

ASSISTIVE TECHNOLOGY RESOURCE GUIDE:

ACTIVITIES OF DAILY LIVING

What is available to support activities of daily living?

Any tool which helps a student be more independent with any task throughout their day. This can be anything from specialized placemats, to tools to help them be more independent in the bathroom. The tools available are dependent on what ADLs happen in your environment.

What types of students might benefit?

These types of activities in the school are typically supporting students who have cognitive and/or physical issues. Many of these students are in more restrictive environments.

How does it help?

Within the context of the school environment there are some students who need support in learning these skills which may allow them to more independently access the school environment with fewer restrictions. These skills also support transition vocational activities. An ADL tool may be necessary to support the transition to independence while learning or may be a permanent fixture of a student's life. It doesn't teach a specific skill, it supports that skill.

Who can be a support on your team?

Occupational Therapist, Physical Therapist, Speech Therapist, Vocational Coach or Coordinator, Nurse, Teacher, Student, Parent

Activities of Daily Living skills to consider:

- Feeding self
- Prepare snack & meals
- Dressing self
- Perform personal hygiene and grooming tasks
- Perform medically necessary procedures
- Perform simple household chores
- Transferring self
- Toileting self

Common Classroom Tools:

- ADA compliant accessibility features
- Cleaning materials and appliances
- Computer/tablet/word processor
- Document camera
- Eating and cooking utensils
- Personal hygiene tools
- Safety Rails
- Ramps

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Common Accommodations/Modifications/Strategies:

- Change complexity of task
- Increased time
- Modeling appropriate skills
- Needed items within reach
- Stabilization strategies
- Use visual supports
- Verbal and/or visual cues

Assistive Technology Solutions:

- Adapted eating utensils
- Adapted dressing aids
- Adapted cooking and food preparation aids
- Adapted personal hygiene aids
- Adapted household cleaning tools and appliances
- Adapted toileting equipment
- Picture cues
- Environmental control units
- Power control units
- Slant board/book holders for positioning
- Transfer boards
- Switches

Products mentioned below are examples of available items. Their listing in this guide is not an endorsement or suggestion for purchase. Consideration of the tool should be individualized to each student.

Example Products



Angled Cutlery
<https://www.daily.com.au/>



Transfer Board
<https://www.performancehealth.com/>



Roberts Book Holder Easy
<http://www.therapro.com/>



Key Turner
<https://www.carex.com>