

We provide you with the knowledge, experience and encouragement to be assertive when faced with obstacles to your independent living goals.

All people should be able to make decisions affecting their own lives.

Disabilities Network of Eastern Connecticut, Inc

19 Ohio Avenue  
Norwich, CT 06360

The Disabilities Network of Eastern Connecticut is a consumer- controlled 501 (c)(3) non-profit agency.



Assistive Technology

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*Dedicated to supporting YOUR rights.*

*Working to empower YOU to make choices.*

*Advocating for change that helps YOU become included in your community.*

## What is DNEC?

DNEC is a nonprofit agency serving persons of all ages and all disability types who reside in eastern Connecticut. DNEC utilizes peer mentoring, self-advocacy and independent living skills training to assist individuals with disabilities to reenter or remain in the community and to make meaningful life choices.

## What is Assistive Technology?

Assistive Technology is used to describe devices that lessen or remove barriers faced by persons with disabilities. It is the name for the wide range of technology that helps individuals perform functions that might be otherwise difficult or impossible.

## Types of Assistive Technology

There is a wide array of devices that are used to increase the independence of a person with disabilities. Some of the more common devices are wheelchairs, ramps, videophones, and walkers.

There are both high tech assistive technology and low tech assistive technology in the groups of devices that make life easier for a person with disabilities. Some types of assistive technology are Aids to Daily Living, Assistive Listening, Alternative Communication, Mobility, Positioning, and Visual Aids, just to name a few.

**Aids to Daily Living** are tools that assist you in your day to day activities. This includes adaptive cooking and eating utensils, special plates or cups that may be divided or cut on an angle, non-skid surfaces, special shoes, reachers, grab bars, toilet seats that are raised or specially designed, and shower seats.

**Assistive Listening** devices that help a person who is deaf or hard of hearing. These include hearing aids, amplifiers, flashing alarm clocks, flashing smoke detectors and carbon monoxide detectors, captioned telephones, and captions on television.

**Alternative Communication** devices allow a person who cannot speak, or whose

speech is not understood by others, to communicate in a manner that can be understood. These items include picture boards, voice output communication devices, communication software for computers and tablets, electronic devices to send text messages and emails.

**Mobility** equipment allows a person with a disability to move independently and safely through the community. This includes wheelchairs and scooters, walkers, canes, adapted bicycles, and modified vehicles.

**Positioning** supports help a person remain in a position that is safe and eliminates stress or strain on the body. This can include adjustable chairs and tables, standers, wedges and pillows.

**Visual Aids** help a person who is blind or has low vision access information. This can include large print books, audio books, magnifiers, talking computer software, special radio stations and writing guides.

