



Checklist

What assistive technology do you currently use?

How to use this checklist

We wrote this checklist in an easy to read way.

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.

This checklist uses words to describe types of assistive technology from a document called AS/NZS ISO 9999:2023 Assistive products – Classification and Terminology.

[You can read more about this document here.](#)

You can ask for help to read this checklist.

A friend, family member or support person may be able to help you.

About this checklist

This checklist will help you work out what assistive technology you are currently using.

There are 11 **classifications** of assistive technology.

Classifications are when types of assistive technology are grouped together based on the support they provide to a person.

We explain each classification of assistive technology in more detail below.

Assistive technology to monitor or check a person's health, and to support learning.

This includes:

- checking your blood pressure – to measure how well your heart is pumping blood around your body
- helping you manage different types of pain
- giving you medication
- helping you learn how to put words or numbers in the correct order.

For example, there are wearable technology like smart watches that can help monitor your health and well-being.

Assistive technology to help a person to do things their disability makes it hard for your body to do.

For example, if you need to support your arm or leg, there are aids or equipment like a splint or a brace that you can use.

Assistive technology to help a person with everyday self-care activities.

This includes activities like:

- getting dressed or undressed
- eating
- using the shower
- using the bath
- using the toilet.

Assistive technology products include:

- shower chairs and stools

- hand rails
- bath seats
- toilet seat raises or frames that go over the toilet.

Assistive technology to help a person to move around safely or use transport, like a car or van.

It includes:

- walking sticks and canes
- powered wheelchairs
- walking chairs and trolleys
- **rollators** – they are a walking device which can be moved by pushing or pulling
- equipment that lifts you in or out of a vehicle
- seats that turn around.

Assistive technology to help a person to do activities around their home.

It includes equipment to help:

- wash dishes
- clean
- do your laundry
- get food or drinks ready.

Furniture and other assistive technology to help with mobility and activities inside and outside a person's home.

This includes changes you might need in your home to make your:

- daily life easier
- home easier to get around.

This includes:

- door openers
- handrails
- ramps
- chairs that can have their height changed
- mattresses for a bed that help with pressure care
- equipment that lifts you and moves you.

Assistive technology to help a person to see, hear, talk, and communicate, or remember to do day-to-day tasks.

This includes:

- communication boards or books
- screen reader programs for your computer
- alarm clocks that vibrate
- smoke alarms that talk
- doorbell and phone alert systems
- devices that increase the volume on the TV or radio
- schedules or timetables with pictures.

Assistive technology to help a person to use, carry, hold, or move objects.

This includes:

- bottle and can openers
- push buttons to use electrical equipment, such as a blender
- devices worn on the body to hold an object
- braille keyboards
- handles that swivel.

Assistive technology to help a person control the environment around them.

This includes:

- lights that turn on when you walk into a room
- timer switches for setting devices to come on and off at a particular time of the day or night.

Assistive technology to help a person do their job, or to build skills that are important for employment.

This includes:

- desks that can move up and down
- comfortable chairs
- devices worn by you to keep you safe at work, like head or eye protection
- products that teach skills that are important for employment, like training in how to use a computer.

Assistive technology to help a person participate in games, sports, and hobbies.

This includes:

- products to help you play board games, card games, and computer games
- equipment to help you play sports like baseball, basketball and tennis
- products to help you with arts and crafts, like painting and sewing.

Checklist

The checklist includes the 11 classifications of assistive technology.

For each classification of assistive technology please put a tick in the box for the answer that is true for you:



Tick '**No**' if you think you do not use this type of assistive technology.



Tick '**Not sure**' if you do not know.



Tick '**Yes**' if you currently use this type of assistive technology



If you tick 'Yes', there is space to write the name of the assistive technology products you currently use.

What assistive technology do you currently use?

Assistive Technology	 No	 Not sure	 Yes	 If 'Yes' write the name of the assistive technology products you use in the space below
Assistive technology to monitor or check your health, or to support your learning				
Assistive technology to help you do things your disability makes it hard for your body to do.				
Assistive technology to help you with everyday self-care activities				
Assistive technology to help you move around safely or use transport, like a car or van.				
Assistive technology to help you do activities around your home.				

Assistive Technology



No



Not sure



Yes



If 'Yes' write the name of the assistive technology products you use in the space below

Furniture and other assistive technology to help with mobility and activities inside and outside of your home.

Assistive technology to help you see, hear, talk, and communicate, and to remember to do day-to-day tasks.

Assistive technology to help you use, carry, hold, or move objects.

Assistive technology to help you control the environment around you

Assistive technology to help you do your job, or to build skills that are important for employment.

Assistive technology to help you participate in games, sports, and hobbies.



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