

# KY-SPIN's Youth eNews 2/27/2026



## Youth News!

### Get **SET**...**S**upport, **E**ducate, **T**rain for Success!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

### Subscribe to KY-SPIN eNews



### Assistive Technology Empowerment

This video, How Assistive Technology Supports Students With Disabilities, is designed to help educators, families, and self-advocates understand how assistive technology (AT) can remove barriers and increase access to learning for students with disabilities. It highlights practical examples of AT tools and strategies that support communication, participation, and independence in the classroom and beyond, emphasizing how thoughtful implementation of technology can empower students to reach their academic and personal goals.



### Tech Tools for Success

February is the perfect time to focus on growth, fresh goals, and the tools that help us succeed. This month, our newsletter is highlighting how assistive technology can support teens with disabilities at school and in everyday life. Assistive technology is not cheating, it's about leveling the playing field. From speech-to-text programs and visual schedules to reminder apps and adaptive kitchen tools, these supports help you access learning, stay organized, and build confidence.

Using the right tools can increase your independence at home, improve participation at school, and open doors in the community. When you understand what works best, you can begin to advocate for the supports you need in IEP meetings, at work, and beyond. February is a great time to explore new strategies, practice using helpful tools, and remember that success looks different for everyone and that's okay.

## Kentucky's Exceptional Youth Voices!!!

### Student Question:

I'm 13 and I have a disability that makes homework really hard for me, especially writing and staying organized. I think assistive technology might help, but I don't know how to ask my teacher for it.

### Answer:

First, know that asking for help is not complaining, it's self-advocacy. Self-advocacy means speaking up for what you need to be successful. You can start by telling your teacher, "I've noticed I struggle with writing and organization. I think tools like speech-to-text or a planner app might help me do my homework better. Can we talk about options?" You can also bring this up at your IEP meeting with a parent, guardian, or case manager and ask if assistive technology can be added to your supports. Remember, the goal is to make learning accessible so you can show what you know.



Each month, we will share an advocacy success story or answer a question about life, school, and friends sent to us by students around the state. Your stories and questions are important, so don't wait, be a part of the changes in Kentucky today.

## Ready to Think About the Tools That Help You Succeed?

This Assistive Technology Reflection Worksheet is a simple, student-friendly guide designed to help you think about what tools and supports you might need at school.

From text-to-speech and visual schedules to communication devices, this tool helps you think about the areas you find challenging and explore supports that might make learning easier. By working with a teacher or trusted adult, you can identify what you already use, understand how it helps,

and brainstorm additional tools that could support your success.

Once you recognize what supports you need, it's time to use your self-advocacy skills. Speak up If you would like new tools or accommodations added to your IEP.

## Technology at School

Adaptive/assistive technology are tools or devices that help students with disabilities do school tasks they would otherwise find hard — like reading, writing, communicating, or participating in class. These can be simple tools (like pencil grips or visual schedules) or software and devices (like screen readers or communication systems).

In what school tasks do I need help?

- Reading
- Writing
- Speaking / communicating
- Hearing / listening
- Moving around
- Organizing work
- Other:

What tools might help me with these tasks?

Write 3 ideas:

---

---

---



### REMEMBER

- ✓ Using technology is smart
- ✓ Using technology is self-advocacy
- ✓ Using technology is independence



©2025 KY-SPIN, Inc. [www.kyspin.com](http://www.kyspin.com) Tech = Access



Youth Suite

Subscribe: Youth  
eNews

## Helpful Resources

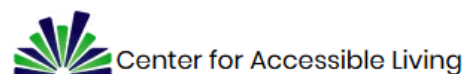
As you work on your transition planning, assistive technology (AT) can be a powerful tool to help you build independence and reach your goals. Assistive technology includes tools, devices, apps, and supports that help you learn, work, communicate, and live more independently.

Learning about assistive technology step by step can help you understand what supports are available and how to ask for them at school, at work, or in your community. When you know your options, you can speak up for your needs with confidence and make choices that match your goals.

Your community has assistive technology supports available, and organizations like **KY-SPIN** can help you explore, understand, and access them. With the right tools and guidance, you can take charge of your future and build the independence you want.

 **AT3**  
Center

 **JAN**  
Job Accommodation Network

 Center for Accessible Living

 **Kentucky**  
Career Center  
Career Training Employer

**Technology at Home**

<p><b>Safety &amp; Security</b></p> <p>Smart doorbells or voice-activated lights — make it easier to see and control who's at the door and lights.</p> <p>Grab bars and railings — help prevent falls in bathrooms and hallways.</p>	<p><b>Kitchen &amp; Food Prep Aids</b></p> <p>Adaptive utensils, rocker knives, cutting boards with non-slip surfaces for easy food prep.</p> <p>Non-slip mats and easy-grip tools — make cooking and eating easier.</p>
<p><b>Cleaning &amp; Daily Chores</b></p> <p>Grabber/reacher tools to pick up items without bending or robot vacuums to clean floors with less effort.</p> <p>Adaptive kitchen brushes &amp; sponges with ergonomic handles.</p>	<p><b>Mobility &amp; Movement Tools</b></p> <p>Walkers, wheelchairs, rollators</p> <p>Shower chairs, transfer aids to make bathroom tasks easier.</p> <p>Entry ramps and stair rails</p>

**Where to Find Technology**

Assistive Technology Programs:  
Office of Vocational Rehabilitation, Housing Solutions, HCS

Device Lending Libraries:  
RAD (Rehabilitation) Lending Library

Occupational Therapists & Disability Centers:  
They can help you identify the best tools for your needs and sometimes let you try tools before you buy.

A Guide to Assistive Technology Families in Kentucky  
©2025 KY-SPIN, Inc. www.kyspin.com Tech = Access



Our **Assistive Technology at Home Infographic** helps YOU explore the different types of tools that can support daily living, from kitchen gadgets and cleaning supports to home safety devices and communication tools. It breaks down examples in simple, easy-to-understand categories and shows how these tools can increase safety, independence, and confidence.

You'll also learn where to find assistive technology — including online stores, local medical supply companies, vocational rehabilitation services, disability resource centers, and community programs that may help with funding. Whether you're working toward living on your own or just building more independence at home, this infographic gives you practical ideas and next steps to get started.

The video **Assistive Technology: Enabling Dreams** showcases how a wide range of assistive technologies—like voice-activated software and customized computing tools—help students with disabilities communicate, learn, and participate more fully in school and everyday activities. It gives real examples of these tools in action and highlights the difference they make in overcoming barriers to learning. Throughout, the focus is on how technology can open doors and empower learners to pursue their goals with greater independence and confidence.

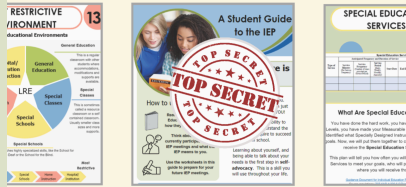
After watching the video and seeing how students used tools to pursue their interests, think about what assistive technology could help you follow your own passions more independently and confidently.





## Youth Guide to the IEP

### The Secret is Out!!!



We are currently finishing up editing this highly anticipated resource. Sign up so we can send it straight to your inbox before its public release.

Have you ever wanted an easy to read guide to Individualized Education Programs? Would you like worksheets and vocabulary to help you prepare for meetings and better understand your role in the ARC?

The wait is almost over! [Click here](#) to request a copy of our new fully accessible IEP guide for Youth, and you'll receive it via email as soon as it is released.



## If you need someone to talk to...

988 Suicide & Crisis Lifeline: Call or Text 988  
Website: <https://988.ky.gov>

Learn more about us [KY-SPIN Infographic](#)  
REQUEST ASSISTANCE OR MAKE A REFERRAL  
800-525-7746 or 502-937-6894- [spininc@kyspin.com](mailto:spininc@kyspin.com)  
[Contact Form \(www.kyspin.com/contact/\)](http://www.kyspin.com/contact/)

Download Printable [KY-SPIN Referral Form Here \(https://tinyurl.com/4t2evb59\)](https://tinyurl.com/4t2evb59)



KY-SPIN, Inc. | 800-525-7746 | [spininc@kyspin.com](mailto:spininc@kyspin.com) |  
[Website](#) | [Donate](#)



The contents of this eNews were developed in part under a grant from the US Department of Education, # H328M250119. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government.



Information contained herein are for informational purposes only and do not imply endorsement by SPIN or KY-SPIN, Inc.

KY-SPIN, Inc. | 10301-B Deering Road | Louisville, KY 40272 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!