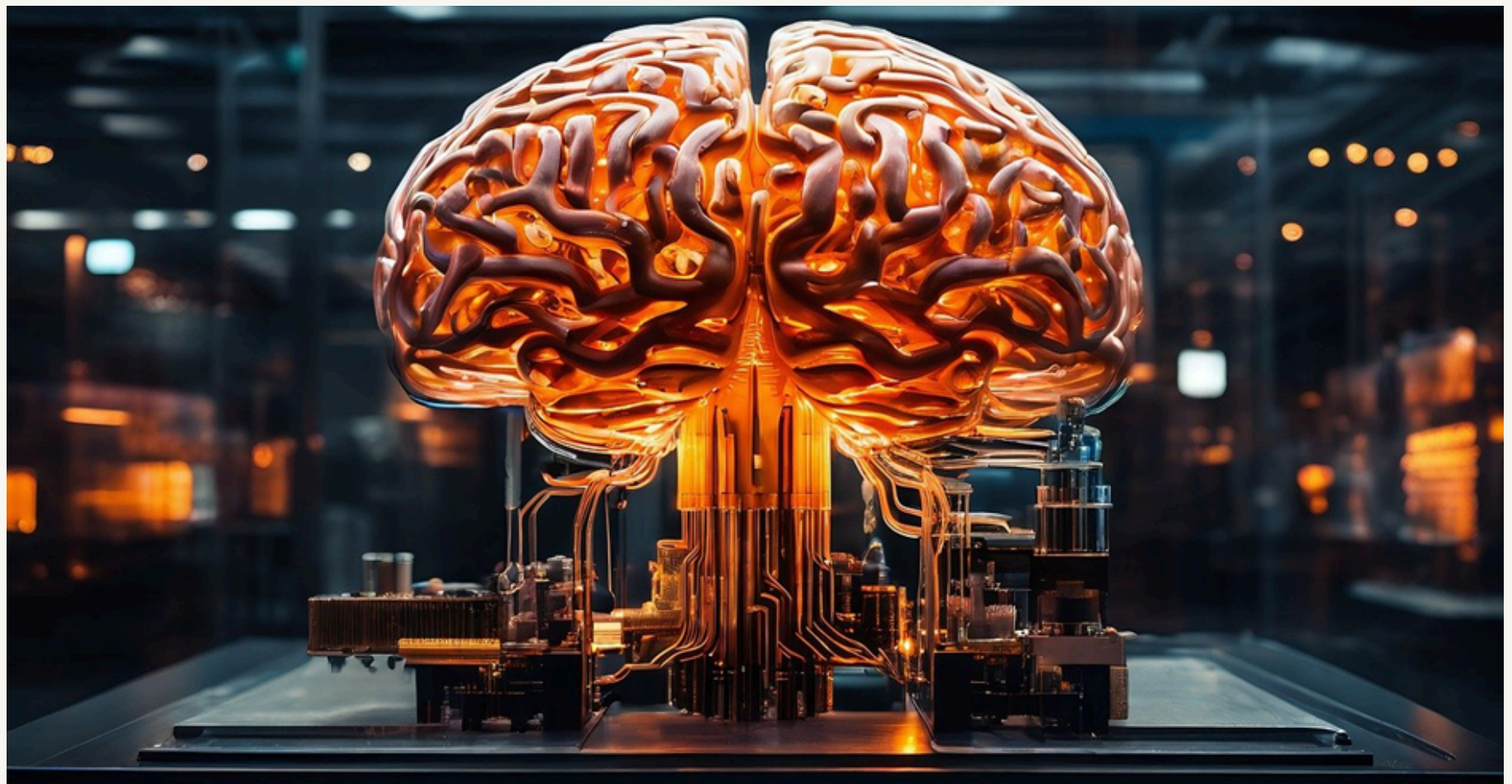


# ENHANCING LIVES

## HOW ASSISTIVE TECHNOLOGY BOOSTS FUNCTIONAL CAPACITY AND DAILY LIVING SKILLS



### What is Assistive Technology?

Assistive technology refers to devices, equipment, or systems that help individuals with disabilities perform functions that might otherwise be difficult or impossible. This can include anything from a basic cane or walker to sophisticated communication devices and powered wheelchairs. The goal of assistive technology is to bridge the gap between a person's abilities and the demands of their environment.

### Enhancing Functional Capacity

Functional capacity refers to an individual's ability to perform tasks and activities that are essential for daily living. Assistive technology can significantly enhance this capacity in various ways:

#### Mobility Aids

Devices such as powered wheelchairs, scooters, and stair lifts enable individuals with mobility impairments to move around independently. These aids not only improve physical mobility but also provide a sense of freedom and autonomy.

#### Communication Devices

For individuals with speech or language impairments, augmentative and alternative communication (AAC) devices can be life-changing. These include speech-generating devices, communication boards, and specialized software that help users express their needs and interact with others effectively.

#### Hearing Aids and Visual Aids

Hearing aids, cochlear implants, and visual aids like screen readers and magnifiers help individuals with hearing and visual impairments perceive the world around them more clearly, enhancing their ability to engage in daily activities.

#### Prosthetics and Orthotics

Advanced prosthetic limbs and orthotic devices support individuals with limb loss or musculoskeletal disorders, allowing them to perform tasks such as walking, grasping, and lifting with greater ease and precision.



# Improving Daily Living Skills

Daily living skills are the activities that people do every day to manage their lives and maintain their independence. Assistive technology plays a crucial role in supporting these skills:

## Self-Care

Tools like adaptive utensils, dressing aids, and shower chairs enable individuals to perform self-care tasks such as eating, dressing, and bathing independently. This not only improves their self-esteem but also reduces reliance on caregivers.

## Home Management

Smart home technologies, such as voice-activated assistants, automated lighting, and smart thermostats, help individuals with disabilities manage their homes more efficiently. These technologies can be controlled remotely or through simple voice commands, making daily chores more manageable.

## Education and Work

Assistive technology facilitates access to education and employment opportunities for individuals with disabilities. Adaptive software, ergonomic workstations, and accessible online platforms ensure that everyone has the chance to learn, work, and contribute to society.

## Recreation and Leisure

Specialized recreational devices, such as adaptive sports equipment and accessible gaming systems, allow individuals with disabilities to participate in leisure activities that promote physical and mental well-being.

# Real-Life Impact

Consider the example of Sue, a 59-year-old woman who experienced a stroke, resulting in paralysis on the right side of her body. Through the use of a powered wheelchair, a four-wheeled gutter frame, and a communication device, Sue has regained much of her independence. She can move around her home and community, communicate effectively, and perform self-care tasks with minimal assistance. Sue's quality of life has significantly improved, allowing her to continue engaging in activities she loves, such as attending mosque and spending time with her family.

## Endnote

Assistive technology is more than just a set of tools; it is a gateway to independence, empowerment, and improved quality of life for individuals with disabilities. By enhancing functional capacity and supporting daily living skills, these technologies help bridge the gap between potential and reality, enabling individuals to live fuller, more engaged lives. As technology continues to evolve, the possibilities for enhancing the lives of those with disabilities are boundless, promising a future where everyone can thrive.

