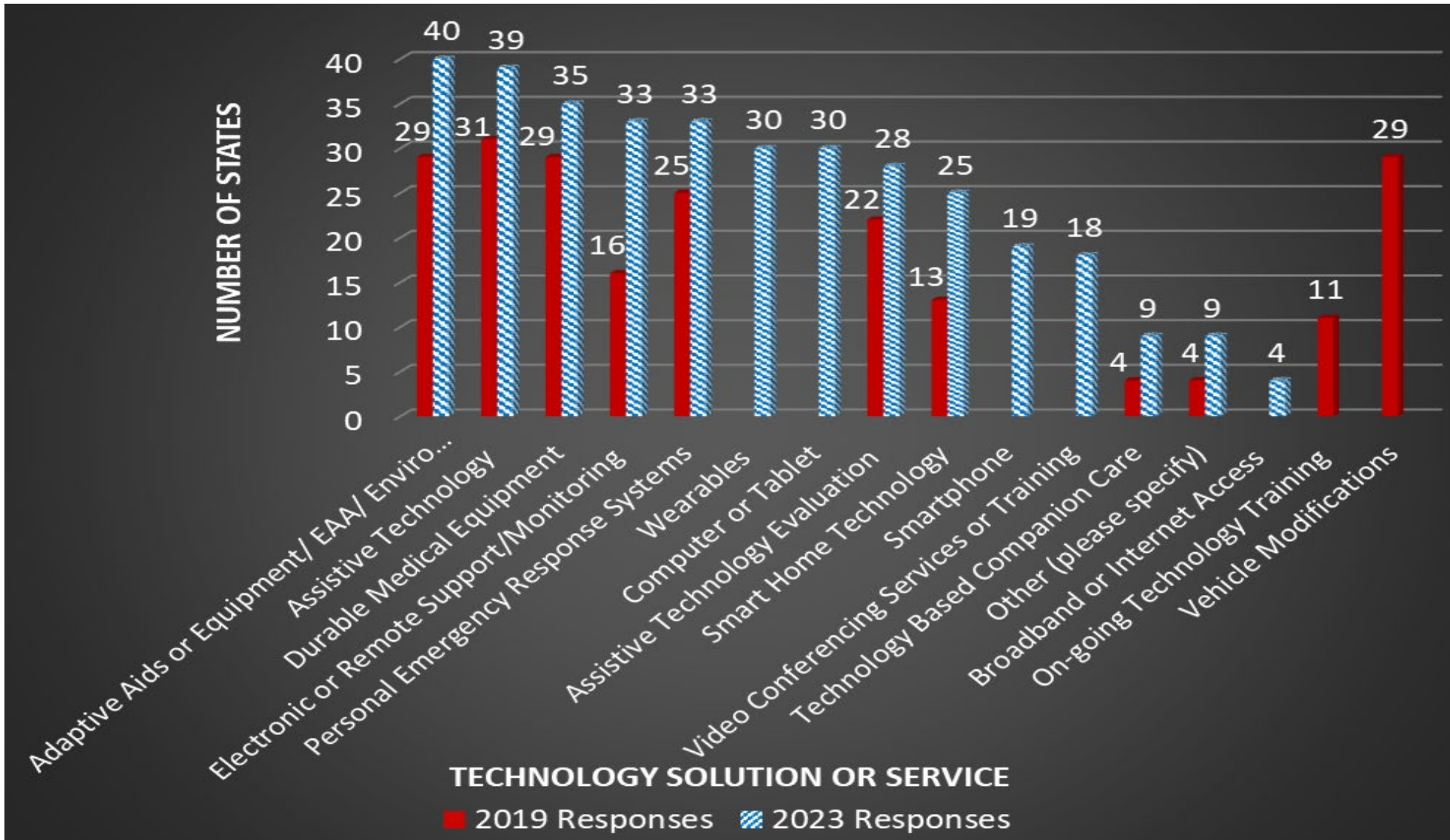


Why Do We Seek Technology Solutions?

- Normalization
- Symbol of status
- Community
- Motivation



Technology Solutions Funded by State Agencies

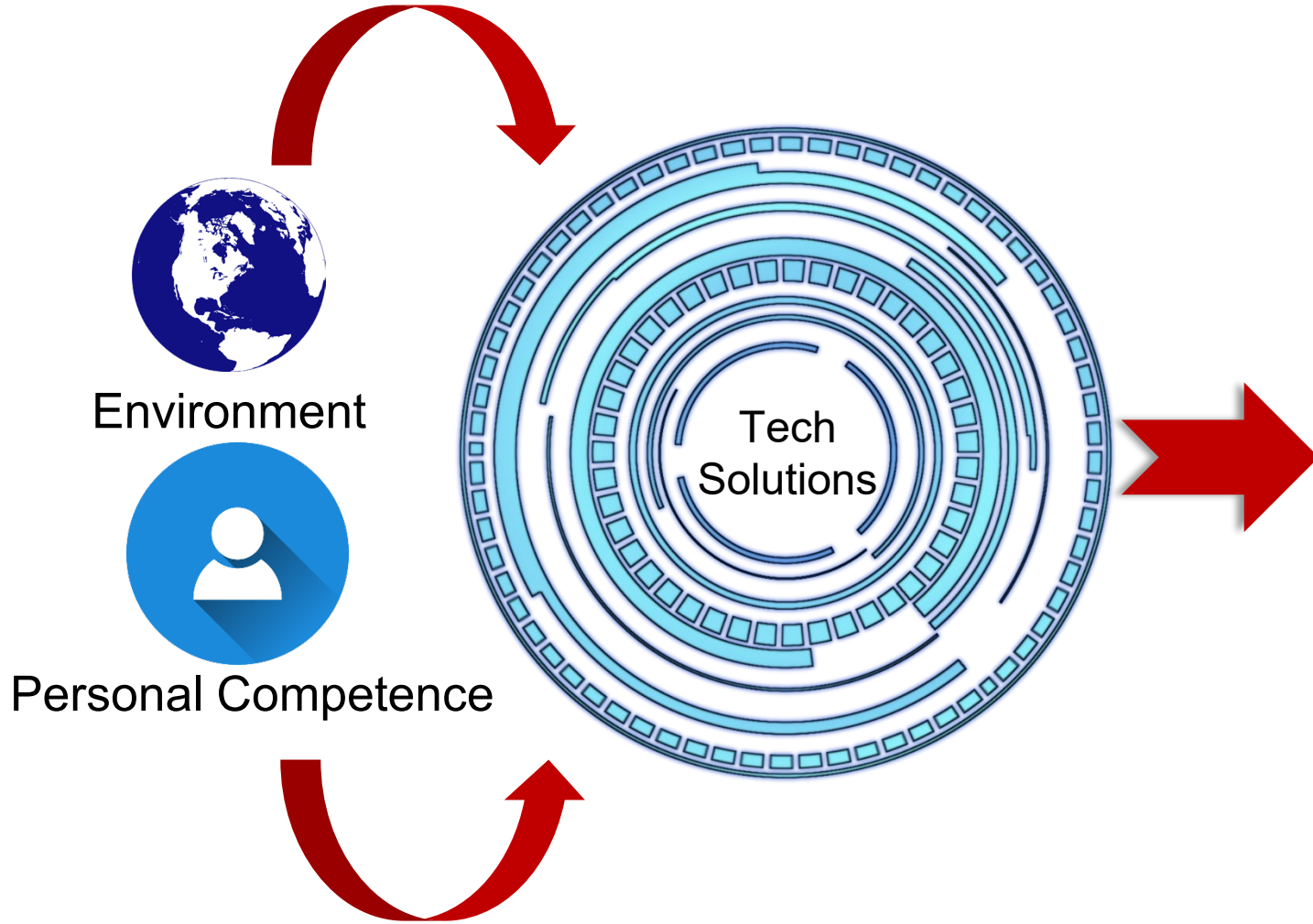


The ubiquity of technology is changing the world around us and how we must **interact, survive, and thrive** within that world.





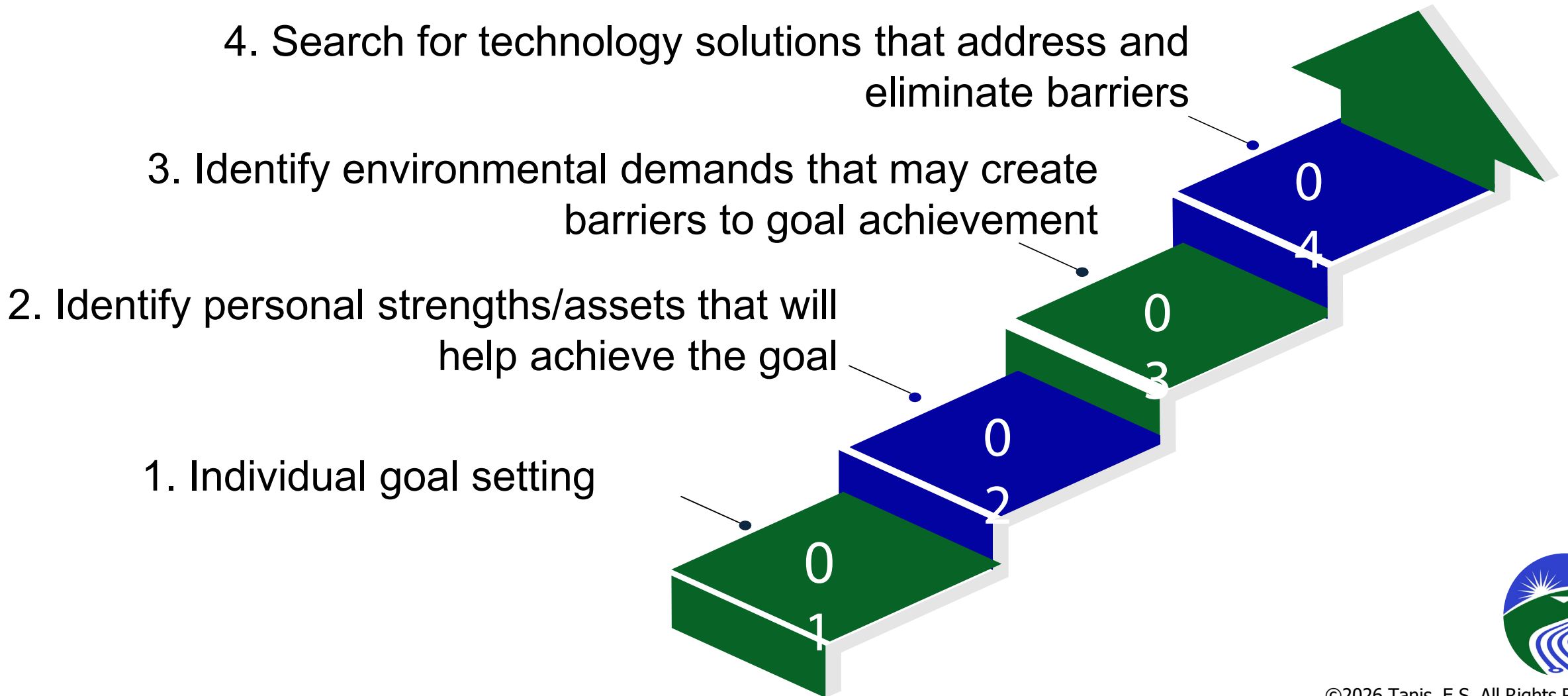
Technology as a Bridge and Accelerator



Environmental Fit



Person-Directed Process for Identifying Technology Solutions

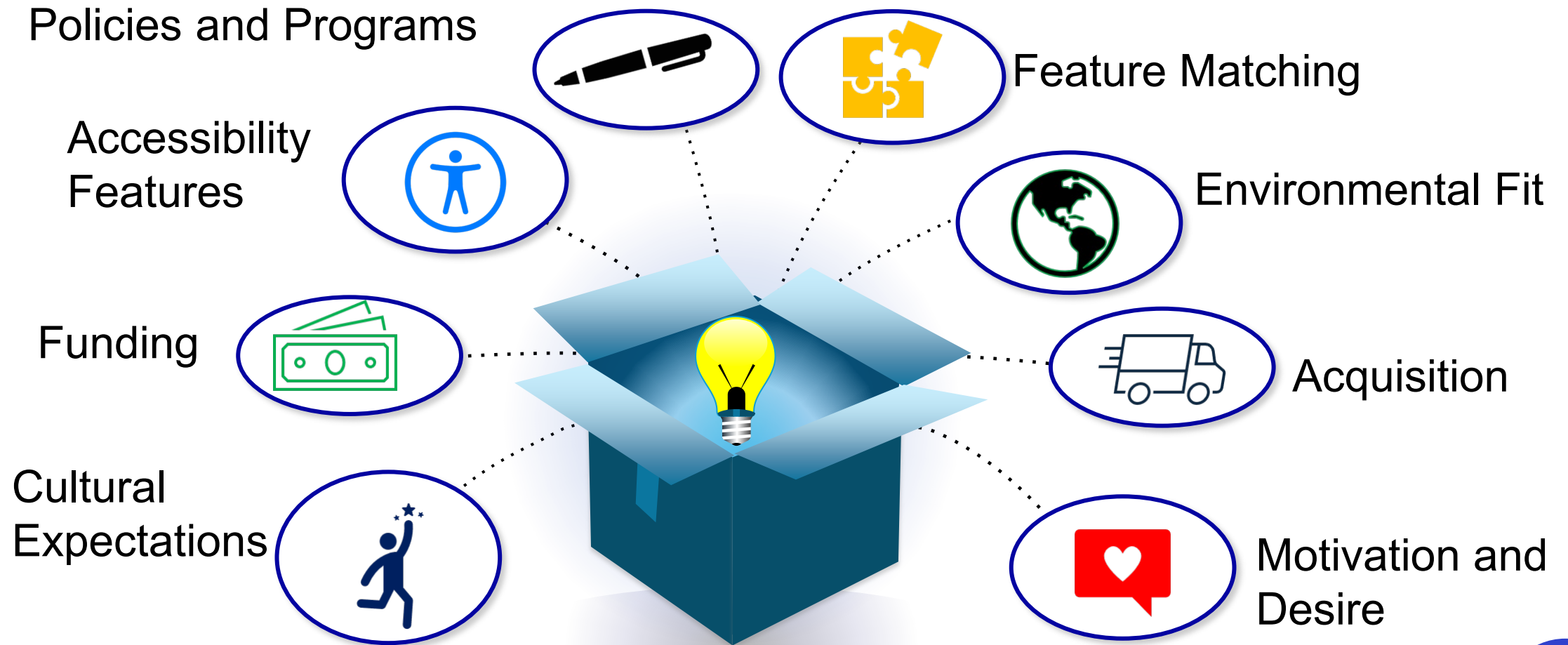


Example

- Jimmy lives in a home with three other middle-aged adults as roommates. He would like to prepare his own breakfast but needs support in doing so as he frequently forgets to turn off the stove. He also likes a lot of variety in his meals which is hard on staff who do not have time to identify new recipes and shop for various groceries.
- What technologies could provide Jimmy the support to interdependently prepare his own meal?



Considerations



Collective Family Empowerment



- Family members are critical to producing successful outcomes
- Understand cultural, linguistic, and behavioral preferences
- Consider the entire family unit (siblings, cousins, grandparents)
- Families are auxiliary markets
- Over 70% of people with IDD live their adult lives with family members
- Consider family supports



Technology First Practice - Missouri

Instead of identifying if technology solutions were addressed in planning, report why it is not being used to achieve individual goals.



Evolving Technology Access Expectations



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How You Can Advance or Initiate Efforts

- Join or initiate systems-change efforts (Technology First or Employment First)
- Establish advisory councils to guide and drive implementation at your organization
- Leverage through collaborations – Community of Practice
- Consider causal relationships when modernizing policies and collecting data
- Look for opportunities to combine activities (i.e., pilot programs on technology in employment)
- Learn from partners in other states
- Look to greater efficiencies and sustainability
- Build a culture of innovation



Provider Readiness Assessment

- Co-developed by providers
- Incorporates evidence-based strategies in organizational culture change
- Intended for I/DD and aging providers
- Results provide benchmarks
- Recommendations based on the Technology First Systems Change Model
- Content can be customized to align with state specific policies and programs

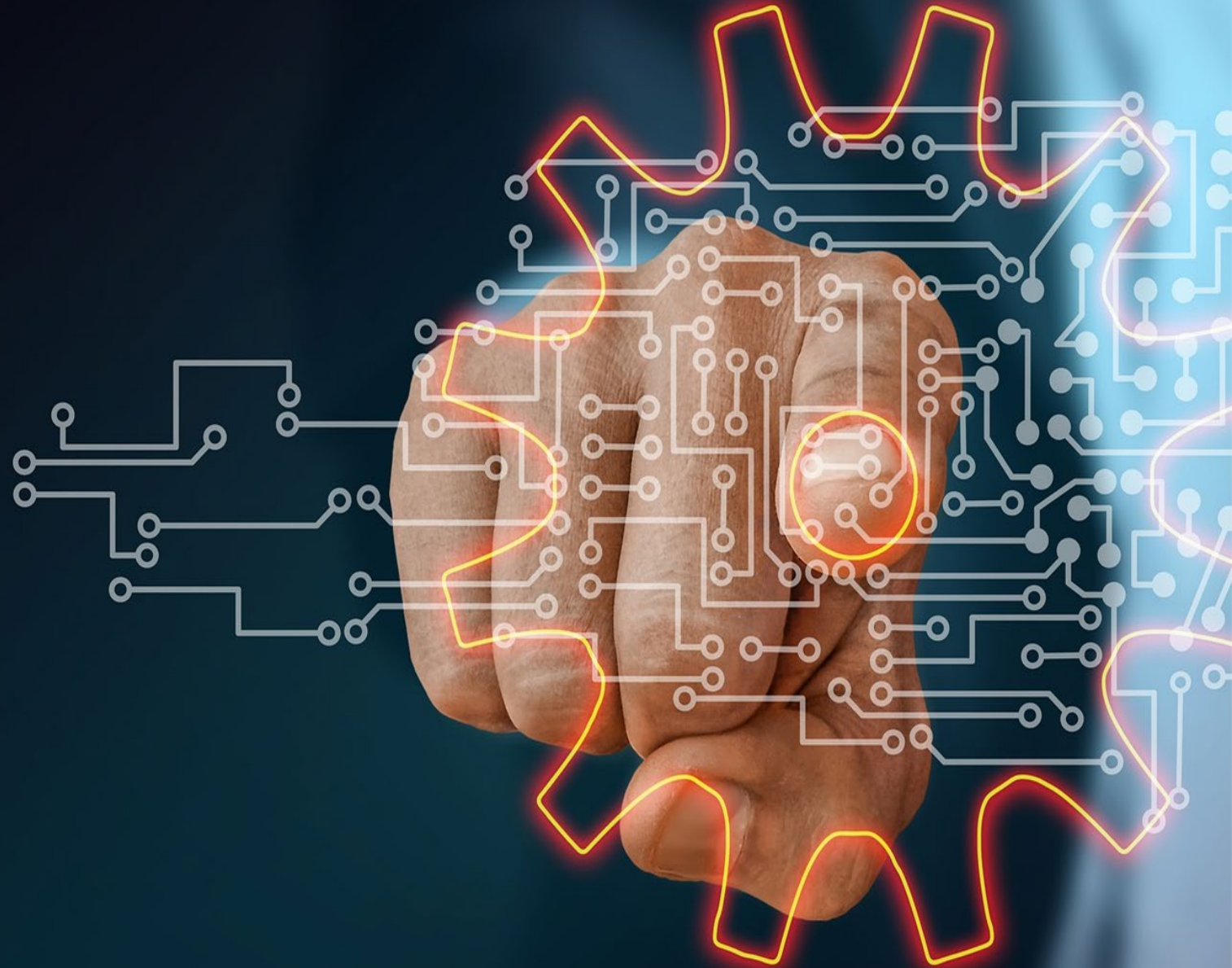


Realistic Expectations Driving Action

1. People with disabilities should have the opportunities to be Technology Enthusiasts
2. People with disabilities deserve to have access to technologies of their choosing across all domains of living
3. People with disabilities should be trained to be the next generation of *Technology Specialists*, influencing policies and advocacy
4. People with disabilities should be educated in *data agency* to have control of their own digital footprint
5. People with disabilities should be co-designers of personalized ecosystems
6. Technology should be used to develop environments and products that adapt to people with disabilities – not the other way around



Action Orientation



Other Training Series Topics

- **#2 Technology Solutions Specialists: Leadership and Peer Mentorship**
- **#3 Accessibility and Why it Matters**
- **#4 Technology Agility, Resilience, and Literacy Training for Users and Professionals**
- **#5 Technology-Related Services, Waiver Policies, and Resources for Technology Acquisition**
- **#6 Innovative and Emerging Technology Solutions for Community Living**



Stay in Touch!



Email Us

Tanis@ku.edu
Kaleyday@ku.edu
stateofthestates@ku.edu



Visit Our Website

stateofthestates.ku.edu

