



Assistive Technology Basics

K-STATE
Research and Extension

1

Assistive Technology

Assistive technology refers to a variety of devices that help a person complete functional tasks with ease and efficiency.

K-STATE
Research and Extension

2

Assistive Technology

Includes everyday tools that can be found in stores or online.



K-STATE
Research and Extension

3

Assistive Technology

Assistive technology is beneficial for people of all ages and abilities.



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

If you have ever used a step stool, you have used assistive technology!

K-STATE
Research and Extension

4

Assistive Technology

Be more independent. Stay in workforce longer. Lessen the demands of caregiving.



K-STATE
Research and Extension

5

Assistive Technology

What kind of assistive technology is right for me?

- What are the biggest challenges I face every day or multiple times a week?
- What tasks are particularly difficult?



K-STATE
Research and Extension

6

Assistive Technology

What experts can help me decide what is best?

- Primary health care provider
- Occupational therapist
- Physical therapist
- Audiologist
- Ophthalmologist
- Medical supply store staff



K-STATE
Research and Extension

7

Assistive Technology

Where can I get assistive technology?

- Medical supply stores
- Pharmacies
- Online retailers
- Big box stores
- Community lending programs



Always read the instructions, adjust for comfort, and ask for help from a professional, if necessary.

K-STATE
Research and Extension

8

Assistive Technology

How do I pay for assistive technology?

- Out of pocket
- Medicare
- Insurance providers
- Veterans Affairs
- HSA and FSA funds
- Special programs, rent, reuse and recycle



K-STATE
Research and Extension

9

Assistive Technology

Where can I learn more?

- Assistive Technology for Kansans (ATK)
- Kansas Equipment Exchange Reuse Program (KEE Reuse)
- K-LOAN
- Kansas Chapter of the Arthritis Foundation
- ADAPTECH Research Network
- National AgrAbility Project



10

Technology for Everyday Tasks

- Personal care
- Preparing meals
- Basic household chores
- Recreational activity
- Transportation

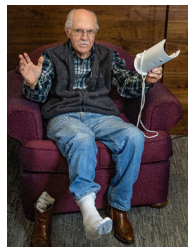


11

Personal Care



Sock Aid



12

Personal Care



Long-Handled Shoehorn



K-STATE
Research and Extension

13

Personal Care

Zipper & Button Puller

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





K-STATE
Research and Extension

14

Food Preparation



Cutting Board



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

K-STATE
Research and Extension

15

Food Preparation

Gear-Driven Can Opener




K-STATE
Research and Extension

16

Food Preparation

Gear-Driven Can Opener



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

K-STATE
Research and Extension

17

Food Preparation

Gear-Driven Can Opener

- Squeeze opener until it snaps into place.
- Continue squeezing and releasing opener until can is open.



K-STATE
Research and Extension

18

Food Preparation

Gear-Driven Can Opener



- Slide back gray button to release can opener.

K-STATE
Research and Extension

19

Food Preparation

Sponge Wash Mitt




Suction Brush
(Also good for washing fingernails.)

K-STATE
Research and Extension

20

Food Preparation

Jar & Bottle Opener

- Attaches to wall.
- Screws are included.



K-STATE
Research and Extension

21

Food Preparation

Rocker Knife




- Easy, one-handed cutting.

K-STATE
Research and Extension

22

Food Preparation

Oven Push/Pull Helper




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

K-STATE
Research and Extension

23

Food Preparation

Jelly Knife




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

K-STATE
Research and Extension

24

Mealtime

Universal Cuff & Food Guard



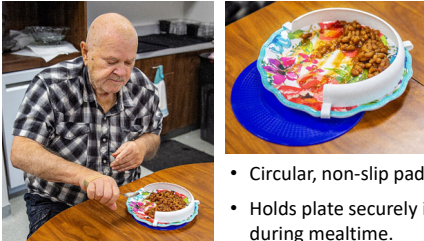
- Universal cuff holds a variety of different types of silverware.
- Guard holds food in place.

K-STATE
Research and Extension

25

Mealtime

Dycem Pad



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

K-STATE
Research and Extension

26

Household

Long-Handled Toilet Bowl Brush




- Reduces amount of bending required.

K-STATE
Research and Extension

27

Household

Writing Guides Set



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

K-STATE
Research and Extension

28

Household

Key/Lock Identifiers



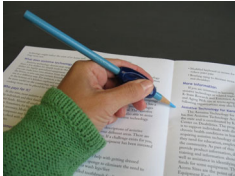
- Makes it easy to insert and turn keys.
- Assorted colors helps easily identify keys.

K-STATE
Research and Extension

29

Household

Pen/Pencil Cushions



- Comfortable, easy grip helps hold pens/pencil.

K-STATE
Research and Extension

30

Household

Foam



Multiple uses for an easier grip:

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

Inexpensive to replace!


K-STATE
Research and Extension

31

Household

Reacher

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



K-STATE
Research and Extension

32

Household

Furniture Risers



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

K-STATE
Research and Extension

33

Household

Glow Tape

- Mark items that need to be easily located in the dark.
- Illuminate light switches, stairs and doorframes.



K-STATE
Research and Extension

34

Recreation

Hands-Free Card Holder



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

K-STATE
Research and Extension

35

Recreation

Folding Book Stand



- Reduces glare and assists those with limited mobility and hand strength/grip.
- Great for the kitchen too!

K-STATE
Research and Extension

36

Recreation

Standing Page Magnifier



- Magnifies text to allow for easier reading.


K-STATE
Research and Extension

37

Transportation

Seat Belt Handle

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




K-STATE
Research and Extension

38

Transportation

Gas Cap Wrench



- Easy to grip and turn.
- Helps minimize challenges related to range of motion and joint pain.

K-STATE
Research and Extension

39

Transportation

Vehicle Support Assist Handle




- Portable handle also cuts seatbelts and breaks glass.

K-STATE
Research and Extension

40

Transportation

Vehicle Support Assist Handle



- Provides leverage to assist in exiting a vehicle.

K-STATE
Research and Extension

41

Gardening

Ergonomic Garden Tools




- Minimizes stress on hands and wrists.
- Ideal for individuals with limited hand strength, arthritis or carpal tunnel syndrome.

K-STATE
Research and Extension

42

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.

K-STATE
Research and Extension

43

Thank You!

Brand names appearing in this publication are for product identification purposes only. No endorsement is intended, nor is criticism implied of similar products not mentioned.

Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit Erin Martinez, PhD, Ethel Schneweis and Nancy Honig, *Assistive Technology Basics*. Kansas State University. January 2024. For more information about adult development and aging, contact your local extension office. Kansas State University is an equal opportunity provider and employer.

K-STATE
Research and Extension

44

Thank You to Our Partners

Photos used in this presentation were taken by Heather Sears Photography. Volunteers in the photos are members of the LaCygne Library Senior Group and the LaCygne Community Garden.





K-STATE
Research and Extension

45