Technology = Access

Examples of Helpful Technology

You may already use some of these tools:

Speech-to-Text (talk instead of type)

Text-to-Speech (hear words read aloud)

Spell check and word prediction

Timers, reminders, and calendars

AAC* devices or communication apps

Screen readers or screen magnifiers

Maps and navigation apps

These tools provide access, not an advantage.

TECHNOLOGY
Helps remove barriers so you can show your real skills and abilities.

ACCESS
Getting the same opportunity as others by reducing barriers related to your disability

INDEPENDENCE
Showing what you know in a way that works for you, at work, school, home or in the community

*AAC: Augmentative and Alternative Communication

©2025 KY-SPIN, Inc.   www.kyspin.com   Tech = Access

Technology at Work or in the Community

Adaptive technology can be simple aids or advanced digital tools used for physical tasks, communication, accessibility, organization, and more. Below are a few examples:

Visual Schedules	Communication Cards	Captioning	Adaptive Keyboards
Voice Recognition Software	Organizational Tools	Magnification Software	Preferred Seating

The JAN website (AskJAN.org) is the official home of the Job Accommodation Network (JAN) — a free, expert, and confidential resource that helps people with disabilities with workplace accommodations and disability employment questions.

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**

Technology at Home

Safety & Security

Smart doorbells or voice-activated lights — make it easier to see and control who's at the door and lights.

Grab bars and railings — help prevent falls in bathrooms and hallways.

Kitchen & Food Prep Aids

Adaptive utensils, rocker knives, cutting boards with non-slip surfaces for easy food prep.

Non-slip mats and easy-grip tools — make cooking and eating easier.

Cleaning & Daily Chores

Grabber/reacher tools to pick up items without bending or robot vacuums to clean floors with less effort

Adaptive kitchen brushes & sponges with ergonomic handles

Mobility & Movement Tools

Walkers, wheelchairs, rollators

Shower chairs, transfer aids to make bathroom tasks easier

Entry ramps and stair rails

Where to Find Technology

Assistive Technology Programs:
Office of Vocational Rehabilitation, Housing Futures - HDI

Device Lending Libraries:
KATS Network 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 Funding In Kentucky

EMPOWERING KENTUCKIANS SINCE 1988
KY-SPIN

Create your own Adaptive Technology Plan

Write 2 tools you want to try at home:

Write 2 tools you want to try at school:

Write 2 tools you want to try at work or in community:

Where will you look for them:

You are not alone. Ask people you trust to help you with your plan.

"What adaptive tools can help me the most at home?"
"Can we borrow or test a tool before getting it?"
"Are there job aids or training videos for how to use this device?"
"Can someone help me choose the right tool?"