



Assistive technology

Information sheet

Assistive technology is an umbrella term for products and services, aids, equipment, durables, medical equipment and appliances. This technology can help support cognition, communication, hearing, mobility, self-care and vision. They can help you to continue to remain engaged in everyday life. Not all assistive technology is “hi tech”.

People with dementia may often experience difficulties in maintaining their daily activities because of changes in their abilities. Assistive technology can help you to compensate for or adapt to the loss, and to access and continue to participate in activities. Assistive technology may help you to feel safer and more independent, an important factor in maintaining self-esteem.

Everyone with dementia may experience it differently and assistive technology useful for one person may not be appropriate for another. And as your condition progresses the types of assistance you require may change.

Technology can be used in several ways from helping with everyday tasks and activities, to supporting your safety. Assistive technology will not be the answer to every problem and changing the way something is done might work better.

Different types of assistive technology

- Daily living aids
- Aids to support health and safety
- Communication aids
- Mobility aids
- Memory aids
- Brain training apps
- Recreation and leisure aids



Main areas where technology can assist

- Wearable – smart watches and necklaces, pendants, bracelets with GPS, and medical monitoring
- Handheld devices – tablets, GPS fitness trackers, smart phones, GPS trackers
- Mobility aids – smart canes, smart wheelchairs
- Voice activated assistants – Siri, Alexa, Echo, Google home
- Distributed systems – smart home ideas with integrated sensor systems for light, heat and window coverings
- Situation specific robots – floor cleaning, lawn mowing

There is a lot of technology on smartphones and tablets that you might already have. Some of these apps have been developed for general use, and there are some that have been developed specifically for people with dementia. It is worth thinking about what you already use or have, and how it could be adapted before going out and purchasing something else.

If you are interested in finding out more about specific assistive technology ask your [Alzheimers organisation](#) contact to provide you with a list of what is available and the supplier.