

# VIRTUAL LUNCH AND LEARN



## How Technology Can Support Daily Living and Independence

Join DSOER Housing Navigators over lunch to discuss housing topics. Sessions take place in a virtual format and are open to people with a developmental disability, their family members and/or support networks, as well as professionals in Ontario.



### DATE

Friday March 27, 2026

### TIME

12:00pm – 1:00pm EST



[REGISTER HERE](#)



### QUESTIONS ABOUT THIS EVENT CAN BE SENT TO:

DSOhousing@dsoer.ca

### Daily Living and Technology

This presentation explores how affordable technology and free software can support daily living, safety, and independence. Using a real-life family example and a system in everyday use, we'll highlight practical tools that reduce caregiver stress - no technical background required.

Speakers Nicholas and Philippe Cyr share their experience as both designer and user.

### Topics covered will include:

- Learn how affordable technology and free software can support daily living, safety, and community participation
- See a real-life example of a working system currently used in everyday life
- Understand how simple, low-cost tools can reduce caregiver stress and support greater independence without technical expertise

This lunch and learn will be facilitated by Karen Roberts and Olivia Thomas, DSO Eastern Region.



Developmental Services Ontario (DSO) helps adults with developmental disabilities find services and supports in their community.

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