



A simple block of wood makes this door easier to lock and unlock.



A bigger knob makes lights easier to turn on and off.

Most simple technology solutions cost between 0 and \$25 and are readily available in local stores. Many adaptations to the home can be done by community volunteers or family members— just ask us!



East Tennessee Technology Access Center
116 Childress Street
Knoxville, TN 37920
(865) 219-0130



Transforming disabilities into possibilities



Tech:Assist

Assistive technology for independent living for seniors, at home and in the community

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What is assistive technology?

Assistive technology is any piece of equipment, whether purchased or made at home, that is used to **increase, maintain, or improve** a person's functional capabilities.
(Assistive Technology Act, 1998)

Assistive technology can be:

- Grooming aids
- Dressing aids
- Cooking aids
- Eating aids
- Visual aids
- Assistive listening aids
- Alternative communication devices
- Leisure and recreation aids
- Home modifications
- Mobility equipment

For assistance with equipment, in finding funding for assistive technology products and services, or to request training on assistive technology, call ETTAC at (865)219-0130 (voice/TTY), email ETTAC at ettacmain@gmail.com or visit our web site at www.ettac.org

Around the house . . .



Getting in and out of chairs is easier with a simple box underneath.

Other simple technology aids around the house:

- Lever doorknobs
- Non-skid mats under rugs and in the shower
- Grab bars in hall, bathroom, bedroom and kitchen
- Carpenter's aprons with pockets to carry things
- Foam tubing builds up handles of garden tools, toothbrushes, and many other items

ETTAC is a nonprofit agency that has provided assistive technology devices and services to people with disabilities and their families in 24 counties of East Tennessee since 1988.

In the kitchen . . .



Bowls can be "locked" to keep them from moving around by a person who uses one hand to stir.



Cutlery, plates, and cups can be adapted in many ways.



Reachers, grabbers, "fat" handles on kitchen utensils and other devices are aids in cooking.

Simple technology aids allow people to live in their homes with more independence and dignity.

Ideas for using simple technology in the home:

- Add self-locking casters to chairs to make them move easier
- Three-ring binders can be padded and used as support for writing and reading
- Wooden platforms can be used to help step into bed or bathtub.



Stair rails make an attractive grab bar - or exercise bar - in this home.

Tech:Assist is funded in part by grants from Knox County and the City of Knoxville, area United Ways, and the Tennessee Technology Access Program.



Assistive technology devices help people speak, see and hear.



Speech generating devices may be funded by Medicare, TennCare or private insurance.



Devices called closed-circuit televisions, or CCTV's, enlarge books and other print materials.



TTY's and FM systems help people hear or use the phone.