

## 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

*Is seeing a problem? There are solutions to help to...*

- Scan the environment
- Perceive depth, distance, and edges
- See in dim, reduced, or changing lights

*Are thinking issues interfering with independence? There are AT devices to help with...*

- Memory
- Planning
- Problem solving

The range of AT devices available to help people with disabilities do the tasks they need to do are almost limitless. There are AT devices to help people: put away groceries; clean the house; get help in an emergency; button, snap, zip and tie clothing; move about; water plants; read mail, cookbooks and newspapers; operate lamps and radios remotely; turn water on/off without touching the tap; see a phone ring; bathe safely; and speak. To determine if AT may be a solution, seek knowledgeable advice during the planning stages to help identify the AT devices and services needed and to set priorities for immediate and future needs.

**Next Steps:**

Planning for and selecting the right assistive technology can increase the probability of an individual remaining at home or returning to a community setting. A simple first step is to contact the **Arizona Technology Access Program**.

Visit our website at [www.aztap.org](http://www.aztap.org)



Website QR Code

Call 800-477-9921, 602-728-9534; 602-728-9536 (TTY).  
Reach us by email: [askaztap@nau.edu](mailto:askaztap@nau.edu) .

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56 statewide Assistive Technology (AT) Programs form a national network of statewide assistive technology (AT) programs. Information contained in this document represents the accumulation of knowledge of this national network. In Arizona this program is known as the Arizona Technology Access Program (AzTAP).

**AzTAP is a Phoenix-based program of the Institute for Human Development at Northern Arizona University.**



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