

10 Things to Know

About Assistive Technology



1 **What is Assistive Technology?**

Assistive technology (AT) refers to modifications designed to help maintain or improve functional abilities.



2 **Common items in new ways**

Wireless doorbells can serve as call assist devices and placing a plastic bag on your car seat can make the transfer easier. AT modifications do not have to be complex or expensive.



3 **Use technology you already have**

Modify smartphone settings to enable voice calling and texting, even when your phone is out of reach. Add apps that can convert your typed message to an audio one.



4 **Get an AT assessment**

Your ALS Association care services team can connect you with an assistive technology professional to match potential interventions with your needs.



5 **Safety and independence**

Use of smart doorbells, door locks, garage door openers, and cameras can enhance independence and safety. Wearable devices can detect falls and initiate calls for help.



6 **Touch or voice activated AT**

Smart home automation allows you to control lighting, room temperature, make a call and lock your doors using a remote or voice command.



7 **Technology through eye gaze**

Eye gaze technology can extend the functionalities of computers, smart home systems and driving power wheelchairs.



8 **AT for recreation**

Assistive technology can enhance accessibility for outdoor adventures or creative pursuits by adapting techniques or using technology in unique ways.



9 **Adaptive switches**

AT specialists can recommend adaptive switches when you are unable to manipulate the mouse or touchpad on your computer or devices.



10 **Assistive technology is fluid**

Assistive technology options are continually advancing. Collaborate with an AT specialist as your needs evolve.