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### **Mainstay Life Services Becomes First Shift Accredited Organization in the Commonwealth of Pennsylvania**

**JUNE X, 2021 (PITTSBURGH, PA)** – Mainstay Life Services, a nonprofit organization that provides life-long, high-quality support services to people with developmental disabilities, is proud to announce its selection as the first Shift Accredited organization in the Commonwealth of Pennsylvania.

Shift is the industry’s first professional curriculum and online learning community that is standardizing the knowledge, skills and resources needed to transform an organization into one that is Technology First. ‘Technology First’ means a commitment to adopting initiatives and plans to expand access to technology for people with developmental disabilities. It also means promoting technology **first** in services and supports that enable people to live as independently as possible in their community.

“People with disabilities will get more opportunities to achieve amazing outcomes through the appropriate use of technology,” said Cameron Kempson, M.Ed., Shift’s Director of Education. “Mainstay Life Service’s Shift Accreditation demonstrates an impressive level of proficiency with enabling technology integration and best practice implementation.”

Conventional and more specialized technologies have become instrumental in supporting inclusion, community integration, employment and independence in the home and community, especially in the midst of the COVID-19 pandemic.

“This accreditation demonstrates not only our commitment to continuous learning, but also to championing innovations that bridge the gap between the needs of people we support and the technologies that can meet those needs,” said Kim Sonafelt, Chief

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Executive Officer at Mainstay. “We are proud to be leading the Technology First movement in Pennsylvania.”

Collaborations with StationMD and Wellbridge Health have been key to Mainstay’s early efforts to close gaps in care and support. Through a secure video-conferencing system and a connected care management tool, helps facilitate real-time medical aid and health maintenance to avoid unnecessary trauma and cost associated with a trip to the Emergency Room. To date, StationMD supports more than 40 individuals in Mainstay’s residential programs, and Wellbridge Health connects more than 25 individuals supported by Mainstay to health coaches that support self-management.

“The benefits of technology as the first option for individuals with developmental disabilities are independence, freedom, dignity, safety, and opportunity – things we all want in our everyday lives,” said Craig Douglass, Chief Program Officer at Mainstay. “But Technology First requires a change in our thinking in how we deliver services and engaging individuals in ways technology can help them.”

This accreditation news comes as Pennsylvania is working toward becoming a ‘Technology First’ state, a commitment that is a crucial step in integrating home technologies, remote monitoring, mobile training, assistive supports, telehealth and telesupport into the system of care.

The benefits of these technologies are real for supporting the lives of people with intellectual and developmental disabilities. Mainstay Life Services is committed to harnessing the power of technology to better support people with disabilities to lead healthy, independent and joyful lives.

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### **About Mainstay Life Services**

Mainstay Life Services is a nonprofit organization providing residential services, community services, and other supports to people with developmental disabilities and their families. We are committed to assisting the people in our care to reach their fullest potentials within their communities. To learn more, visit [www.mainstaylifeservices.org](http://www.mainstaylifeservices.org).

### **About Shift**

Shift is the industry’s first professional curriculum and online learning community that is standardizing the knowledge, skills, and resources needed to transform an organization into one that is Technology First. Shift acts as a catalyst for the Technology First movement in the Intellectual and Developmental Disabilities supports community by providing structure and resources surrounding technology integration. To learn more, visit [www.techfirstshift.org](http://www.techfirstshift.org).