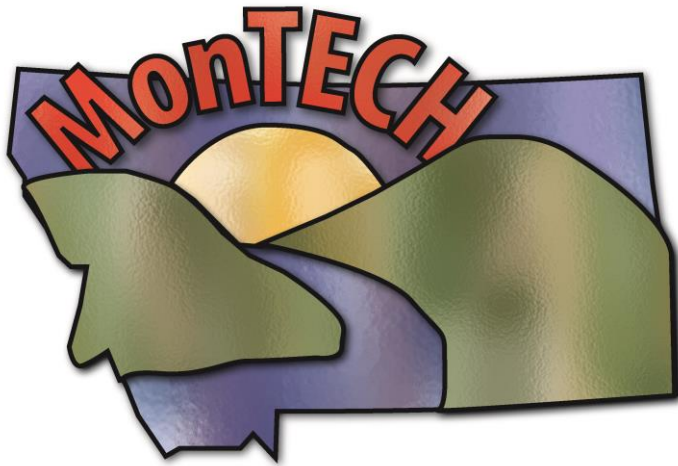


Simple Assistive Technology Solutions for Daily Activities

A collaborative effort of the University of Montana Rural Institute Montana Assistive Technology Program and Montana State University Extension – Family and Consumer Sciences



The University of Montana
**RURAL
INSTITUTE**
*Center for Excellence in
Disability Education,
Research, and Service*



What is Assistive Technology?

- * tools that can improve an individual's ability to perform specific tasks, increase functional capabilities, and become or remain more safely independent.
- * an item does not necessarily have to be designed and fabricated as an assistive device, but often becomes an assistive device simply based on its application.

What AT Does...

* Assistive technology devices work by either **enhancing** an individual's existing abilities or by **compensating** for absent or diminished skills.

* **CCTV magnifies print for a person with low vision**



Alternative Access

- * When enhancement is not possible, assistive technology can offer an **alternative way** to accomplish a task.



CapTel phone for use by a person who is hard of hearing

Categories of Assistive Technology

- * Health, Safety, and Daily Living
- * Seating, Positioning & Mobility
- * Augmentative and Alternative Communication (AAC)
- * Computer Access
- * Sensory Aids (Vision and hearing)
- * Executive Functioning (Learning, Memory, and Organization)
- * Home, Building, and Environmental Access
- * Recreation & Leisure

Assistive technology can be used at home and in the community to provide creative solutions for increasing independence.



Key Point

- * It is important to understand that high cost and complexity do not necessarily make for a superior assistive technology device.
- * Whenever possible – keep it simple
- * Duct Tape, Velcro, Bailing Wire, PVC Pipe, and ingenuity are often the best fabricated solutions



In summary, assistive technology can...

- * Improve functional abilities
- * Enhance & support independence
- * Redefine what is possible and achievable



Kitchen Gadgets

Kitchen: Cutting Board



This cutting board is dishwasher safe and latex free. It is a durable, high-density polyethylene board with aluminum nails to hold food for peeling and slicing. There are corner guards to keep bread from sliding when assembling or cutting a sandwich. The anchor board is held securely by four rubber suction feet.

Price: \$53.99-\$67.99

(Available Sizes: 11"x11" and 8.5"x8.5")

Kitchen: Spoons and Utensil Holders

Good Grips Teaspoon

- * This spoon has a special twist built into the metal shaft that allows for bending in any angle promoting left or right-handed use.

Price: \$9.99

Spoon and Fork Holders

- * Will attach to regular utensils for easier grip

Price: \$19.99 (part of the dexterity kit)





Kitchen: Plate Guard

Fits securely onto the plate to help the user push food onto the desired utensil and to help from food falling off of the plate.

Price: \$12.99 (comes in various sizes and styles, prices vary accordingly)



Kitchen: Jar Opener

This jar opener mounts to the wall and opens or closes all types of jars or bottles with an easy twisting motion. This product is useful for those with limited hand strength or use of only one hand. **Price: \$15.99**



Kitchen: Can Opener

Ideal for one-handed use. Punctures and opens a can with a few squeezes of the handle. Magnet on the handle lifts the lid out. Top rack dishwasher safe.

Price: \$19.99



Kitchen: Dycem Mats

This is a non-slip placemat that aids in allowing the user to eat while holding their dish in place.

Price: \$19.49 (comes in various sizes, this one is 10"x7.25")



Kitchen: T Rocker Knife

4" handle and a stainless-steel 3 ½" single edged blade. The knife can cut meat and other foods, dishwasher safe to 125 degrees Fahrenheit. Latex Free.

Price: \$24.99

Personal Care



Sponge Wash Mitt

Large opening is for people with limited hand function and fastens securely around the wrist.

Price: \$19.99

Dressing and Hygiene:

Dressing Stick Aid

Assists users into getting dressed without having to bend over

Price: \$49.99



Sock Aid

Assists users into putting socks on without having to bend over

Price: 9.99





Dressing and Hygiene: Zipper Puller

This will attach to your zipper or button for ease of getting dressed.

Price: \$19.99 (part of the dexterity kit)



Dressing and Hygiene: Nail Brush

This brush has a suction cup on the back to allow for easy mounting on the bath tub sides or tiles on the walls.

Price: \$9.99

Dressing and Hygiene: Hair Brush

Contoured brush with anti-slip handles are designed to fit against the user's entire palm. Polypropylene. Latex free.

Price: \$6.99



Dressing and Hygiene: Slant-Tip Tweezers

Gentle on hands designed for people with painful grip or pinch patterns.

Price: \$27.99



Multi-Use Dexterity Tools

Reacher/Grabber

Stick Reacher and Grabber

This stick will aid the user in picking up or reaching objects that are out of reach or without having to bend over for.

Price: \$20.99





Dexterity Tools: Foam

Foam can be used to fit on any handle, can come in various sizes and can be cut to match the user's needs

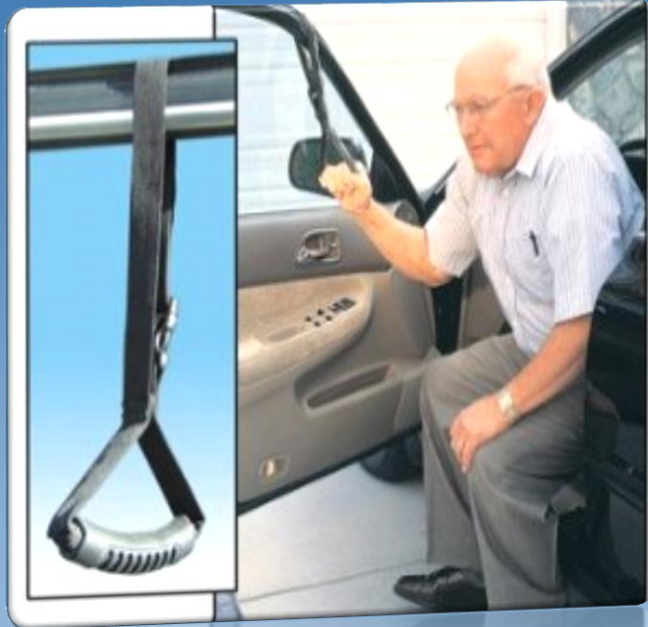
Price: \$10.00 per piece



Dexterity Tools: Bookstand

Allows someone to read a book or a magazine without having to hold it

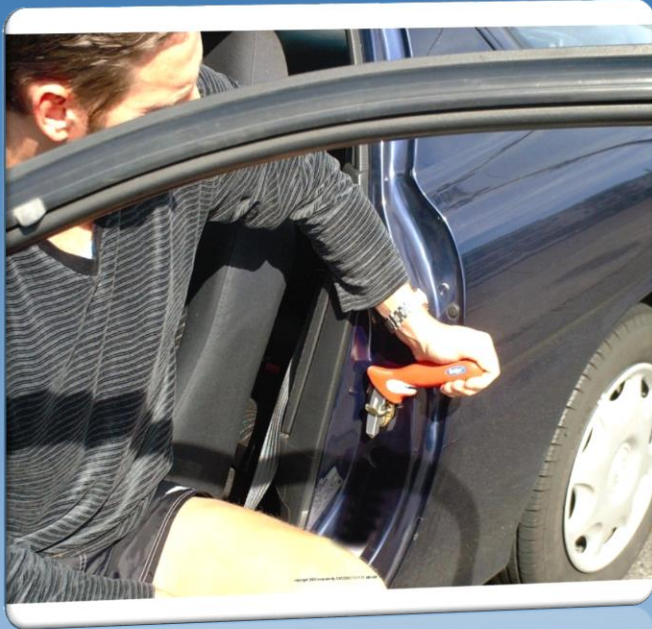
Price: \$23.99



Car Caddie Helping Hand

Quality nylon strap construction *
Adjustable handle height allows for
adjustment to meet varying heights of
vehicle window * Contoured ergonomic
buckle design provides easy attachment
to vehicle * Heavy duty cushioned grip
handle made of formed rubber pro

Price: \$14.97



Handybar

A heavy duty steel support handle with an ergonomic rubber grip to provide support when standing from any vehicle. Just slide the steel end into the locking mechanism or striker of the vehicle door frame, and stand with confidence and safety. It also comes equipped with a window breaker and seat belt cutter for safety.

Price \$30.00



Dexterity Tools: Seat Belt Puller

Glow in the dark, allows someone to put on their seatbelt without having to reach for it.

Price: \$10.00

Dexterity Tools: Dexterity Kit



Key turners

This key aid will clip onto most keys for easier grip and turning

Price: \$19.99 (part of the dexterity kit)

Pen & pencil cushions

These cushions will attach to most pens and pencils for easier grip and writing

Price: \$19.99 (part of the dexterity kit)

Lamp switch turners

Lamp switch turners attach to most on/off switches on lamps for activation/deactivation assistance

Price: \$19.99 (part of the dexterity kit)



Dexterity Tools: Door Handle

Durable, high-impact plastic. “Collar and thread” locking system comes with own wrench — no other tools required. Glow in dark version provides those with low vision added ability to locate knob. Knob: 2.625" diameter; handle: 4" long. Latex free.

Price: \$22.99



Dexterity Tools: Universal Cuff

Leather ADL cuff with elastic strap. Holds various utensils as well as the right-angle pocket (C1532 & C1533, page 1027). Sizes based on MCP width. Utensil not included. *Caution: This product contains natural rubber latex which may cause allergic reactions.

Price: \$13.99

Low Vision

Fluorescent Tape

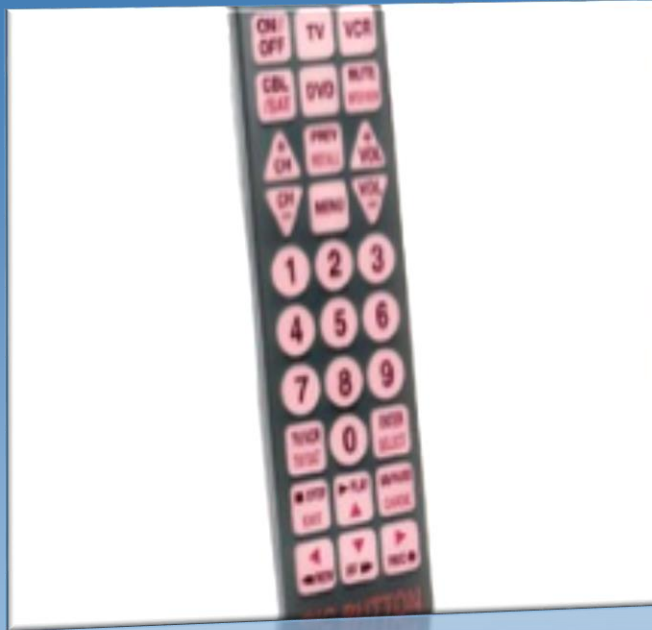


Tape can be used for marking dark edges or corners and other low visibility areas.

4 rolls, 1" by 66 yards

Price: \$5.99

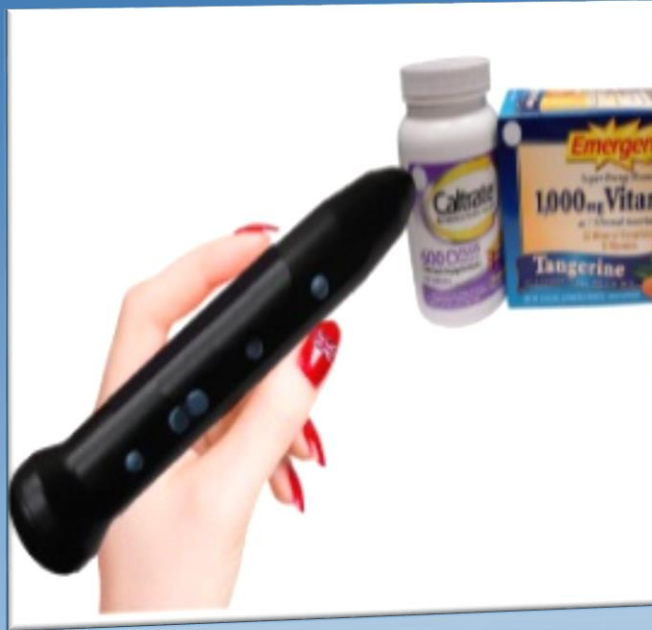
Low Vision: Big Button Remote



Replaces up to five remotes; controls TV / VCR/ Cable / Satellite / Auxiliary. Easy to read with extra-large buttons, large characters, brilliant lighted buttons and a simplified keyboard layout. Simple to program. Measures 9.5" x 2.5" x 1.25". Weighs 7.5 oz. Requires two AA batteries (not included). One-year warranty.

Price: \$49.99

Low Vision Home Office: PenFriend



- A new voice labeling system by RNIB that allows users to easily record, and re-record, information onto self-adhesive labels.
- ❖ Instantly play back the recordings - **no computer required.**
- ❖ label food items, including freezer food and add cooking instructions, film and music collections, organize household paperwork, record shopping lists or leave audio messages. Clothing that is dry cleaned can even be labeled.
- The PenFriend can also be used as a portable notetaker.

Price: \$139.95



Low Vision Home Office: Writing Guide and Letter Guide

Includes a signature guide, a business envelope and regular envelope guide, also a check guide. Other writing guides are in this kit includes a letter writing guide, another check guide and an envelope guide.

Price: \$22.99 (part of the Low Vision Essentials Kit)

Low Vision Home Office: Talking Calculator, 20/20 Pen, Signature Guide



Large Ruler

Large font, 12” ruler has bumps for the slash lines for easy feel and use.

Price: \$22.99 (part of the Low Vision Essentials Kit)

Bold marker

Marker is for easy sight, labeling and writing

Price: \$22.99 (part of the Low Vision Essentials Kit)

Talking Calculator

Calculator talks as you press the buttons

Price: \$54.99

Walking



Ice Cleats

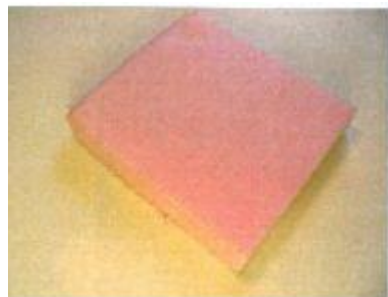
Strap on to shoes, come in a variety of sizes

Price: \$20

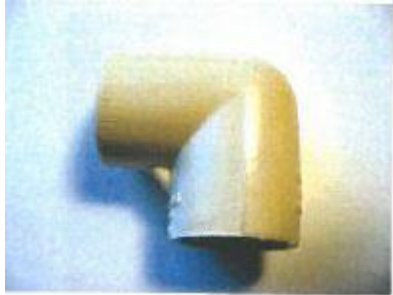
Assistive Technology Solutions in Minutes Toolbox

- * Includes a toolbox manual and DVD on how to work with a variety of materials and fabricate simple solutions
- * For pricing of these items, see the “Assistive Technology Solutions in Minutes” Handbook. These tools are meant to be able to construct assistive technology solutions for less than \$5, and all of the tools purchased were under \$100.

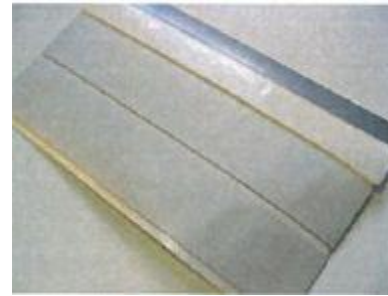
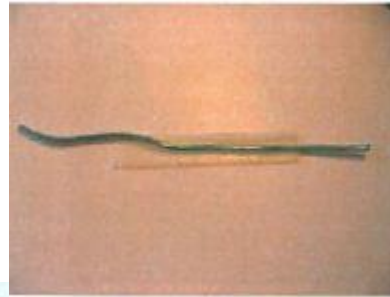
Assistive Technology Solutions in Minutes Toolbox cont'd



Assistive Technology Solutions in Minutes Toolbox cont'd



Assistive Technology Solutions in Minutes Toolbox cont'd



Contact Us

- * For any questions about these items, or others, or for a demonstration on the adaptive technology equipment and other services please contact us:

- * Rural Institute - MonTECH Program
700 SW Higgins Ave., Suite 250
Missoula, MT 59803
406-243-5751
1-877-243-5511 (toll free in state only)
Email: montech@ruralinstitute.umt.edu

Care Providers

- * Contact physical therapists, occupational therapists, other care providers for ideas

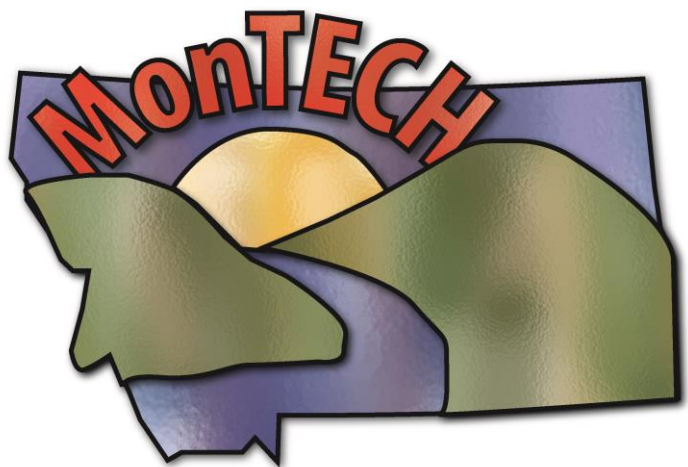
Other Resources

- * Montana Telecommunications Access Program
 - * 1-800-833-8503
- * Low-vision Clinic
 - * 888-279-7527

Use It or Lose It

- * Strength training
- * Continued use

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