



special writing utensil. AT helps build confidence and independence by empowering people in doing things for themselves.

As an example, Roger has persistent hand tremors in both hands that make eating and cooking more challenging. He'd like to continue cooking for himself, particularly his famous stir-fry. An example of AT that could help Roger is a unique cutting board that has a chef's knife pivot mounted directly to the cutting board. There are suction cups to secure the board to the counter, so cutting only requires the use of one hand and simple motions. And, with the addition of a stabilizer spoon to compensate for his hand tremors, more of Roger's stir-fry masterpiece will make it into his mouth.

Tasha's daughter just started a new job, and Tasha wants to provide support and encouragement to her through phone calls. But Tasha has trouble hearing incoming calls and the speaker on the phone. An amplified telephone would boost the sound for Tasha. A signaling device could be added to alert her that someone is calling by flashing a light or playing a loud tone. Some of these



phones also have large print dial pads or picture dialing capabilities to make it easier to place outgoing phone calls as well.

With just a few simple pieces of technology, Roger and Tasha can combat obstacles that were hindering their independent-living journey. With thousands upon thousands of AT options available, older adults should feel encouraged to find the support they need so they can live their best lives at home.

Amber Bruner is program and communication assistant at Access to Independence, which has provided resources, services, and advocacy to people of all ages and disabilities for over 40 years. Thanks to partnerships with the Public Service Commission of Wisconsin and Wistech (Wisconsin's AT program), Access to Independence has over a thousand pieces of AT available for demonstration and loan. Call (608) 242-8484 or go to [accesstoindependence.org/assistivetech](https://www.accesstoindependence.org/assistivetech) so they can help you find the perfect AT for your unique situation.

Photographs provided by Access to Independence.



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# Assistive Technology FOR AGING AT HOME

by Amber Bruner

Aging at home can present a unique set of challenges for older adults. Loss of hearing, sight, or mobility can impact daily life and prevent feeling independent at home and within a community. Assistive technology (AT) can aid in performing activities that are otherwise difficult, helping people with

disabilities regain their independence and live more active lives.

AT is any piece of equipment, software program, or product used to increase, maintain, and improve functional capabilities. It can be as high tech as a computer or as low tech as a

