

Assistive Technology: Tools for Empowerment

Exploring categorized assistive tech solutions for communication, safety & security, healthy living, and tools that foster independence . Please keep in mind that the examples shown are general options and may not be an approved item . Please get with your SSA to review approved options .

Communication & Literacy Technology



Augmentative and Alternative Communication (AAC) Devices

Examples: Tobii Dynavox I-110, PRC Accent 1000, NovaChat, TD Snap software.

→ These speech-generating devices or apps use symbols, pictures, and text-to-speech for expressive communication. AAC devices like the Tobii Dynavox empower users who are non-verbal or have speech difficulties to communicate through touchscreens and eye tracking.



Communication Apps

Examples: Proloquo2Go, TouchChat HD, LAMP Words for Life, CoughDrop, Avaz AAC.

→ Mobile apps that help individuals communicate by selecting words or symbols that are spoken aloud.



Text-to-Speech Software

Examples: Read&Write, NaturalReader, Kurzweil 3000, Capti Voice.

→ Converts written text into spoken words to assist with reading comprehension or visual impairments.



Speech-to-Text Tools

Examples: Dragon NaturallySpeaking, Google Voice Typing, Apple Dictation, Microsoft Dictate.

→ Converts spoken words into written text, supporting users with writing or motor challenges.



Picture Exchange Communication System (PECS)

Examples: PECS Starter Kit, PECS Communication Book, Boardmaker Picture Cards.

→ Uses laminated picture cards or visuals for individuals to request items or share information.



Accessible eBooks & Audiobooks

Examples: Bookshare, Learning Ally, Audible, Libby, Epic! for Kids.

→ Provides digital or audio versions of books in accessible formats for those with reading or print disabilities.



Literacy Support Apps

Examples: Voice Dream Reader, Voice Dream Writer, Ghotit Real Writer, ClaroRead, Prizmo Go.

→ Apps that support reading fluency, writing, spelling, and comprehension for individuals with literacy needs.

↪ **Word Prediction Software**

Examples: *Co:Writer*, *Grammarly*, *Clicker 8*, *Ginger Software*.

→ Predicts words as a person types to improve speed, reduce spelling errors, and support writing independence.

↪ **Smart Pens**

Examples: *Livescribe Symphony Pen*, *Echo Smartpen*, *Neo Smartpen N2*.

→ Records audio while writing and syncs notes to digital devices for better organization and review.

↪ **Interactive Learning Tools**

Examples: *Starfall*, *ABCmouse*, *Lexia Core5*, *Raz-Kids*, *Reading Eggs*.

→ Educational software and websites that build reading, phonics, and language skills through interactive lessons.

Safety & Security Technology

↪ **Personal Emergency Response Systems (PERS)**

Examples: *Life Alert*, *MobileHelp*, *Bay Alarm Medical*, *AngelSense Personal GPS*.

→ Wearable or portable devices that allow individuals to call for help at the push of a button in emergencies.

↪ **Smart Door Locks & Entry Systems**

Examples: *August Smart Lock*, *Schlage Encode*, *Kwikset Halo*, *Nest x Yale Lock*.

→ Smart locks can be controlled remotely by phone or voice assistant, allowing caregivers to manage access safely.

↪ **Video Doorbells & Cameras**

Examples: *Ring Doorbell*, *Arlo Video Doorbell*, *Google Nest Hello*, *Blink Camera System*.

→ Provide visual monitoring and two-way communication for safety at the door or around the home.

↪ **GPS Tracking Devices**

Examples: *AngelSense GPS Tracker*, *Jiobit Smart Tag*, *Samsung SmartThings Tracker*.

→ Wearable or attachable devices that help caregivers track location for safety and peace of mind.

↪ **Home Security Systems**

Examples: *SimpliSafe*, *ADT Smart Home*, *Vivint Smart Security*, *Abode Security Kit*.

→ Comprehensive systems that include alarms, motion sensors, and cameras for home protection.

↪ **Fall Detection Devices**

Examples: *Medical Guardian Mini Guardian*, *LifeFone VIPx*, *Apple Watch with Fall Detection*.

→ Detects falls and automatically alerts emergency contacts or dispatch services.

↪ **Smart Home Sensors & Alerts**

Examples: *Nest Protect Smoke & CO Detector*, *Wyze Leak Sensor*, *Samsung SmartThings Motion Sensor*.

→ Sensors that detect smoke, water leaks, carbon monoxide, or movement and send alerts to mobile devices.

⇒ **Medication Safety & Alerts**

Examples: *Hero Smart Dispenser*, *MedMinder*, *TabTime Timer Box*, *Pria* by Black+Decker.

→ Smart pill dispensers or reminder systems that ensure medications are taken correctly and on time.

⇒ **Identity & Cybersecurity Tools**

Examples: *Bitdefender*, *Norton 360*, *Google Family Link*, *Bark for Families*.

→ Software that helps protect personal data, prevent scams, and ensure safe online interactions.

⇒ **Emergency Notification Apps**

Examples: *Red Panic Button*, *Life360*, *Noonlight*, *MySOS Family*.

→ Mobile apps that instantly alert designated contacts or emergency services with a person's GPS

⇒ **Ring Doorbell**

The Ring Video Doorbell is a smart home device that adds convenience, safety, and independence. It allows users to see, hear, and speak with visitors at their door through a smartphone, tablet, or smart display. With motion detection and real-time alerts, individuals can know who is outside without needing to physically answer the door. This feature is especially helpful for people with mobility challenges, hearing impairments (when paired with visual alerts), or those who want added security and peace of mind. The Ring can also record video, providing an extra layer of safety and confidence in the home environment.

https://youtu.be/_J89EO0MjIQ



Ring Video Doorbell

Health & Wellness Technology

⇒ **Fitness & Activity Trackers**

Examples: *Fitbit Charge*, *Apple Watch*, *Garmin Vivosmart*, *Withings Move*.

→ Wearable devices that track steps, heart rate, sleep, and activity levels to promote healthy habits.

↪ **Smart Scales & Health Monitors**

Examples: *Withings Body+*, *Fitbit Aria Air*, *QardioBase 2*, *iHealth Core Smart Scale*.

→ Digital scales that sync with apps to monitor weight, BMI, and body composition trends.

↪ **Blood Pressure & Heart Monitors**

Examples: *Omron Platinum*, *Withings BPM Connect*, *QardioArm*, *iHealth Feel Wireless Monitor*.

→ Bluetooth-enabled devices that help individuals track blood pressure and share readings with healthcare providers.

↪ **Medication Management & Reminder Tools**

Examples: *Hero Smart Dispenser*, *MedMinder*, *Ellie Smart Pill Box*, *MedaCube*.

→ Tools that organize, dispense, and remind individuals to take medications correctly and on schedule.

↪ **Sleep & Relaxation Aids**

Examples: *Hatch Restore Sleep System*, *Dodow Sleep Light*, *Calm App*, *Headspace App*.

→ Devices and apps that improve sleep quality or provide guided relaxation and mindfulness exercises.

↪ **Telehealth & Virtual Care Platforms**

Examples: *MyChart*, *Teladoc Health*, *Amwell*, *Doctor On Demand*.

→ Online tools that allow users to consult with healthcare providers remotely through secure video calls or messaging.

↪ **Mental Health & Mindfulness Apps**

Examples: *Calm*, *Headspace*, *MindShift CBT*, *Insight Timer*, *BetterHelp*.

→ Apps that offer meditation, stress management, and counseling resources for emotional well-being.

↪ **Smart Thermometers & Health Sensors**

Examples: *Kinsa Smart Thermometer*, *Withings Thermo*, *iHealth No-Touch Thermometer*.

→ Connected health devices that record and track temperature and health data over time.

↪ **Nutrition & Meal Planning Apps**

Examples: *MyFitnessPal*, *Lose It!*, *Yazio*, *Mealime*.

→ Apps that help users track nutrition, plan healthy meals, and manage dietary goals.

↪ **Adaptive Exercise & Wellness Equipment**

Examples: *Cubii Seated Elliptical*, *TheraBand Resistance Bands*, *Nintendo Ring Fit Adventure*, *Peloton Adaptive Classes*.

→ Tools and programs designed to make fitness accessible and inclusive for all ability levels.

Accessibility & Smart Home Technology

↪ **Voice Assistants & Smart Speakers**

Examples: *Amazon Echo (Alexa)*, *Google Nest Audio*, *Apple HomePod*, *Sonos One*.

→ Hands-free voice control for lights, alarms, reminders, music, and accessing information.

⇌ **Smart Lighting Systems**

Examples: *Philips Hue*, *LIFX Smart Bulbs*, *Sengled Smart Lights*.

→ Lights that can be controlled remotely, scheduled, or activated with voice commands for easier navigation and energy efficiency.

⇌ **Smart Thermostats**

Examples: *Nest Learning Thermostat*, *Ecobee Smart Thermostat*, *Honeywell Home T9*.

→ Thermostats that can be programmed or adjusted remotely to maintain comfort and reduce energy costs.

⇌ **Automated Door Openers & Smart Locks**

Examples: *August Smart Lock*, *Schlage Encode*, *Lockly Secure Plus*, *Sommer Automatic Door Opener*.

→ Enable hands-free or remote access for individuals with mobility challenges.

⇌ **Home Automation Hubs**

Examples: *Samsung SmartThings Hub*, *Amazon Echo Plus*, *Apple HomeKit*, *Hubitat Elevation*.

→ Centralized control for lights, sensors, locks, cameras, and other smart devices in one system.

⇌ **Smart Sensors for Accessibility**

Examples: *Ring Contact Sensors*, *Wyze Motion Sensors*, *Fibaro Flood Sensor*.

→ Detect movement, door/window openings, leaks, or unusual activity and send alerts to caregivers or family members.

⇌ **Accessible Remote Controls**

Examples: *Logitech Harmony Elite*, *Savant Remote*, *Tecla-e Adaptive Switch*.

→ Simplifies control of TVs, sound systems, and smart devices for individuals with limited mobility.

⇌ **Voice-Activated Appliances**

Examples: *LG Smart Refrigerator*, *Samsung Smart Oven*, *GE Smart Washer/Dryer*, *iRobot Roomba with Alexa*.

→ Allows users to operate household appliances hands-free through voice commands.

⇌ **Smart Window Treatments**

Examples: *Lutron Serena Shades*, *IKEA FYRTUR Smart Blinds*, *MySmartBlinds*.

→ Motorized blinds or shades that can be scheduled, voice-controlled, or automated for accessibility and energy efficiency.

⇌ **Adaptive Switches & Assistive Interfaces**

Examples: *Tecla-e*, *AbleNet Jelly Bean Switch*, *Inclusive Technology Switch Interfaces*.

→ Allows individuals with limited mobility to control devices, computers, or smart home systems with adaptive switches.

Low-Tech Accessibility Tools

↩ **Ramps & Stair Lifts**

Examples: Portable wheelchair ramps, modular ramps, hand-powered or electric stair lifts.

→ Provide safe, accessible entry and mobility for individuals using wheelchairs or walkers.

↩ **Grab Bars & Handrails**

Examples: Suction or mounted bathroom grab bars, hallway handrails.

→ Support balance and stability in bathrooms, stairways, or other areas of the home.

↩ **Reachers & Grabbers**

Examples: *Unger 32" Reacher*, *Elderly Handy Grabber*, *Patterson Medical Reacher*.

→ Help reach high shelves or pick up objects from the floor without bending or stretching.

↩ **Adaptive Utensils & Kitchen Tools**

Examples: *Good Grips Utensils*, *Weighted Silverware*, *Easy Scoop Plates*, *Jar Openers*.

→ Designed for individuals with limited grip, tremors, or other fine motor challenges.

↩ **Non-Slip Mats & Flooring**

Examples: Bathroom non-slip mats, anti-slip rugs, textured floor strips.

→ Reduce risk of slips and falls in high-risk areas like bathrooms or kitchens.

↩ **Mobility Aids**

Examples: Walkers, canes, crutches, wheelchairs, rollators.

→ Support safe movement and independence both indoors and outdoors.

↩ **Visual & Hearing Aids**

Examples: Large-print clocks, braille labels, magnifiers, amplified phones, personal listening devices.

→ Assist individuals with vision or hearing impairments to interact safely and independently.

↩ **Door & Drawer Handles**

Examples: Lever-style handles, extended handle grips, D-shaped pulls.

→ Easier to use for individuals with limited hand strength or dexterity.

↩ **Adaptive Clothing & Dressing Aids**

Examples: Velcro shoes, magnetic buttons, dressing sticks, sock aids, zipper pulls.

→ Help individuals dress independently and with less strain.

↩ **Bathroom & Toileting Supports**

Examples: Raised toilet seats, shower chairs, bath benches, hand-held shower heads.

- Make personal hygiene safer and more accessible.

Sensory Supports & Tools

↩ **Fidget Tools & Handheld Sensory Items**

Examples: *Fidget spinners, pop tubes, tangle toys, stress balls, putty or therapy dough.*

- Help with self-regulation, focus, and calming by providing tactile input.
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↩ **Weighted Blankets & Lap Pads**

Examples: *Harkla Weighted Blanket, SensaCalm Lap Pad, Fun and Function Weighted Snake.*

- Provide deep pressure input that can promote calmness and body awareness.
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↩ **Noise-Cancelling Headphones & Ear Defenders**

Examples: *Bose QuietComfort, PuroCalm Kids Earmuffs, Loop Earplugs.*

- Reduce overwhelming background sounds and create a calmer environment.
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↩ **Sensory Seating & Movement Tools**

Examples: *Wobble cushions, therapy balls, rocking chairs, Hokki stools.*

- Support movement and improve attention while seated by offering gentle sensory input.
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↩ **Visual Soothing Tools**

Examples: *Lava lamps, bubble tubes, liquid motion timers, fiber optic lamps.*

- Provide calming visual stimulation to help manage sensory overload.
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↩ **Tactile Sensory Paths & Mats**

Examples: *Sensory floor tiles, tactile stepping stones, textured wall panels.*

- Encourage movement and sensory exploration through touch and pressure.
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↩ **Chewable Jewelry & Oral Motor Tools**

Examples: *Chewelry necklaces, ARK's Grabber Chewy Tubes, Chew Stixx.*

- Provide safe oral input for individuals who seek sensory stimulation through chewing.
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↩ **Calming Corners & Cozy Spaces**

Examples: *Pop-up tents, bean bag chairs, soft lighting, noise machine.*

- Create a quiet area for individuals to decompress and regulate sensory input.
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↩ **Sensory Kits & On-the-Go Tools**

Examples: *Travel fidget kits, mini weighted lap pads, small tactile toys, noise-reducing earplugs.*

- Portable options for sensory regulation in classrooms, vehicles, or community settings.
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⇌ **Aromatherapy & Deep Pressure Tools**

Examples: *Essential oil diffusers, weighted vests, compression shirts, body socks.*

→ Use scent or gentle pressure to promote calmness and relaxation.

Self-Care & Independence Tools

⇌ **Adaptive Grooming & Hygiene Tools**

Examples: *Long-handled brushes, electric toothbrushes, adapted nail clippers, no-rinse shampoo caps.*

→ Make personal grooming tasks easier for individuals with limited mobility or dexterity.

⇌ **Dressing Aids**

Examples: *Button hooks, zipper pulls, sock aids, Velcro or magnetic clothing, elastic shoelaces.*

→ Help individuals dress more independently with reduced physical strain.

⇌ **Adaptive Eating & Drinking Tools**

Examples: *Built-up utensils, non-slip plates, nosey cups, weighted utensils, plate guards.*

→ Support independent eating for those with tremors, limited grip, or coordination challenges.

⇌ **Medication Management Tools**

Examples: *MedMinder Smart Pill Box, Hero Dispenser, pill organizers with timers, app-based medication reminders.*

→ Help ensure medications are taken correctly and on schedule.

⇌ **Time Management & Routine Support Tools**

Examples: *Time Timer Visual Clock, Alexa or Google reminders, visual schedule apps, First Then Visual Schedule.*

→ Support daily structure and transitions using visual or auditory cues.

⇌ **Adaptive Kitchen Tools**

Examples: *Rocker knives, electric can openers, jar openers, non-slip cutting mats, one-handed cooking tools.*

→ Make meal preparation safer and more accessible for individuals with limited hand function or coordination.

⇌ **Mobility & Transfer Aids**

Examples: *Transfer boards, gait belts, bed assist rails, reacher grabbers.*

→ Help individuals move safely between spaces and maintain independence in daily tasks.

⇌ **Technology for Independence**

Examples: *Alexa smart speaker for reminders, Apple Watch alerts, Tile item locators, smart home automation systems.*

→ Encourage self-sufficiency through voice control, reminders, and accessibility features.

⇌ **Personal Care & Safety Aids**

Examples: *Non-slip shower chairs, hand-held shower heads, raised toilet seats, toileting aids.*

→ Promote privacy, comfort, and safety in personal care routines.

↩ **Money Management & Shopping Supports**

Examples: *Picture-based budgeting apps*, *Coin U tactile money identifiers*, *ShopSavvy barcode app*, *prepaid cards*.

→ Support independent money handling, purchasing, and financial awareness.

Employment Training Tools

↩ **Cash Register**

→ Help individuals with hands-on training to build confidence and workplace skills.

