Fashion an Easier Lifestyle with Assistive Technology
Assistive technology refers to a variety of devices and strategies to make life easier.
Assistive Technology

Includes everyday tools that can be found in stores or online.
Almost anyone can benefit from assistive technology.

- Temporary injury or recovering from surgery
- Chronic condition (arthritis)
- Stroke survivor
- Disability
Assistive Technology

Be more independent.
Lessen the demands of caregiving.
Technology for Everyday Tasks

• Personal care
• Preparing meals
• Basic household chores
• Recreational activity
• Transportation
Personal Care

Sock Aid
Personal Care

Long-Handled Shoehorn
Personal Care

Zipper & Button Puller

• One tool helps with both zippers and buttons.
• Hook assists with zippers.
• Loop helps pull buttons through button holes.
Food Preparation

Cutting Board

- Suction cups hold cutting board in place.
- Spikes hold food in place on cutting board.
Food Preparation

Gear-Driven Can Opener
Gear-Driven Can Opener

- Slide gray button back to release can opener.
- Place opener on can.
Food Preparation

Gear-Driven Can Opener

• Squeeze opener until it snaps into place.

• Continue squeezing and releasing opener until can is open.
Gear-Driven Can Opener

- Slide back gray button to release can opener.
Food Preparation

Sponge Wash Mitt

Suction Brush
(Also good for washing fingernails.)
Food Preparation

Jar & Bottle Opener

• Attaches to wall.
• Screws are included.
Food Preparation

Rocker Knife

• Easy, one-handed cutting.
Food Preparation

Oven Push/Pull Helper

- Safely slide oven shelves in and out.
- Helps reduce the amount of bending required.
Jelly Knife

- Works great for peanut butter or jelly!
- Scrapes the inside of the jar, leaving very little waste.
Universal Cuff & Food Guard

- Universal cuff holds a variety of different types of silverware.
- Guard holds food in place.
Mealtime

Dycem Pad

• Circular, non-slip pad.
• Holds plate securely in place during mealtime.
Household

Long-Handled Toilet Bowl Brush

- Reduces amount of bending required.
Household

Writing Guides Set

- Helps those with low vision or physical limitations (such as tremors) to write and sign documents.
Household

Key/Lock Identifiers

- Makes it easy to insert and turn keys.
- Assorted colors helps easily identify keys.
Household

Pen/Pencil Cushions

- Comfortable, easy grip helps hold pens/pencil.
Household Foam

Multiple uses for an easier grip:

- Pen/Pencil
- Eating Utensils
- Personal care (toothbrush, razor)

Inexpensive to replace!
Household

Reacher

- Helps reach items stored on high shelves, behind furniture, on the ground or in tight spaces.

- Eliminates bending and twisting.
Household

Furniture Risers

• Helps adjust furniture to the height that is best suited for the individual, minimizing bending and back strain.
Household

Glow Tape

• Mark items that need to be easily located in the dark.

• Illuminate light switches, stairs and doorframes.
Recreation

Hands-Free Card Holder

- Removes the challenge of holding cards for those with limited mobility and hand strength/grip.
Recreation

Folding Book Stand

- Reduces glare and assists those with limited mobility and hand strength/grip.

- Great for the kitchen too!
Standing Page Magnifier

- Magnifies text to allow for easier reading.
Transportation

Seat Belt Handle

- Attaches to seat belt to allow for easier reach.
- Minimizes twisting & turning to get seatbelt secured.
Transportation

Gas Cap Wrench

• Easy to grip and turn.

• Helps minimize challenges related to range of motion and joint pain.
Transportation

Vehicle Support Assist Handle

- Portable handle also cuts seatbelts and breaks glass.
Transportation

Vehicle Support Assist Handle

- Provides leverage to assist in exiting a vehicle.
Ergonomic Garden Tools

• Minimizes stress on hands and wrists.

• Ideal for individuals with limited hand strength, arthritis or carpal tunnel syndrome.
Gardening

Garden Stool

- Cushion relieves stress on knees.
- Support for arms when kneeling down and getting up.
- Garden bench seat relieves pressure on back and legs.
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