

## Improving lives THROUGH supports and services THAT FOSTER Self-determination.

4/21/21

FREE Missouri's No Wrong Door Workshop Series

April 28, 2021 12:30pm – 1:30pm (CST)

## Controlling My Health at Home

This online workshop will discuss what it means to take charge of your health, and those you support, through using cost-effective assistive technology (AT) resources and every-day skill-building strategies. The goal of this workshop is to give participants immediate -use ideas for enhancing their health through:

- Person-centered planning and problem-solving (using CtLC)
- Technology knowledge and skill set (in collaboration with <u>Missouri Assistive</u> Technology)
- Local service and support strategies amidst the COVID-19 crisis

Register for the April workshop **HERE**.

Future workshops include:

May 26th: "Strategies for Preventing Falls"

June 23<sup>rd</sup>: "Supports for Viewing Print and Computers"

www.dmh.mo.gov/dd 573-751-4054 MISSOURI DEPARTMENT OF MENTAL HEALTH