

TechSAge Tips

Devices for Leisure Used by People with MS

Overview

People with multiple sclerosis (MS) engage in a variety of leisure activities but they may experience challenges doing so. We interviewed 60 older adults with MS about the challenges they experience while engaging in leisure activities and the tools and technologies they use to overcome these challenges. These are some of the unique tools and technologies that our participants use for leisure.

eReaders

- eReader devices such as Kindle and Nook are helpful for people who enjoy reading but struggle with reading small print or turning pages. Users can adjust the text size and brightness to suit their needs.

Interactive Video Games

- Video games like Wii Bowling can be used for exercise and entertainment. Some may be played while sitting to reduce fall risk.

Online Word Games

- Some participants use Lumosity and other online puzzle games to keep their minds sharp.

Playing Card Holder

- This wooden board holds a player's cards during card games, which can be helpful for people with limited hand mobility.

Playing Card Shuffler

- This device shuffles a deck of playing cards, which can be helpful for those with limited hand dexterity.

Podcasts, Videos, and Event Streaming

- Many people use podcasts, videos, and streaming services for entertainment and education. Sporting events, religious services, and other in-person events can often be attended digitally.



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TechSage is funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant numbers #90REGE0021 and #90REGE0006-01-00). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS).