

STAYING OR RETURNING HOME WITH AT

It is widely recognized that individuals with disabilities and/or long term illnesses



who are interested in remaining in their home or moving out of an institution need various types of support. Assistive technology (AT) is one of the essential support services for this population, and yet it is NOT widely recognized or routinely considered when people begin planning to stay or return home.

AT Devices and Services

An AT device is any item used to maintain or improve a person's functional capabilities. An AT service is any service that helps an individual select, acquire or learn to use an AT device.

The use of AT devices and/or services needs to be considered for individuals who are aging or disabled, who wish to stay or return home. Areas to consider for AT include; home safety, daily living, mobility, dexterity, communication, hearing, seeing, and problem solving. When planning to stay or return home consider the various areas of the home, and the tasks the

individual will be doing within those areas.

The following are examples of tasks and areas to consider which could have an AT solution.

Is assistance needed to do these activities? There are AT devices that can help to...

- Put away groceries
- Prepare meals
- Use a telephone
- Eat
- Do laundry
- Take medications
- Dress

Is the bathroom safe? There are AT devices that can help with...

- Getting in and out of shower/bathtub
- Getting on/off the toilet
- Regulating water temperature
- Turning the tap on/off
- Slippery surfaces
- Bathtub/sink overflowing

Is it a problem to move from one place to another? There are AT devices that can help to...

- Get up from floor
- Sit down/get up from a chair
- Sit with stability
- Get into/out of a car or other transportation
- Drive a vehicle

Is mobility/getting around an issue? There are AT devices that can help with...

- Entering/exiting house
- Balance
- Climb/descend stairs

- Thresholds/opening heavy doors
- Ramps or inclines

Is it a problem using arms/hands/fingers? There are AT devices that can help to...

- Lift an object over the head
- Stabilize an object with one hand and act on it with the other (jar)
- Push/pull/slide objects placed on a counter, table, or shelf
- Steady arm/hand movements
- Do fine work such as keyboarding, writing, or handicrafts
- Grasp/squeeze objects – toothpaste – scissors – doorknobs
- Pinch with power and precision (tie shoes or put on jewelry)

Is communicating with others difficult? There are AT devices to help with...

- Speech
- Writing
- Using a telephone
- Reading
- Following or giving directions

Is hearing a problem? There is AT to assist with hearing...

- Voices on the telephone/TV/radio
- Sounds such as a beep/alarm clock
- Sounds such as a telephone or a door chime

