

DAILY LIVING & ASSISTIVE TECHNOLOGY GUIDE

Daily life can sometimes be challenging, especially for individuals managing disabilities or ongoing health needs. Assistive technology and adaptive tools can help improve accessibility, comfort, safety, and independence. Needs may change over time, so exploring available supports can help identify what works best for your individual situation.

Digital Aids



Hearing aids

Support communication and hearing accessibility.



Speech-to-text apps

Assist with communication, note-taking, and writing tasks.



Reminder & scheduling tools

Helpful for medications, appointments, & routines.



Tablets & smartphones

Useful for communication, navigation, accessibility apps, and emergency support.

Physical Aids



Eyeglasses

Support vision and daily activities.



Adapted utensils

Designed to improve comfort and independence during meals.



Reachers & grabbers

Help safely access difficult-to-reach items.



Ergonomic furniture

Support comfort, posture, and accessibility at home or work.

Smart Home Solutions



Voice-controlled lights

Reduce the need to reach switches.



Automated doors

Improve accessibility and ease of movement.



Alarm systems

Provide added safety and emergency support.

Community-Shared Hacks



Rolling carts reduced lifting



Organizing items at waist height reduced strain



Phone reminders improved medication consistency



Raised seating made standing easier

Independence Looks Different for Everyone

Independence does not always mean doing everything alone. Using tools, technology, and support systems can help create safer, more manageable, and more fulfilling daily routines.