

# Assistive Technology Can Help YOU!

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The life of a caregiver can be incredibly busy. When your loved one needs help with daily living tasks such as dressing, grooming, walking and eating, a lot of time and energy is consumed on these tasks alone. Add to that doctor's appointments, medication management, housekeeping, grocery shopping, cooking and laundry and you wonder how to get it all done. And it's nice to share some quality time with your loved one, not to mention taking care of your own needs!

When there are so many things to do, assistance of any kind makes the day go smoother. Asking friends, relatives and neighbors for help is one great solution, but with social distancing in place, this may not be a great option. Another way of making your caregiving tasks more manageable is using Assistive Technology.

Assistive Technology is an item, piece of equipment, or product that helps a person do an activity that they might not otherwise be able to do. One example is using a weighted fork for a person with tremors. When using regular silverware, the person might need to be fed, but the weighted fork reduces the tremors, allowing them to eat on their own. Not only can Assistive Technology make completing tasks easier for the caregiver but also allows the person being cared for to do things more independently, which can be important to the person's mental health.

There are many assistive devices that can help people complete daily living tasks independently. Some things are as simple as sticky-backed foam dots, marking the wash cycle on the washing machine knob. Others are larger pieces of equipment like a raised toilet seat.

Helping people become aware of the assistive technology devices that are available is a challenge. Some are common items, like a long-handled reacher, back scratcher and a jar opener. But there are a lot of very innovative products that you have likely never heard of. Here are a few examples of Assistive Technology that can help with different areas of need:

## MOBILITY/TRANSFERRING

Swivel seat cushion

Furniture risers

Ceiling mounted pole

## BATHING/DRESSING

Sock aid

Shampoo trays

## EATING

Plate guard

Weighted forks

Forks with grips

## COOKING

Suction cup brushes

Rocking T knife

#### BATHING/DRESSING

Sock aid

Shampoo trays

#### GENERAL SAFETY

3-prong plug with helper

#### MEDICATION MANAGEMENT

Talking pill bottle

#### RECREATION

Lighted magnifying glass

Extra-large playing cards

Pocket talker

If you are interested in exploring how assistive technology might help you, contact your Aging and Disability Resource Center (ADRC). Assistive technology may be just the thing you need to make your role as a caregiver a little easier.

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