

Assistive Technology: Tools for Independence and Inclusion

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Assistive technology (AT) is any tool or device that helps individuals perform tasks more easily and efficiently. From simple items like glasses and step stools to advanced devices like eye-controlled computers, AT empowers people of all abilities to make daily living easier.

AT supports a healthy, productive, and dignified lifestyle. It can:

- Extend independence and reduce reliance on caregivers
- Enable longer workforce participation
- Prevent injuries and functional decline
- Promote inclusion and community living

Some common everyday examples include:

- **In the kitchen** – there are grip foam handles for silverware, cutting boards that hold food in place, a drinking straw holder, and more.
- **Around the house** – Programmable thermostats, robot vacuums, grab bars, handrails, and more.
- **Dressing and bathing** – Buttoning aids, zipper pulls, long shoehorns, one-handed belts, and more.
- **Communication** – Pens and pencils with special grips, talk-to-text devices, electronic screen readers, and more.
- **Cognition and memory** – Audiobooks, identification bracelets, note-taking systems, and more.
- **At work or on the farm** – Ergonomic workstations, anti-fatigue mats, swivel seating, and more.

To get started, ask yourself:

- What tasks are complex or frequently forgotten?
- Is there a more straightforward or more affordable solution?
- Can I try the device before buying?

Consult professionals like occupational therapists, audiologists, or medical supply staff for personalized guidance.

You can learn more by exploring resources like:

- [Assistive Technology for Kansans](#)
- [KEE Reuse Program](#)
- [K-LOAN](#)
- [Arthritis Foundation Kansas Chapter](#)
- [National AgrAbility Project](#)

Assistive technology isn't just for those with medical needs—it's for anyone seeking greater ease, safety, and independence in daily life. For more information or to schedule an *Assistive Technology* presentation, please get in touch with Tara Solomon-Smith, tsolomon@ksu.edu, 620-244-3826.

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