



Fashion an Easier Lifestyle with Assistive Technology

K-STATE
Research and Extension

Assistive Technology

Assistive technology refers to a variety of devices and strategies to make life easier.

Assistive Technology

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



Assistive Technology

Almost anyone can benefit from assistive technology.



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

Assistive Technology

Be more independent.
Lessen the demands of caregiving.



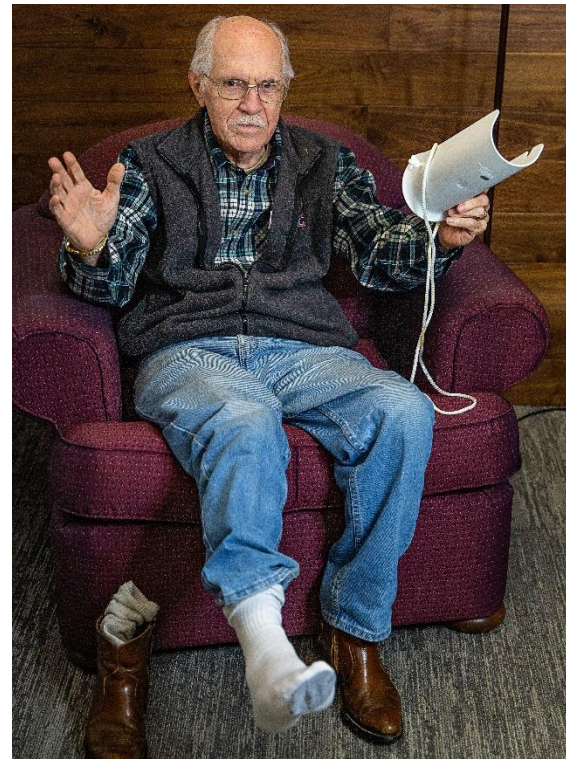
Technology for Everyday Tasks

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

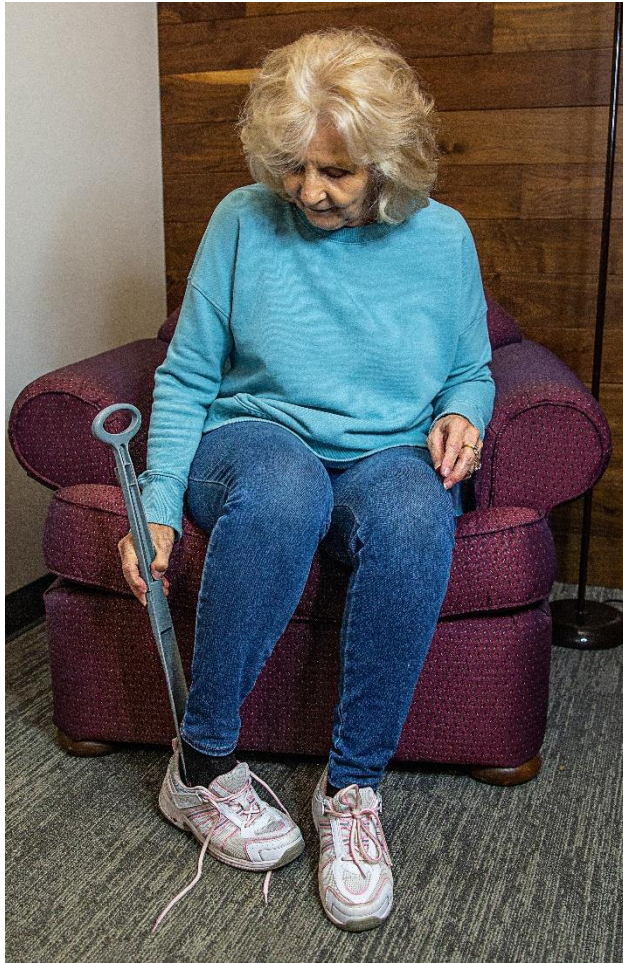
Personal Care



Sock Aid



Personal Care



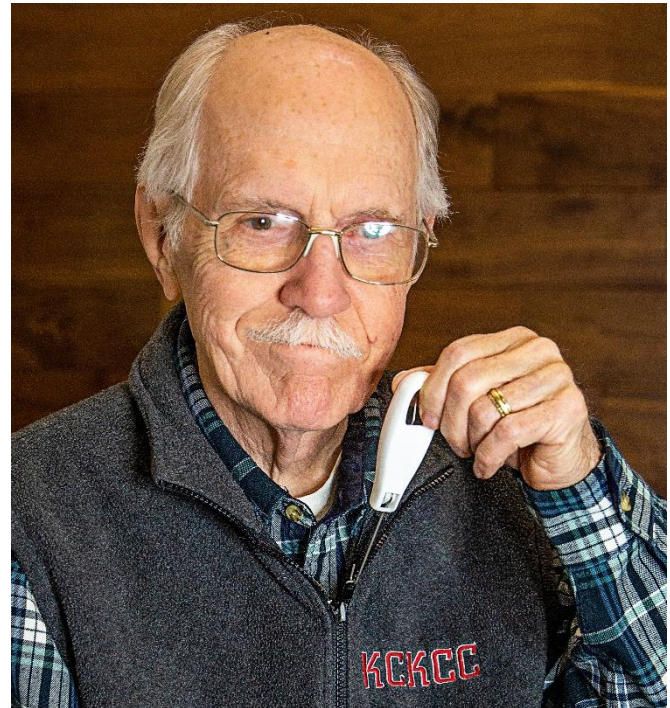
Long-Handled Shoehorn



Personal Care

Zipper & Button Puller

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

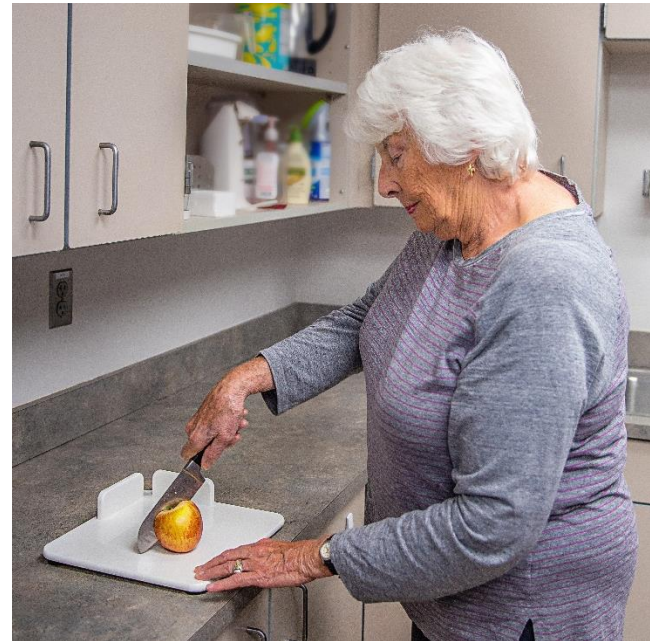


Food Preparation



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

Cutting Board



Food Preparation

Gear-Driven Can Opener



Food Preparation

Gear-Driven Can Opener



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

Food Preparation

Gear-Driven Can Opener

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



Food Preparation

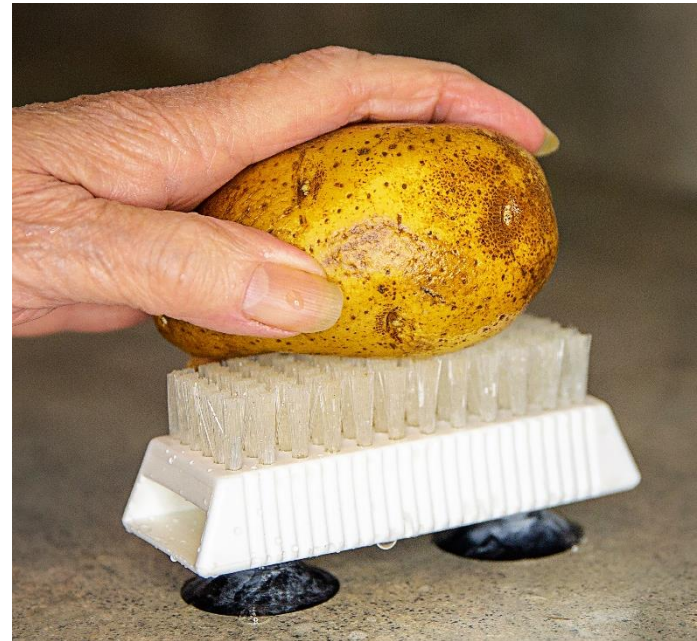
Gear-Driven Can Opener



- Slide back gray button to release can opener.

Food Preparation

Sponge Wash Mitt



Suction Brush

(Also good for washing fingernails.)

Food Preparation

Jar & Bottle Opener

- Attaches to wall.
- Screws are included.



Food Preparation

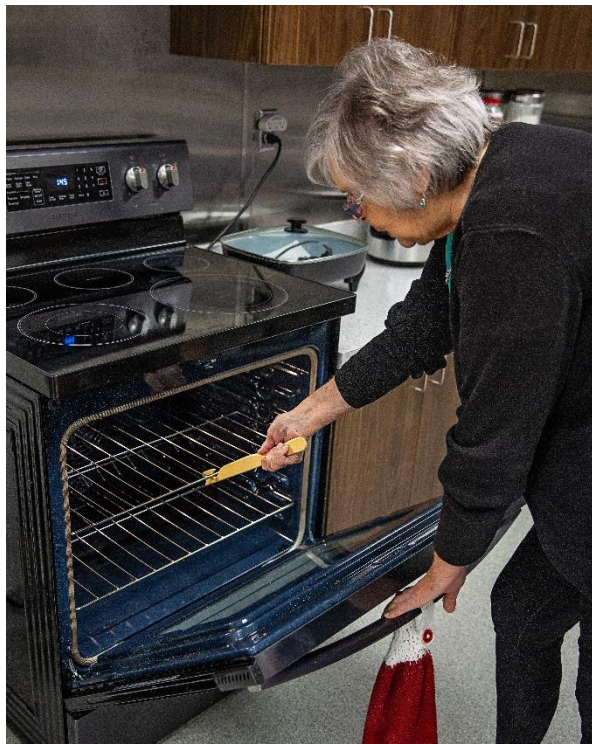
Rocker Knife



- Easy, one-handed cutting.

Food Preparation

Oven Push/Pull Helper



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

Food Preparation

Jelly Knife



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

Mealtime

Universal Cuff & Food Guard

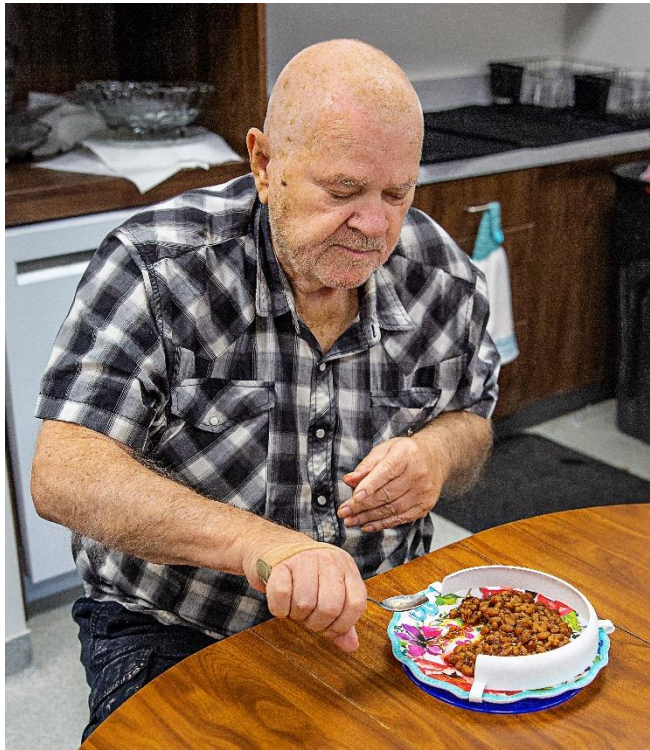


- Universal cuff holds a variety of different types of silverware.
- Guard holds food in place.



Mealtime

Dycem Pad



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

Household

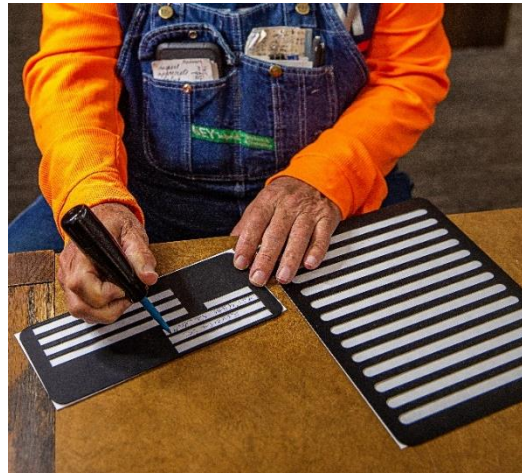
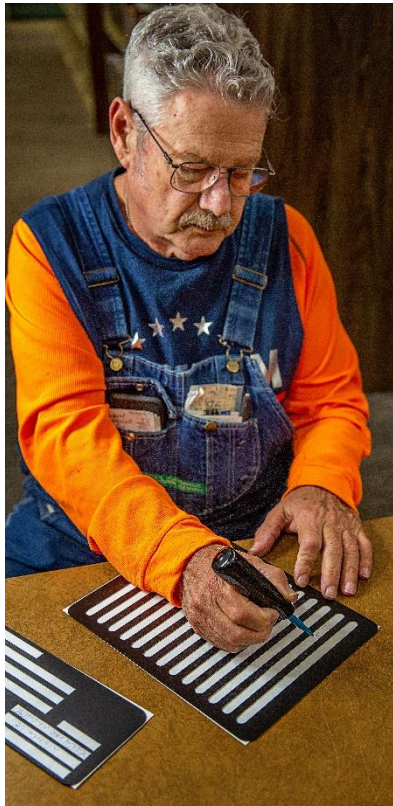
Long-Handled Toilet Bowl Brush



- Reduces amount of bending required.

Household

Writing Guides Set



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

Household

Key/Lock Identifiers

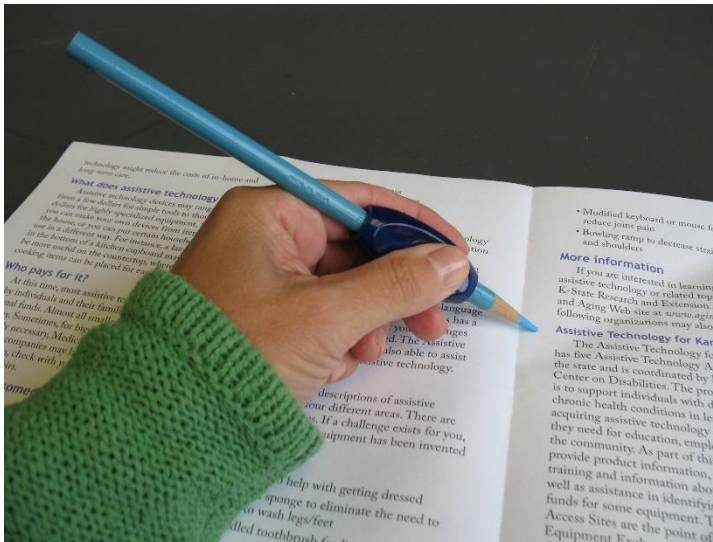


- Makes it easy to insert and turn keys.
- Assorted colors helps easily identify keys.



Household

Pen/Pencil Cushions



- Comfortable, easy grip helps hold pens/pencil.

Household

Foam



Multiple uses for an easier grip:

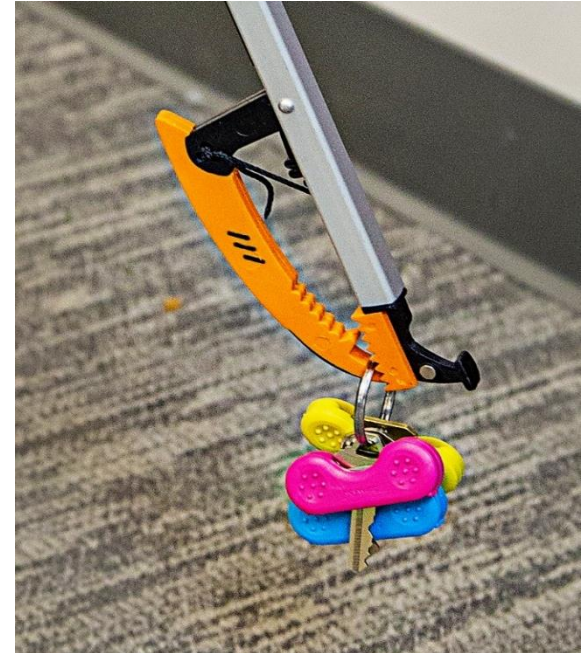
- Pen/Pencil
- Eating Utensils
- Personal care (toothbrush, razor)

Inexpensive to replace!

Household

Reacher

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



Household

Furniture Risers

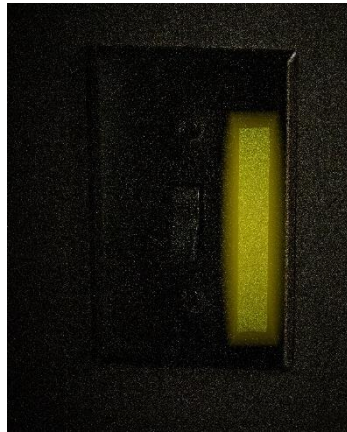


- Helps adjust furniture to the height that is best suited for the individual, minimizing bending and back strain.

Household

Glow Tape

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



Recreation

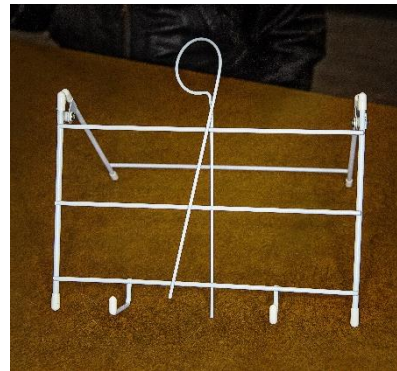
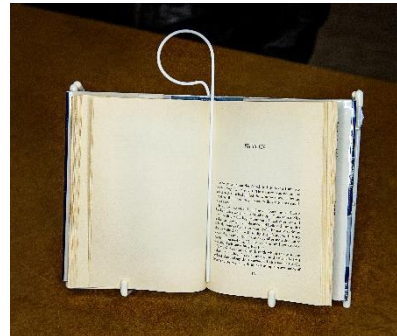
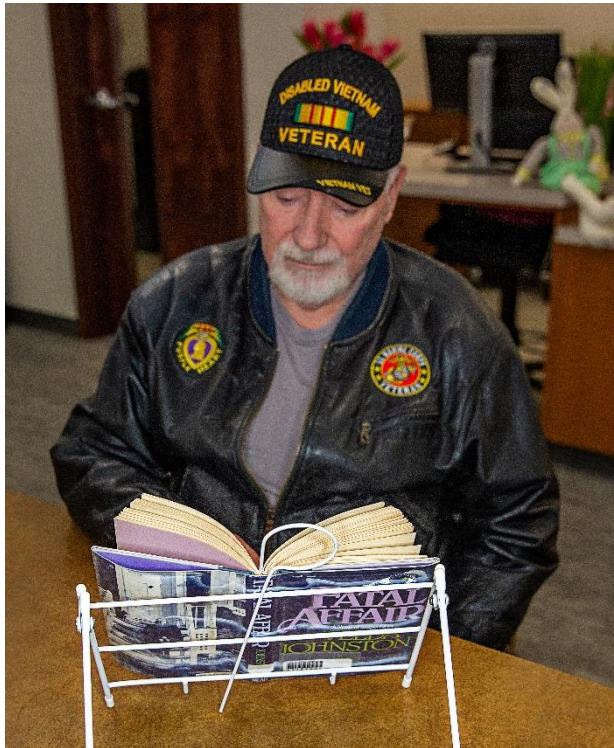
Hands-Free Card Holder



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

Recreation

Folding Book Stand



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

Recreation

Standing Page Magnifier



- Magnifies text to allow for easier reading.

Transportation

Seat Belt Handle

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



Transportation

Gas Cap Wrench



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

Transportation

Vehicle Support Assist Handle



- Portable handle also cuts seatbelts and breaks glass.

Transportation

Vehicle Support Assist Handle



- Provides leverage to assist in exiting a vehicle.

Gardening

Ergonomic Garden Tools



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

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.

Thank You to Our Partners

Financial assistance provided by the Kansas Department of Health and Environment, Arthritis Program; the Arthritis Foundation, Kansas Chapter; and the Assistive Technology for Kansans Project.

This publication was supported by KDHE through U58/CCU722793-05 from Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.



Thank You to Our Partners

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